

WOMEN

Page 8 The Guardian, Friday, August 5, 1955

LET'S EAT

Low-Cost Vegetables Have High Food Value

By Ida Bailey Allen

A visit to the vegetable counter in the supermarket or a look at the garden and what do you see, Madame? exclaimed the Chef. "A wealth of vegetables ready to use, cooked or raw, in salads!"

"But you do not need wealth to buy them, ah no! The ones that cost the least, I understand, contain the highest vitamin and mineral values. And salads can be used in many ways to brighten the dinner menu these hot days."

"Consider the basic tossed salad. We chefs make this as follows. Tossed salad bowls: Cut a section of garlic in halves and rub the salad bowl with the cut side. Remove the garlic.

Into the salad bowl, put 1 heaping quart crisp green lettuce. The most usual combination is shredded crisp lettuce, plain or mixed with shredded romaine or chicory. Into the salad spoon measure 1/2 tsp. dry mustard, 1/2 tsp. salt and 1/4 tsp. pepper. Fill the spoon with olive oil and stir to mix in the seasonings. Sprinkle over the salad.

Then add 2 more tablespoons olive oil, pouring it carefully over all the salad ingredients. Last, add slowly 1 tsp. vinegar (wine vinegar preferred).

Toss gently until blended and the dressing has been completely absorbed by the salad materials. There should be no liquid whatever left in the bottom of the salad bowl.

ORANGE-RAISIN RICE: In a saucepan, combine 1 c. white rice, 1/2 c. cold water, 1 tsp. salt and 1/2 c. single-strength orange juice. Bring to boiling point. Then add 1/2 c. raisins; cook until most of the liquid is absorbed.

Turn in the juice and half the contents of 1 1/2 lb. can sliced peaches. Continue to cook about 35 min., or until the rice is tender and all liquid has been absorbed.

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Newport-Higgins Nuptials

Crapaud United Church was the scene of a pretty wedding at 2:30 p.m. June 30, 1955, when Emily Charlotte, daughter of Mr. and Mrs. Lorne Higgins, Crapaud, and Beaumont Albert, son of Mr. and Mrs. Charles Newport, Springvale, were united in marriage. Rev. Lloyd Archer was the officiating clergyman.

The soloist was Mr. Norman McDonald, Crapaud, and Dr. Peter MacDonald, Crapaud, was organist. The church was decorated by members of Crapaud United Church W. M. S. using baskets of summer flowers.

The bride, given in marriage by her father, wore a gown of nylon net over satin, lace jacket with long sleeves pointed over the hands, Queen Anne collar and a shoulder-length veil of tulle illusion with headpiece of pleated nylon. Her bouquet was a cascade of red roses.

The bride's attendant was her sister Myrtle, who wore a gown of pale blue net over taffeta with matching headpiece and mitts. Her bouquet was a nosegay of pink roses.

The groom was supported by his brother, Staff-Sergeant Aubrey Newport of RCMP, Ottawa. Usher were Messrs. Ray Higgins and Anthony Newport, brothers of the bride and groom.

The reception for immediate families and friends, 30 guests in all, was held at Mulberry Lodge, Summerside. The bride's table was centred with a three-tier wedding cake, and decorated with cut-flowers and candles.

For travelling the bride chose a yellow suit with navy and white accessories. She wore a corsage of pink carnations. The bride and groom visited the Eastern United States, including Niagara Falls, on their honeymoon.

They will reside in Springvale, P. E. I. where the groom is engaged in farming.

TENDERED SHOWERS
Previous to her marriage, the bride was presented with many lovely gifts by the staff and pupils of Air Marshal Johnson School, RCAF Station, Summerside. She was also the recipient of beautiful gifts at several miscellaneous showers given in her honor at the homes of Mrs. Lowell Huestis, Summerside; Mrs. Lester Beaton, Charlottetown; and at her home in Crapaud.

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Wed in Ontario

Miss Doris Velma Jackson, Toronto, daughter of Mr. Abram Jackson and the late Mrs. Jackson of Central Bedouque, and Eric Ray Snair Bronte, Ont., son of Mr. and Mrs. Firman Snair of Ingramport, Halifax, N. S. were united in marriage in Bronte, Ont., on July 16, 1955. Rev. LeRoy Sargent officiated.

The bride, given in marriage by her brother, Charles Jackson of Long Branch, Ont., wore a lace over taffeta floor-length gown, with finger-tip sleeves and shoulder-length veil. She carried a bouquet of red roses.

The bridesmaid, Miss Dorothy Rogers, wore a floor-length gown of lace over blue taffeta, with shoulder-length veil. She carried a bouquet of white carnations.

Little Gloria Jean Nickerson, niece of the groom, was flower girl. The bestman was Mr. Arthur Adams, nephew of the bride.

