

WOMEN

Page 8, The Guardian Tuesday, Jan. 10, 1956

LET'S EAT

Milk May Be "Eaten" In Many Good Dishes

By Ida Bailey Allen

"We all know that children should take 4 glasses of milk a day; adults of all ages need 2 glasses," I was saying to the Chef. "But that amount is difficult for many adults to consume," he observed. "Not when they realize that part of all of it can be used in preparing food," I replied. "In other words, Madame, you mean they can eat the milk?"

MADE WITH MILK
Yes, in soups, chowders, sauces, escalloped dishes, au gratins, custards, junkets, puddings and other desserts, milk shakes, ice cream and cheese.

"Another very good way for the grown-up to take half the milk supply for the day, Madame, is in the form of cafe au lait. That is equal parts of coffee and hot milk poured together simultaneously into the cup to blend."

"Or heat the milk and to each cupful stir in a heaping teaspoon of instant coffee and you have Cafe New Orleans."

MONDAY DINNER

Spinach Soup Croutons
Lamb-Vegetable Hot Pot
Tossed Celery-Lettuce Bowl
Blueberry Tapioca
Coffee Tea Milk

Lamb-Vegetable Hot Pot: Order 3 lbs. neck of lamb; trim off the fat. Cut the meat in small bite-sized pieces; brown in 1 tbsp. butter.

Add 4 c. boiling water, 2 tsp. salt, 1 tsp. monosodium glutamate and 1/4 tsp. pepper. Cover and simmer 1 1/4 hrs.

Add 1 lb. quartered peeled carrots, 4 quartered peeled potatoes and 8 peeled medium-sized onions. Simmer 45 min. longer or until all ingredients are tender.

Add more water if necessary. When done, the food should be almost dry. Serve on a deep platter.

Blueberry Tapioca: Make up 1 recipe for quick-cooking tapioca cream according to directions on the package. Chill.

Serve in dessert dishes with a garnish of well-drained canned blueberries.

Stew the extra berries and syrup from the can for 5 min. Add 1/2 tsp. cinnamon, cool and use as a sauce.

SUGGESTION OF THE CHEF
It's a good idea to serve soup containing fine-chopped vegetables. For example, try this with spinach.

To 3 c. of beef broth or broth made from 3 beef bouillon cubes and 3 c. boiling water, add 1 1/2 c. fine-chopped cooked spinach and a soupcon nutmeg. Heat.

Garnish with sizzling butter-fried croutons and grated Parmesan cheese.

COOK'S CORNER



COCOA
Take 2 tsp. butter, 1/4 cup brown sugar, add a small amount of water and caramelize the mixture.

Add 2 cups boiling water.

Dissolve 3 tbsps. cocoa in 3 tbsps. rich milk. Add to boiling water mixture. Add 2 cups rich milk; beat until frothy. Add a few grains of salt and a few drops of vanilla.

FLYING CLASSROOM

MANCHESTER, England (CP)
A different sort of geography lesson was given seven pupils of a school here. They were taken by airplane to Liverpool over the industrial area along the Manchester ship canal and back again. The trip cost 75 6d each.

ELLEN'S DIARY

By An Island Farmer's Wife

"It's a pretty night, Ellen," James said, easing his pace to match ours as we entered this road of ours and faced homeward tonight at the close of a visit with neighbours.

It is a pretty night. And there in the open, with the countryside held beneath the spell of winter moonlight, it seemed as if we walked in some strange place a fairland of white.

On either side of the road, gently or more inclined, the farms with their trees and their woodland reached away to touch night-horizons of blue. Lights from near and far windows hailed us, friendly beacons. Soon they would be gone and only the old January stars left to keep their watch over all through the young hours of the morning of a new day. And the moon, with her gracious smile lending her magic of silver, to brighten every scene.

How beautiful the handiwork of Him who "appointed the moon for seasons... Who watereth the hills... and maketh the grass to grow for the cattle... and rested the fields now in eiderdown beds. Familiar words and old, came to mind, comforting words and encouraging, there in the brightness, and shadow, and mystery of the night.

"I don't believe I ever saw the countryside prettier," James offered, "or more peaceful and still." Our footsteps crunched companionably on the smooth of the recently-cleared road. "Not that we could not have done nicely without so much snow about! Remember in

the old-time winters that gave any depth of it in December, folks used to say: 'What will we do with next year's? Where shall we put it?' That's what I'm wondering. What about these byroads then? And our hauling?"

He settled his cap closer about his ears. "It's not much like the summer tonight—it's fairly frosty," he said.

