WOMEN

LET'S EAT

A Wedding Reception Need Not Be Costly

By Ida Bailey Allen

This is a true story.

All her life, a young woman had lived in the same town. She was popular, she loved music and had many friends.

When the time came to list the names of persons who were to be invited to her wedding, she found there wasn't one who could be left out. So she invited them all—two hundred of them!—to a 5 o'clock Saturday afternoon wedding in the church.

Decorating the Church

The day before the wedding, the friends of the bride got together and went off to the woods to bring in masses of feathery pine and branches of flowering trees to decorate the church of the wedding day.

As the guests assembled, the church organist gave a fifteen-minute recital. Then came the wedding procession and the ceremony.

Background of Greenery

After the ceremony, the young couple and their parents "received" against a background of greenery in the spacious church lobby. Then the wedding party and a few intimate friends motored to the home of the bride"s parents for a musicale and an informal buffet supper prepared by the bride's mother and aunts.

WEDDING SUPPER

Chicken Bouillon Wafers
Olives Radish Roses
Salted Nuts
Lobster Salad Finger Rolls
Ice Cream Slices
Fresh Strawberry Garnish
Dainty Home-Made
Cookies and Little Cakes
Coffee

The wedding cake was made several months in advance by one of the bride's aunts. The cake was cut in small squares, wrapped in cellophane and tied with white ribbon as souvenirs.

This delightful wedding was inexpensive.

A Few Costs

The cost of invitations and postage was unavoidable. The cost of the refreshments was comparatively small. The mother made the bride's dress.

A lot of love and a small expenditure of time, money and work made possible a delightful occasion that will live forever in the memories of everyone present.

TOMORROW'S DINNER

Kidney Bean and
Scallion Saladettes
Beefburgers on Buns
Sauteed Corn Kernels
Spinach Casino
Strawberry Whip Float
Hot or Iced Coffee or Tea Milk

Strawberry Whip Float: Make 3 c. soft custard and chill thoroughly.

Just before serving, put 1 c. coarse crumbs of lady fingers or sponge cake into a 3 pt. serving dish. Pour in the custard. Refrigerate 30 min. Top with strawberry whip.

Strawberry Whip: Mash 1 c. hulled, washed fresh strawberries in a wide bowl. Add ½ c. powdered sugar and 1 unbeaten egg white. Beat with a wire whisk, or an electric mixer, until stiff enough to hold its shape.

TRICK OF THE CHEF

Spread toasted buns for beefburgers with garlic butter.

KEEP IN TRIM

Weight of Expectant Mothers

By Ida Jean Kain

The old saying that one must "eat for two" during the pregnancy period is one of those half truths that has done far more harm than good. The expectant mother who realizes she must eat for two as far as the protective nutrients are concerned, so as to meet her own requirements and those of the baby, is on the right track. Now, since the building foods must be stepped up to include the extra materials required, it follows that non-essential foods must be sharply curtailed.

There is often an exaggerated idea as to the amount of food required during the pregnancy period. The calories need not be stepped up until the latter months, and then not more than 20 percent. That may seem like quite a boost, but on a diet of 2200 calories, which is adequate for the expectant mother who does light physical work, the increase would be a total of 440 calories a day. But wait . . . it doesn't take much more food to furnish the extra fuel . . . two glasses of whole milk and a slice of bread and butter will do it.

That bit of calorie arithmetic makes it plain that the mother-to-be who relaxes all discipline, rationalizing that she's going to lose her figure anyway, builds up such an enormous appetite that in many cases she never does get back to normal eating habits and normal weight.

Here is a planned schedule for controlled gains: Not over 1 pound per month for the first 4 months. After that, a gain of ½ to ¾ pound per week is normal and will not amount to a total of more than 19 pounds which is a safe gain for the woman of normal weight. If the scales show a weekly gain of a pound or more during the middle months of pregnancy, that is the time to cut down on the non-essential foods, in order to lower the calories. The greatest weight gain must be anticipated during the last two months, for one-half the weight of the baby is acquired during the eight weeks before birth.

When the expectant mother is gaining too much weight, calories may be restricted to 1800 a day, in some cases, 1400, but only with the doctor's permission.

Here is a list of the essentials, furnishing 1800 calories a day:

Milk, 1 quart whole milk.

Meat, Fish or Chicken, ¼ to ½ pound. Use liver at least once a week.

