

WOMEN

Page 8, The Guardian Monday, Nov. 21, 1955

LET'S EAT

Scrambled Egg Platter Served As Main Course

By Ida Bailey Allen

"Do you think that most people get their money's worth in health and enjoyment from their food, Madame?" the Chef asked one day.

MOST IMPORTANT FOOD

"No, Chef. I think most people eat just to 'fill up.' We all know that protein is the most important food for health, maintenance and rebuilding. Proteins include meat, poultry, fish, cheese, milk and eggs.

"Let's consider the last item. 'An egg a day for a person is a good ration. Yet many families feel they cannot afford even two dozen eggs a week for a family of four. However, a little information on this subject will be helpful.

"Many people will use only AA or grade A eggs; yet, according to U. S. Government reports, grade B and even grade C eggs are healthy money savers. Satisfactory for scrambling, omelets, egg pancakes, shirring, for use in baking, salad dressings and sauces.

"Grade AA or A eggs are especially desirable for boiling, poaching and frying, because the whites and yolks are firmer. Grade B eggs also give good results.

"Only refrigerated eggs should be purchased. And they should be placed pointed end down in an egg container and kept refrigerated until used."

"May I make a suggestion, Madame?" asked the Chef.

"If eggs are to be used as the main dish at dinner, start the meal with a hearty soup, provide a substantial dessert and feature an attractive-looking egg platter."

TOMORROW'S DINNER

Yankee Bean Soup Croustons
Scrambled Egg Platter with Small Sausages and Parslief

MARY HAWORTH

Stays Away From Church Because of Demands For Money

DEAR MARY HAWORTH: Our church has a large congregation, and there are constant calls for money. Not for the church, nor for missions — but to buy gifts for various persons, church functionaries.

We are asked to contribute for christening showers, for bridal showers, for wedding gifts for housewarming and goodbye gifts. Also for gifts for the pastor's wedding anniversary, his birthday, and the anniversary of his entering the ministry. Also, birthday and anniversary gifts for the church organist, the choir director, etc. And for Christmas gifts for every member of the church staff and Sunday school.

As we leave Sunday School class we are told individually: "Come next Sunday — and be sure to bring that donation!" The latest request (in the form of a demand) for the pastor's family, was so large that it made me stop and think.

ISN'T WEALTHY. The pastor receives — in the form of salary, expenses, and perquisites — the equivalent of eight thousand a year, exclusive of fees for weddings and platform lectures. Recently I heard him say he saves approximately one third of his yearly cash salary — which is more than most of his parishioners are paid in a year.

Since last July, these calls for money have amounted to more than my title. If the pastor knows the financial status of the majority of his parishioners, I wonder why he and his family accept gifts which the donors can't afford? Why doesn't he do something to stop the requests?

I am absenting myself from church services, because I am tired of being embarrassed publicly, having reached the point where I can no longer "pay up." There are others in my predicament. How can the pastor be "paid"?

COURTING FAVOR? DEAR B.G.: We can't be sure that your pastor reads this department, of course; but on the chance that he does, here is one possible way of letting him know how you feel.

As to why he and his family accept a flow of gifts that his parishioners (for the most part) cannot afford: perhaps he humbly supposes that he is thereby submitting to an exercise in Christian charity and artlessly assumes that the donors rejoice in their sacrificial giving. According to Christian theory, "it is more blessed to give than to receive." Isn't it?

In all probability, the steady flow of gifts to church functionaries and their families, on every sort of sentimental anniversary, is engineered by a coterie of church workers, who have a collective crush on the pastor. To endear themselves to the pastor (they hope), and to keep in touch with his inner circle — and to highlight and fill in their social calendars — they busy themselves giving presents to him and his staff, in the name of the congregation, I daresay.

CHILDISH TO GO AWAY. Largely engrossed in competing with each other for favorable status with the church high brass, these diligent henchmen probably aren't very conscious of the rank-and-file parishioners, who come and go at the regular services. Thus it would not occur to them to wonder how many of the congregation approve or can afford the continuous outlay for gifts. If challenged on this point, they likely would exclaim (in effect): "But nobody has to give; it's all voluntary. We took gran-

Potatoes
Red and White Cabbage Salad
Apple Pie Cheese
Coffee Tea Milk

Scrambled Egg Platter: Put 2 tbs. butter in a good-sized frying pan; add 2 chopped medium-sized pepper and ¼ c. hot water. Boil onions. I chopped seeded green 5 min., or until the water evaporates. Slow-fry in the fat already added until the onion is yellowed. Break 6 grade A, B or C eggs into a bowl. Add ¼ tsp. salt, ¼ tsp. pepper and 1-3 c. milk. Beat until frothy.