The frost glittered on the white of the roadside drifts and near drifts and near fields. The stars too sparkled and burned with a clear cool light. And over all above and quiet woodland lay the deep unbroken silence of a perfect January night.

Through white aisles of parted drifts and around a bend of woodland we came to lane's end and the bridge of home spanning now surfaces of snow. There hasn't been so much ice there for many a winter," James spoke in passing. Caught hard and fast, both the millpond and away up the stream. Oh, this is quite a winter," he added.

"Cold?" he queried.

"No."

"Tired?"

"No!"

"Of course not," he agreed with a pleased smile. "What is a walk of a mile or so? Only a bit of good exercise, I call it."

Out to supper—or was it dinner?—we had been.

Until tomorrow—Diary—Good-night....

ANNE ADAMS PATTERNS

WEEK'S SEW-THRIFTY

Tops everything! In denim or print cotton, it's an apron or smock. In a rayon fabric it's an over blouse or jerkin. And later on, do make it in terrycloth as a beach-coat. A wonderful idea, and easy to sew—no waist seams. Ties to fit, opens out flat to iron!

Pattern 4784: Misses' Sizes small 10, 12; medium 14, 16; large 18, 20. Medium, 2 1/2 yards 35-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send **THIRTY-FIVE CENTS** (35 c.) in coins (stamps cannot be accepted) for this pattern. Print plainly NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front Street, W. Toronto, Ontario.

HOUSEHOLD HINT

If you are planning to sell your home, try to look it over in as impersonal a manner as possible in order to visualize how it might look to a prospective buyer.

Is the bathroom modern? If one room is dark, it could be refinished in light, cheerful colors. Look the closets over carefully, and if any are jammed with garments and boxes, clean them out to make them look neat.

See if the kitchen needs rearranging. A refrigerator in a hall or pantry is a drawback to a house. Work drainboards and counter tops are unattractive. They might be replaced with a permanent material such as ceramic tile, and fresh paint on cleaned walls and ceiling will make the rooms more attractive to prospective buyers.



4784 SIZES: 5-10-12, 14-16, 18-20 by Anne Adams



FOOLED NARCOTICS PEDDLERS IN MONTREAL

Mary Elm, a Montreal policeman shown here with her father, is credited with breaking up a marijuana-trafficking ring by posing as a corrupt cop willing to take bribes. One man has been sentenced to two years in penitentiary and two others have been charged. (CP Photo).

MARY HAWORTH'S MAIL

Suitor's Only Flaw Is Great Stinginess

DEAR MARY HAWORTH: I am 27, and for over two years I have been dating Ted, who is now 29. He is a college graduate and has a good job. Marriage seems to be in the offing, except for one apparently insurmountable obstacle, namely his tightness about money.

Ted will never park his car in a parking lot because it costs too much. We go only to the suburban movies, as the downtown shows cost more. On the few occasions he has taken me to dinner, he never tips — because he "doesn't believe in tipping." On his vacations he sleeps outdoors in a sleeping bag, or in his car, rather than pay hotel bills.

If we do marry, I know I won't have an engagement ring, because he doesn't believe couples should spend for luxuries when they need staples — furniture, appliances, etc. But not having the ring wouldn't hurt me as much as his economies on other gift-giving days. For my birthday he gives me handkerchiefs, a box of stationery or something similar — the kind of token I usually get in the office Christmas exchange.

CALLS HER EXTRAVAGANT

We get along very well, and usually are able to discuss any difficulties and arrive at some solution — except about money. Although I've told him that neither I, nor any girl I know, could be happily married to him unless he changes his attitude about money, he seems unmoved — but still interested in marrying me.

I have tried to encourage him to be more generous, by showing him that I am not extravagant (which he used to say I was); and by being generous to him, giving him gifts from time to time. Neither effort has wrought any appreciable change. Is there any way to teach a person generosity? Or should I give him up?

With the exception of this one flaw, he would make a good husband. He is considerate about helping people so long as it doesn't involve money. Please advise me.

KEEP IN TRIM

Nutrition For Older Folks

More people are living to a ripe old age, at least it would appear so, judging from the frequent newspaper accounts of those who celebrate some birthday past 100. Indeed, there was a recent story of a couple who celebrated their 85th wedding anniversary!

While it is recognized that all people do not "age" at the same rate, birthdays to the contrary, this standard has been set up as a rough guide. Middle age extends from 40 to 70 — with 40 to 55 the prime of young middle age, and 55 to 70 defined as later middle life. Young old age extends from 70 to 95. And old age begins at 95. Elder Statesman Bernard Baruch, still young at 85, remarked that he considers "old" someone at least 10 years older than himself.