Eggs, 2. Or, 1 egg and 1 ounce American or Swiss cheese, or ½ cup cottage cheese.

Bread, 3 slices 100% wholegrain. Should be wholewheat, rye or pumpernickel. Or 2 slices of bread and 1 small serving wholegrain cereal.

Butter, 1 tablespoon. Margarine may be substituted with no loss of food value.

Fruits, 3 servings: 1 should be orange or grapefruit, fruit or juice; 1 should be tomatoes or tomato juice; 1 may be as desired.

Vegetables, 4 servings without added fat, butter or sauces: 1 should be a medium-sized potato; 1 should be raw, such as lettuce, cabbage, celery; 1 should be dark green or yellow, such as carrots, spinach, greens; 1 may be as desired.

Water, at least 8 glasses a day.

Supplementary Vitamins, 800 units of Vitamin D, plus Vitamin A, in vitamin concentrate.

RANGES AFAR

The iguana, a tropical lizard, has been found as far north as British Columbia.

ANCIENT CUSTOM

Creamation was customary for the dead in nearly all ancient countries except Egypt and China.

MARY HAWORTH'S MAIL

Woman Writes Of Her Brother Who Is Total Parasite

DEAR MARY HAWORTH: The problem is my brother Al, 26, an only son, the youngest in the family. His birth was greeted with great joy, inasmuch as several girls had preceded him; and he was given much affection by everyone as a child.

However, he was born during a time of great financial hardship in our family, and this anxiety caused a good deal of strife between our parents. They are antagonists to this day and although they stay together, there seems to be little love or respect for each other.

My sisters and I left home as soon as we could, around age 17, and we have established our own lives and are quite happy. But the opposite is true of my brother. He is still living at home and never has held a job. He was given a college education by our parents and still gets an allowance from them.

Parents Fume, But Pamper Him

Al spends his days sleeping until afternoon, then going out to seek amusement. At one time he had a key to my apartment, which I took away when I learned that he was spending afternoons there, eating and watching TV, instead of seeking employment. As he snows no sense of responsibility, I don't give him special privileges.

Our parents harass me via telephone about Al's actions as often as they can; but they continue to give him privileges and won't be firm with him. How can this situation be helped? I am tired of their whining, and concerned about Al's future too. But what can I do constructively? P. Y.

Can She Help? Or Can't She

DEAR P. Y.: Possibly the most constructive thing you can do in the circumstances is to develop a certain detachment towards the situation your parents complain about. It has been said (was it Epictetus, first-century philosopher?) that there are two things we never should worry about: one, the thing we can't help; the other, the thing we can help.

It appears that your parents foolishly foster and tolerate an infantile brand of dependency in Al, then fret because he behaves in terms of the character they've forged for him. Since he is their handiwork, still closely embraced by them, you aren't in a position to take him in charge, thus their lamentations to you are largely a matter of sounding-off. They aren't open to advisory help, I think; and you shouldn't become emotionally invested in their agitation.

Al isn't necessarily a hopeless case. He may insist upon being worthless, but he doesn't have to be that way. However, it is pretty certain that help can't reach him, unless and until he is keenly receptive to it — until he wants it and is willing to co-operate. If he should ever recognize (1) that he is a problem to himself; and (2) that he has problem parents; and (3) that he needs truly wise leadership to direct his growth towards man's estate, he might yet redeem his wasted youth.

Parental Strife Did The Damage

Evidently your parents, in their continuing strife since Al was born, have fought each other more or less openly for the biggest hand in molding him. I gather that each was outbidding the other for son's allegiance to Mom's or Dad's side. And Al, figuratively pinned down this crossfire, took what satisfaction he could from his plight, by playing one against the other to pamper him — with the sorry results that your parents now bewail.

Al is demoralized, obviously; his aimless habits signify that. He doesn't know how to take hold of life; also he lacks incentive to get organized. You might make a difference for the better in his experience, by systematically referring his needs to God, in daily intercessory prayer — if you are schooled in effective prayer, and have access to fellowship in prayer.

Evelyn Underhill's book "The Fruits of the Spirit" (Longmans, Green) imparts know-how in praying well. So, too, does The Manual of Prayer, published monthly by The United Prayer Tower, at 1571 Grand Avenue, St. Paul 5, Minnesota. M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

late Rev. Hammond Johnson, was for some years Minister of Trinity United Church in Charlottetown. Her grandmother, Mrs. Hammond Johnson, is a resident of Summerside, P.E.I.