The reception was held at the home of the groom's sister with 35 guests attending. The room was tastefully decorated with pink and white streamers and assorted flowers.

The bride chose for her travelling costume a grey suit with red accessories. The bride and groom visited interesting points in the Maritimes on their honeymoon.

Mr. and Mrs. Snair will reside in Long Branch, Ont. where the groom is employed with Long Manufactures.

ELLEN'S DIARY

By An Island Farmer's Wife

And then August was come, and up the hill, companionably, for this was a lady we had loved well ever since we were a child, and revered both for her grace and her gifts.

We spoke of those of the red roses she had ever given us and the delicate pink chalice-cups of the wild-rose; talked of the daisies and the clovers that had bloomed in the haylands, spoke too in the charm of the pastures signs tapestries the pastures making them rich and sweet for the herds and the flock... and of the little warmed waves curling in, white edged, on the sands of a shore we both knew.

At the summit we paused, for had not James at the outset reminded us "The dewfall's not too low while that in charming designs tapestries the pastures making them rich and sweet for the herds and the flock... and of the little warmed waves curling in, white edged, on the sands of a shore we both knew."

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DeLory-MacPhee Wedding

On Thursday morning, July 21, at the Roman Catholic Church at St. George's, the marriage was solemnized of Elaine Therese, daughter of Mr. Hugh MacPhee and the late Mrs. MacPhee of Launceston, P. E. I., and Stephen Loyola DeLory, son of Mr. and Mrs. F. J. DeLory, Georgetown, P. E. I. Rev. Bennett MacDonald, P. P., was the officiating clergyman.

Miss Janie Batchelder was organist and during the Nuptial Mass, Miss Margaret I. MacIntyre of Charlottetown sang "Ave Maria" (Schubert); "O Lord I am Not Worthy"; and "Mother at our feet is kneeling."

The bride, who was given in marriage by her father, was dressed in white. Her floor-length gown of Chantilly lace and net over taffeta had long sleeves tapering to points over the hands and the Chinese neckline was trimmed with pearls. The finger-tip veil fell from a pearl tiara and her bouquet was a cascade of red roses.

Miss Béatrice MacPhee as bridesmaid wore yellow net over taffeta with lace bolero and matching mitts; a flowered head-dress with shoulder-length veil and nosegay of mauve and yellow mums completed her costume.

Mr. Richard P. DeLory of Cornwall, Ont., was his brother's groomsmen and the ushers were Mr. Paul MacPhee and Mr. Cullen DeLory.

Mrs. Alford Gardiner, grandmother of the bride, was gowned in black, with white lace stole and a corsage of pink roses. Mrs. DeLory mother of the groom had a corsage of white carnations on her costume of rosewood crepe, with black and white accessories.

Following the ceremony the bridal party and immediate relatives were guests of the groom's parents at breakfast in the Rainbow Room, The Blon, Montague, Dr. M. E. DeLory proposed the toast to the bride, the groom responding. Rev. Bennett MacDonald, Mr. Hugh MacPhee and Mr. F. J. DeLory extended felicitations. Mr. George MacDonald of the R. C. A. F. was at the piano.

In the afternoon one hundred guests attended the reception and supper at the MacPhee home in Launceston. Music and dancing entertained the jolly gathering.

GRAHAM'S ROAD W. I.

The July meeting of "Success" W. I. was held at the home of Mrs. George MacLeod with 14 members present.

The meeting opened by singing the "Ode" and repeating the "Creed" in unison. Roll Call was responded to by "Your first Baby Picture". Minutes of last meeting were read and approved.

The President reported on blanks received. Proceeds from pantry sale amounted to \$24.50. The Salvation Army and Red Cross collectors reported that the district had been canvassed and a large sum was realized for each cause. Proceeds from ice-cream social amounted to \$54.50.

An interesting report by Miss Robin was read, followed by a lively discussion on the District Convention.

It was moved and seconded the music teacher be engaged for the following year.

Mrs. Alfred MacKay was asked to prepare program on "Citizenship" for the next meeting; roll call to be answered with "A Name of a Member of the Fathers of Confederation". Mrs. Louis Campbell was asked to prepare "Fun and Nonsense" for the next meeting.

Collection amounted to \$4.10. A shower was then planned for newlyweds in the district. Next meeting will be held at the home of Mrs. Ray and Mrs. Louis MacLeod.

Lunch was served by the committee in charge. The meeting closed by singing the National Anthem.

HOUSEHOLD HINT

Rubber tile makes the perfect flooring for a nursery, as it can be kept immaculate with just the whisk of a mop, is resilient and muffles noise.

LARGEST CATCH

LOOE, England (CP)—The largest shark ever landed by a woman was caught in the sea just outside this Cornish town. It weighed 132 pounds.