Nutrition plays a leading role in extending the span of the best year and much more has been found out in recent years as to what constitutes good nutrition for the later years.

The greatest change is on the calorie score. This is true because of lessened physical activity and lowered basal metabolism rate — which means less fuel is needed. In measured terms, fewer calories are required. But calories must be considered not only from the standpoint of quantity, but from the quality standpoint of body repair material.

ELEANOR ROSS

Household Plants Need A Beauty Bath, Too

Some people have a genius for taking care of potted plants; even without benefit of a library of gardening books. It does take a green thumb to maintain a thriving collection of house plants. However, plain old soap and water can do a surprising amount of good in enhancing the health and beauty of your display.

REGULAR BATHS

No matter what plant food you use, the fashion of the moment, ivy philodendron and other shing-leaved plants need their regular baths to keep them in fine fettle because dirt and grit soon accumulate in a pore-clogging film on the leaf surface.

Use a soapy sponge to wash off the leaves and rinse them with a light spray of clear water while holding the plant on its side in the sink. Not only dust and dirt, but some of the most common insect pests a plant lice and red spiders, are routed by a soap and water treatment. Scale insects can be rubbed off gently with a soapy sponge. Use a soapy spray to dislodge plant lice and red spiders, or, if the plant leaves are large enough, wiping with a soapy sponge can do the trick.

The cleanliness plus the plant nourishment is the secret, the trick, the total effect of a clean, healthy plant is lost if the container doesn't do it justice. Wash the saucer and other drip containers once a week in hot suds. This will keep them free of the kist-gathering brown stains of soil and water dribbles.

After the plant bath, always go suds and RIETAOIN!

An ordinary clay pot is a perfect good container, but it doesn't do much to complement the pots inside pretty planters made by converting old coffee cans and tins, of varying sizes, with adhesive-backed plastic in a pretty pattern.

Wash the cans in hot suds first to remove dirt, wax or grease. Dry them well and then just smooth on the plastic covering, which is completely washable.

GLASS CONTAINERS

Glass containers which hold plants growing in water must be kept clear and sparkling at all times. Scrub them often with hot suds and rinses, both inside and out. A lump of charcoal in the water will help to keep it sweet.

Even though flower pots have deep containers or inside d-nlar age arrangements, dampness can come through and blister the paint of the window sill on which they are placed. Change the position of the pots frequently and wipe up any spilled water immediately or extra protection, wash the sill. Dry thoroughly and apply several coats of wax to keep any moisture from penetrating the paint.

WORDS OF THE WISE

The principles we live by, in business and in social life, are the most important part of happiness. We need to be careful, upon achieving happiness, not to lose the virtues which have produced it — (Harry D. Harrison)

ALICE BROOKS DESIGNS

ANIMAL QUILT

How happily baby will sleep beneath this quilt of favorite animals! It's toasty warm; gay with embroidered friends. From arm and zoo. Easy, such fun to make!

Pattern 7177: Applique, embroidery transfers, directions for child's quilt, 34 1/2 x 42 1/2 inches.

Send **TWENTY-FIVE CENTS** in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

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7177 by Alice Brooks

HAPPENINGS

Floyd White returned to Charlottetown to resume his studies at P.W.C., after spending the holiday season with his parents, Mr. and Mrs. Howard White.

Mr. Robert Agnew who is a student at Cambridge University, England, writes of what a wonderful place Cambridge is—so many things to see and do. He speaks especially of King's Chapel with its superb fan-vaulting, and Evening of great beauty. Mr. Agnew speaks most appreciatively of the kind hospitality of the Dominion Fellowship Trust, which met both Miss MacDonald of Sleaf and Lady Fraser. Mr. Agnew was present at the reception in Cambridge given by Mrs. Pemberton for Miss MacDonald of the Dominion Fellowship Trust and the Dominion students. Christmas hospitality had been arranged for Mr. Agnew and a Dalhousie friend of his to spend the holidays near Worcester.

He speaks of the Dominions Fellowship Trust as "being very wonderful to visitors."

Mrs. Linda Gordon who has been visiting Mr. and Mrs. Emery Wood, Edmonton, Alberta for five weeks is again in Calgary with her brother, Mr. Cecil Jones and Mrs. Jones.

The Honourable Mr. Justice G. J. Tweedy and Mrs. Tweedy entertained Sunday evening at their residence, Greenfield Avenue.

Miss Jean MacKenzie, R. N. who has been visiting her mother Mrs. J. W. MacKenzie, Queen Street, leaves shortly for New York City.