Mackenzie - Johnson Wedding

The marriage of Miss Dorothy Margaret Johnson, daughter of Dr. and Mrs. Charles R. Johnson, to Mr. Hugh Seaforth Mackenzie, son of Mr. and Mrs. Hugh A. Mackenzie, of London, Ont., took place on Saturday, May 21 at 3.00 p.m., in First United Church, Bathurst. Rev. J. C. Johnson, D. Moncton, uncle of the bride, officiated, assisted by Rev. E.R. Woodside. Mrs. Lloyd Marshall was guest organist.

The church was decorated with white flowers, roses, gladioli and mums being used, while the guest pews were marked with tiny bouquets of mayflowers and white heather.

The bride, given in marriage by her father, wore a ballerina-length gown of ivory brocade, fashioned in princess lines with a high neckline embroidered with pearls. Her fingertip veil was held by a matching bandeau of brocade and pearls and she carried a bouquet of white roses and heather.

Miss Helen Johnson was her sister's only attendant. Her gown was of shot silk organza of green and rose and she wore a matching bandeau and carried a nosegay of pink roses.

The bride's mother wore a lace gown of wedgwood blue with matching accessories and a corsage of pink carnations.

The bridegroom's mother wore a navy printed silk shantung costume with white accessories and her corsage was of white carnations.

Mr. William Langstroth of Halifax was best man and the ushers were Mr. Malcolm Johnson, brother of the bride, and Mr. Norman Eddy.

Following the ceremony a reception was held at Kent Lodge. Dr. W. R. Kennedy, of Montreal, uncle of the bride, proposed the toast to the bride, to which the groom responded.

For travelling the bride wore a green and white printed silk costume with a green wool coat and a corsage of gardenias.

Both the bride and groom are graduates in Fine Arts of Mount Allison University, Sackville, N.B.

Out-of-town guests were: Mr. and Mrs. Hugh A. Mackenzie, London, Ont.; Mrs. Eric Grier, Lakefield, Ont.; Mrs. George Douglas, Lakefield, Ont.; Mrs. Hammond Johnson, Summerside, P.E.I.; Dr. and Mrs. W. R. Kennedy, Montreal; Rev. and Mrs J.C. Johnson, Moncton; Mrs. H. H. Pierce, Charlottetown, P.E.I.; Mr. and Mrs. E.G. Byrne, Halifax, N. S.; Mr. Langstroth, Halifax, N. S.; Mr. A. Colville, Sackville, N. B.; Mrs. George Johnson, Charlottetown, P.E.I.

The bride was born in Elgin, P.E.I.; and her grandfather, the late Rev. Hammond Johnson, was for some years Minister of Trinity United Church in Charlottetown. Her grandmother, Mrs. Hammond Johnson, is a resident of Summerside, P.E.I.

Wed in Hamilton

Married on Saturday, May 28, at St. Patrick's Church, Hamilton, Ontario, Mr. and Mrs. Ewen Marshal MacPherson are seen in car as they leave the Church. The bride was formerly Mary Veronica, daughter of Mr. and Mrs. Wilford Peters of St. Charles, P. E. I., and her husband is the son of Mr. and Mrs. Hughie A. MacPherson, Beaton Mills P. O., Flat River, P. E. I.—(Kingscourt Studios)

HOUSEHOLD HINT

When you dye an article, buy the dye according to the type of fabric to be dyed and prepare it according to the directions on the package. When tinting or dyeing, always use a container that allows ample room for moving the article about, and enough water to cover all the fabric completely. Rinse thoroughly when desired color has been reached.

Words Of The Wise

To be capable of steady friendship and lasting love, are the two greatest proofs, not only of goodness of heart, but of strength of mind.—(William Hazlitt.)

Plan Monday Wardrobe Before Leaving Friday

By ELEANOR ROSS

With vacation time drawing near, trains, planes, ships, the old family bus will be working overtime to take us away from it all. Every trip, even that week-end visit, requires planning and work.

Three-Day Trip

Let's begin with that aforesaid week-end and see how best to prepare and pack for it. The strange thing about a three-day trip, even veteran weekenders tell us, is that you carry along as much clothing and stuff as you would ordinarily pack for a full week's vacation! As a rule, there's a good deal more hurry and less planning for a week-end jaunt, and the result is a hectic Monday morning.