Add to the vegetables. Cook over a low heat ½ min. Then with a spoon scrape up the egg in big flakes. Continue until cooked but still loose in texture. Heap on a

heated platter. Ring with crisp cooked small sausages or pan-fried sliced salami and parsleyed potatoes.

Red and White Cabbage Salad: Combine 2 c. each crisp, shredded red and white cabbage. Add ¼ c. small-diced red-skinned apple, 1 tsp. grated onion or chopped scallion, 2 tsp. French dressing and 3 tsp. cooked salad dressing. Chill.

TRICK OF THE CHEF Season Yankee bean soup with a pinch of oregano.

Words Of The Wise One thing I know; the only ones among you who will be really happy are those who will have sought and found how to serve. —(Dr. Albert Schweitzer)

Ed. I think it is a mistake — a case of cutting off your nose to spite your face — to fall away from church only because you feel hounded by assiduous moneyraisers. It is childish to "buy" the idea that you should contribute to every fund drive that is ballyhooed. Give to the causes that you can afford, and really want to support — and let the others pass. As an adult, you are expected to know, better than others can, just how elastic your income is.

Miss Haworth counsels only through her column, not by mail or person interview. Write to her in care of this newspaper.



WED AT ST. JOHN THE BAPTIST CHURCH

Gladiosi adorned the altar at St. John the Baptist Church on Oct. 29 when Miss Marie Zelma Desroches, daughter of Mrs. E. G. Desroches and the late Mr. Desroches, became the bride of Mr. Ephraim Cassie, son of Mrs. Joseph Wedge and the late Magloire Cassie. Rev. F. Kelly officiated.

Given in marriage by her brother, Mr. Euclide Desroches, the bride wore a salmon-shaded suit with pink hat and blouse and brown accessories. Her corsage was of pink roses and she carried a prayer book with white and pink streamers.

Mrs. J. T. Arseneault, sister of the bride, was her only attendant. She wore a navy blue suit with matching accessories and a corsage of red roses. She carried a prayer book with white streamers.

Mr. Raymond Gallant, nephew of the groom, was best man. Miss Phyllis Gaudet was organist and the children of Mary Society sang. A reception followed at Birch Hill Lodge for 34 guests. Rev. Kelly pronounced the toast to the bride.

The mother of the bride chose a brown gabardine suit with tan accessories and a corsage of white carnations. A navy suit with matching accessories and corsage of white carnations was worn by the groom's mother.

A later reception followed at the home of the groom's mother where supper was served to 200 guests, among whom were Rev. F. Nazaire and Rev. F. Richard.

The couple left on a honeymoon trip to New Brunswick. They will make their home in Summerside, S.H.O.W.E.R.

Prior to her marriage the bride-elect was honored at a shower by her friends in Miscouche. The couple also received many lovely gifts. (Photo by Edwin Heckbert Studio)

HOUSEHOLD HINT If your thimble is loose on your finger and so falls off frequently, insert a narrow strip of adhesive tape inside the thimble and it won't fall off.

Wife Preservers To keep the cap of a glue or nail polish container from sticking, coat the screw threads inside the cap with soap.

GLUE SOLE

ELLEN'S DIARY

By An Island Farmer's Wife

Another workaday week of the year's waning store, November brought in gift to Island farm-folks this morning-one of nice promise, rosy with sunrise, azure-skied, and complete with a small friendly wind. It was a lightsome thing, come in to set ripples on the millpond for us "who run" nearby to read. Would this be a good washday? That was the question the housewives in the neighborhood sought to have answered. And what of the plowing? Or would it be better in the event of the sudden coming of frost and snow, to let it be, and gather in the young cattle from the fields to the stables, instead? This was the concern of the farmers.

Did not November, now that we think of it, bring in and set the new week on our own foundations, those we had chosen to fashion yesterday? And then with a quiet nod and smile of approval, or one pitying and sad turn away and leave us to our respective deservings? And went to walk along the fields and woodlands.

Well wrapped we hope, as is the plowman of this place who tonight to whittle down the chore with his efforts, plows a near field. Cool? Inedded starry skied and fair but with that seasonal sharpness which we at Alderlea know will leave a frosty coating on the "gates" of the dam, to look out upon in the morning. It will put a pane of crystal on every tiny pool in the barnyard for a little lad to exclaim over and shatter with an inquisitive touch of stick or toe.

And we seeing will wonder if there is a scum of it on the water-trough by the pump in the yard. And remember then that the pump is now idle and the hollowed log which once did fine service there vending its supply to thirsty animals, has vanished, that neither "whip nor stitch" of it remains.