Mr. and Mrs. Robert C. Parent entertained at dinner Sunday evening at Ravenwood Covers were laid for sixteen guests.

Mr. and Mrs. Louis Sherren, McGill Avenue had had their son Mr. Jack Sherren R.C.A.F. and Mr. Ernest Nuffield R.C.A.F. of Bagotville Quebec as visitors. Mr. Sherren and Mr. Nuffield arrived by car New Year's eve and spent a week visiting in Charlottetown and Crapaud. Mr. Nuffield's home City is Vancouver, B.C.

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WED AT ROCKCLIFFE CHAPEL

The wedding of Miss Barbara Woodard, daughter of Mrs. N. Westwell, Ottawa, Ont., and the late Mr. Earl Woodard, and Cpl. John Gregory MacDonald of R.C.A.F. Station, Rockcliffe, son of Mrs. R. J. MacDonald, Charlottetown, and the late Mr. MacDonald, was solemnized recently by Rev. Faith Turcotte in the R.C.A.F. Chapel Rockcliffe.

For her wedding, the bride wore a two-piece dress of grey-blue taffeta, with pink accessories and a corsage of pink carnations.

The bride was attended by Miss Kay Bergen and Miss Linda Rahm, niece of the bride, was flower girl. M. Frank MacDonald, Toronto, was groomsmen.

A reception followed at the La Palma. Following a trip to Montreal and points East the couple will reside in Ottawa. Travelling, the bride wore a royal blue dress, muskrat coat and a white hat.

Out-of-town guests were Mrs. R. G. O'Flaherty, Vanleek Hill; Mrs. M.O'Rourke, Hawkesbury, Ont.; Miss Rita MacDonald and Mrs. Frank MacDonald, Toronto, and Mr. and Mrs. W. Thorne, Carleton Place, Ont.

Miss Woodard will be acting Mayor.

Bad Colds
Believe Suffering fast with VICKS VAPORUB

YOUR JANUARY

Monarch mix

CONTEST!

40 SUNBEAM ELECTRIC FRYPANS TO BE WON IN ATLANTIC PROVINCES ONLY! CLOSING DATE JANUARY 31ST.

HERE'S ALL YOU DO:
Write on plain paper your name and address and the answer to this question.
Which English Monarch was known as "William Rufus"?

Win a new electric Sunbeam CONTROLLED HEAT FRYPAN. No more curled or charred bacon, no more seared, leathery eggs! A Sunbeam Frypan takes the guesswork out of frying. Simply set the dial and controlled heat takes over. Perfectly cooked food every time. This month 40 Sunbeam Frypans will be won by users of Monarch Mixes. Enter this easy contest now!

CONTEST RULES.

- 1) Each entry must be accompanied by the lion's head from any Monarch Mix package.
- 2) Entries must be mailed to "Monarch Contest", Box 686, Saint John, N.B. and postmarked not later than midnight January 31st, 1956.
- 3) Prizewinners will be the first 40 correct entries opened after contest closes. They will be notified and asked one further question. A list of prizewinners will appear in this paper about three weeks after contest closes.
- 4) Employees of Maple Leaf Milling Co. Ltd., its advertising agency and their families are ineligible.

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Serve it with pride,
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MRS. D. W. MACDONALD 204 West Main Street, Kentville, N.S.	MRS. HAROLD BALSTON R.R. 5, Woodstock, N.S.	MRS. OTHO H. BISHOP R.R. #4, Moncton, N.B.	MRS. WILLIAM BYRNE 53 Watson Road, Corner Brook, Nfld.
MRS. JAMES DYER Sussex, N.B.	MRS. THOMAS SHAW 334-5th St., New Aberdeen, Cape Breton, N.S.	MRS. E. H. COCKRETT 824 Manowagonish Rd., Lunenburg, N.S.	MARY S. MOLLOY 59A Long St., St. John's, Nfld.
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MRS. D. W. MACDONALD 422 West Main Street, Kentville, N.S.	MRS. A. D. MACDONALD P.O. Box 86, St. Peter's, N.S.	MRS. KENNETH GOODINE 91 Broadview Ave., Saint John, N.B.	MRS. FREDDY PIPON Front, Bell Island, Nfld.
MRS. J. W. DOWNS 59 London Street, Campbellton, N.B.	MRS. JOHN H. AHALAM Box 432, St. John's, N.S.	MRS. ROY NICHOLSON 172 Wilson Avenue, New Waterford, Cape Breton, N.S.	MRS. ARNETT SIMPSON Hillsborough, P.E.I.