So start the week-end preparations by planning Monday's wardrobe before you leave. Have everything in readiness, so that Monday morning isn't a shambles, particularly if you have to get to work. Anyway, you'll feel much better if you aren't obliged to unpack the minute you get home Sunday night.

List Everything

Make a list of everything you take; keep the list in your suitcase. If you are a confirmed weekender, pack your bag permanently with small sizes of cosmetics and toiletries, or fill jars and bottles in your fitted case. This should take care of many week-ends.

Choose Separates

Plan your travel wardrobe around separates, non-wrinkable fabrics and basic costumes that can be accessorized as the occasion demands. Stick to one color, if possible, to keep the cost of large accessories, such as shoes and handbags, at a minimum.

Organize your luggage. Don't go in for make-shifts. A good week-end bag should be the minimum.

For more clothing, use a pullman or wardrobe case, plus a train box for cosmetics. A shoe bag is handy for country week-ends, which include everything from riding to a country-club dance.

Shopping Expenditures

Hatboxes are wonderful for lingerie and accessories. A fold-away bag is the answer if you plan a shopping expedition while you are away. We find that for an average week-end, a suitcase and a train box do nicely.

Cook's Corner

CHICKEN SALAD

1 quart cold boiled chicken, cut into small cubes
1 pint finely cut celery
1 tsp. salt
⅛ tsp. pepper
2 hard boiled eggs
2 cups mayonnaise dressing
6 olives

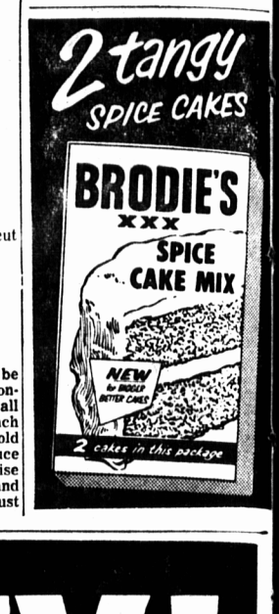
Mix chicken which should be very tender, with celery, seasoning and one egg cut into small pieces; marinate with little French dressing, and let stand in cold place one hour. Serve on lettuce leaves and spread mayonnaise over top. Garnish with olives and remaining egg cut into slices, Dust with paprika.

MORNING SMILE

"Yes," said the elderly hostess, "my memory's fine. There are only three things I can't remember—names, faces, and — and—"

"Well?"

"That's queer. I can't think of the other thing."



WHAT A BUY!

Both BLUE and WHITE Breeze give you a

CANNON TEA TOWEL OR FACE CLOTH

in every package!

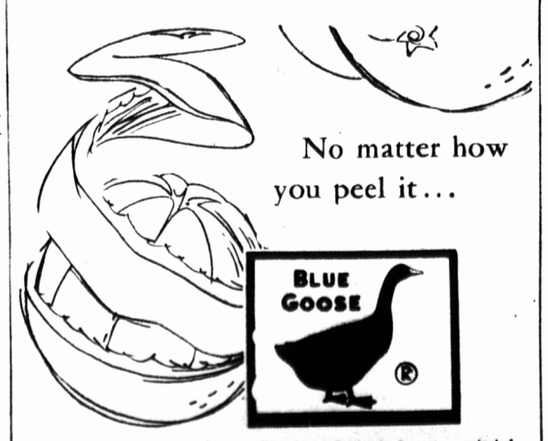
Still the greatest bargain in detergents! That's Lever Brothers' All-Purpose Breeze. There's a genuine Cannon Tea Towel worth 35¢ in every economy-size box . . . a Cannon Face Cloth worth 25¢ in every large size. Choose white Breeze in the familiar red box — or Blue Breeze in the new blue box. Get your Cannon Tea Towel or Face Cloth right inside!

Breeze

washes clothes not just white – but clean!

Wife Preservers

Leftover pieces of fabric may be used up by making closet storage bags with them. The bags are shaped like shoe bags and will be useful for storing many things if hung on the inside of the closet door.



Nothing can match the flavor of a Blue Goose California Orange . . . selected from the very finest of the crop. For the plumpest, juiciest citrus, always look for the sign of the Blue Goose.

Quickly smothers flames. Stops fire spreading. Better than sand or water. Can't harm motor. Always keep a package of baking soda in glove compartment for emergency use.

COW BRAND BAKING SODA
PURE BICARBONATE OF SODA