We doubt if any of the grandchildren can picture it there, unless it be Jamie, who liked to sail his crafts in its water. So many of the ways and integral items of that era of farming we have

lost to the past. But they come back to us on occasion a sigh or a chuckle.

"You run on ahead and get in the wagon" we said today to Mack at the beginning of an outing which was to give us a trip along the fields.

"In the wagon!" he echoed with some surprise. "Are you being silly? It's the truck we're taking you and Granddaddy and me."

Sunshine and shadow today. Field-work, and the young cattle still left on pasture. The lighs and rumble of the plowing now and James in at this moment from a bit of late choring.

"Now" he smiles, tossing his cap aside, "what's for lunch?" "Pancakes" we giggle.

"Well, whatever there is" he twinkles, his day over now "bring it along!"

Until tomorrow—Diary—Good-night

MORNING SMILE Passenger—Is smoking permitted in this coach? Conductor—No, Ma'am. Passenger—Then where did all these cigarette butts come from? Conductor—From people who didn't ask questions, ma'am.

If You're TIRED ALL THE TIME Everybody gets a bit run-down now and then, tired-out, heavy-headed, and maybe bothered by backaches. Perhaps nothing seriously wrong, just a temporary condition caused by excess acids and wastes. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys and so help restore their normal action of removing excess acids and wastes. Then you feel better, sleep better, work better. Get Dodd's Kidney Pills now. Look for the blue box with the red band at all drugists. You can depend on Dodd's.

WED IN TRIM

First Loss The Easiest

By Ida Jean Kahn

Many reducers, on reaching the half-way mark, find the going unexpectedly difficult. This is the energy pick-up, have a glass of light with two dieters in today's skim milk or buttermilk. Dinner story, both of whom need to lose 30 more pounds.

"I have lost 30 pounds, can't lose any more, and need to get rid of another 30 pounds. What shall I do now?" one asks.

Another dieter explains that after losing 50 pounds in 18 months, going from 230 to 180, she has stopped losing. "Many times when I was discouraged and slipped off my diet you came through with just the right encouragement. Can you help me now?"

Usually the greater the amount of overweight, the faster the weight loss at the start. Since the first fast to be lost is "soft" fat, with a high percentage of water, a rate of reducing tends to slow up after that fat has been removed.

Then too, the rate of loss is determined by the difference between the caloric intake and the caloric output. Bear in mind that caloric requirements are directly related to body weight; the heavier person burns more calories; the lighter person fewer calories. Therefore, the closer you come to normal weight, the more gradual the weight loss becomes.

It is also true that as weight is lost, the body tends to economize on calories. Apparently this is just one of those built-in protective mechanisms.

So what to do? Apply nutrition science to give new impetus to losing. Instead of cutting calories further, change the character of the diet to stimulate calorie burning. More protein will do this, for protein foods stimulate the metabolism. The best plain is to include a complete protein food at each meal. It's particularly important to have protein at breakfast in order to get the benefit of increased metabolism for many more hours.

Have an egg or two at breakfast, not fried. For lunch, have a half cup of cottage cheese plus soup made with a cup of skim milk and a slice of high protein bread. Or

have grilled cube steak on 1 slice of toast, plus the soup. For a 4 o'clock energy pick-up, have a glass of skim milk or buttermilk. Dinner must include a generous serving of lean meat, fish or fowl. All fats must be trimmed. Vegetable calories should be limited to 450 to 500 calories.

Don't sell exercise short, for it is a tonic. Any overweight can take a walk...and a two to three mile straightaway walk in the fresh air is wonderfully stimulating. After part of the burden of fat has been lost, it is safe to add more active exercise. Six minutes of daily stretching and contracting the middle muscles are not only a circulation rouser, but help slim off bulging. The science of nutrition never fails, an exercise when you consume more calories than you burn, you lose excess fat. Stay with the right pattern of eating and exercising, and one day you will be down to beautiful normal weight.

COOK'S CORNER



BOILED TONGUE 1 tongue 4 cloves 1 tbs. vinegar ¼ tsp. pepper 4 pepper corns 1 tbs. salt

Place washed tongue in boiling water to cover. Add seasonings, and simmer 3-4 hours. Partially cool in liquid, remove and take off skin. Serve hot or cold.



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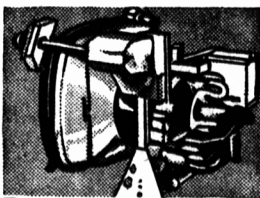
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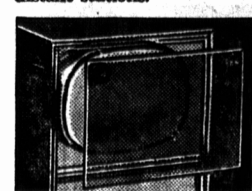
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