

WOMEN

Page 8, The Guardian Tuesday, Nov. 22, 1955

LET'S EAT

New Molasses Pudding Has A Velvety Texture

By Ida Bailey Allen

"Anyone who likes gingerbread will be enthusiastic over this Colonial molasses pudding that has just been perfected," observed the chef. "The texture is like velvet, yet it is light as a feather. And the flavor is delicate because we use unsulphured molasses. It becomes one of our honor roll of desserts."

"It would be perfect to serve for Thanksgiving dinner, Chef," I added.

Colonial Molasses Pudding: sift together 2 1/4 c. already-sifted enriched flour, 3/4 c. sugar, 1/2 tsp. nutmeg, 4 tsp. cinnamon and 1/2 tsp. salt.

Add 1/2 c. shortening. Chop in with a pastry blender, to resemble coarse crumbs. Stir in 1/2 c. finely-chopped nuts.

Combine 1 c. unsulphured molasses, 1 c. cold water and 1 tsp.

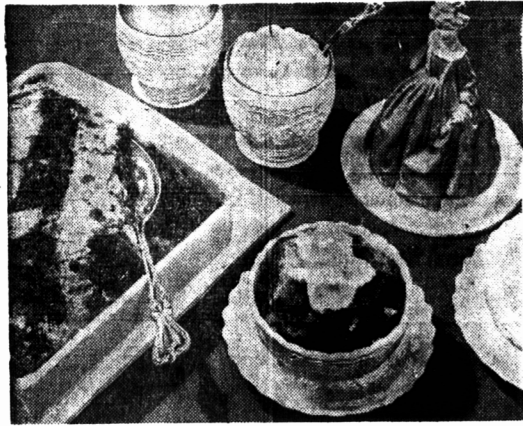
Lemon Sauce: In a saucepan, mix 2 tbs. cornstarch, 1/2 c. sugar and 1/4 tsp. salt. Gradually stir in 2 c. boiling water. Cook-stir until boiling, thickened and clear.

Stir in 3 tbs. lemon juice, 1 tbs. grated lemon rind and 2 tbs. butter or margarine. Do not boil. Use warm.

For an alternate old-fashioned molasses sauce, follow the preceding directions, but use only 1-3 c. sugar and 1 1/4 c. water and add 1-3 c. unsulphured molasses.

TOMORROW'S DINNER

Tossed Green Salad
Beef Goulash Buttered Noodles
String Beans with Peas
Colonial Molasses Pudding
Coffee Tea Milk
Beef Goulash: In a heavy 2 qt.



SERVED WARM, with a cream cheese topping and lemon sauce.

Colonial Molasses Pudding will be a fine Thanksgiving dessert.

SAUCEPAN: melt 3 tbs. fat, add 3 c. thin-sliced peeled onion, 1 minced peeled section garlic and 2 1/2 lbs. coarse diced chuck of beef. case, the diet must be strength. Slow-fry until lightly browned.

Add 1/2 tsp. paprika, 1/2 tsp. thyme, 1 1/2 tsp. salt, 1/2 tsp. monosodium glutamate, 2 c. hot water and 1 c. tomato juice. Cover, simmer or slow-bake 1 1/2 hrs. or until the meat is fork-tender. Transfer to a deep platter.

Make a gravy and pour over the meat. Surround with parsley buttered noodles.

COOK'S CORNER



OATMEAL COOKIES

1/4 c. shortening
 1/4 c. brown sugar
 1/2 tsp. vanilla
 1/2 tsp. baking soda
 1/4 c. hot water
 1-3 c. oatmeal
 1/2 c. flour
 1 c. oatmeal
 dash salt

Cream shortening with vanilla and sugar. Add hot water. Add oatmeal and sifted dry ingredients. Drop by teaspoonful on baking sheet. Press flat with fork. Bake at 375 deg. F. to 400 deg. F. for 8 minutes. Makes 2 dozen.

HOUSEHOLD HINT

Use an empty soft drink bottle carton to carry your household cleaning supplies to different parts of the house. The compartments, will hold soaps, detergents, scouring power, polishes, sponges, rags, etc.

Keep the carton in the closet with your other cleaning equipment, filled and ready for work.

How To Write Faster

Most of us haven't the time or patience to learn shorthand—but here's a shortcut that can triple your writing speed in as little as 5 weeks.

December Reader's Digest reports on "Speedwriting," the new, proven system of word abbreviation that can help you in your business, in your studies, might even land you a job. Get your December Reader's Digest today: 35 articles of lasting interest from current books and leading magazines, condensed to save your time.

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Recent Vows Unite Clara MacLean and William P. Yeo

The marriage of Clara Ernestine MacLean, daughter of Mrs. Wanda MacLean, Arlington, Lot 14, and the late Mr. Havelock MacLean, and Mr. William Prowse Yeo, son of Mr. and Mrs. Samuel H. Yeo, Central Lot 16, was performed at 5 o'clock, Wednesday, October 26 by Rev. A. J. MacDonald.

Cut flowers and potted plants formed the background for the double ring ceremony and the guest pews were marked with small nosegays of rosebuds and satin bows. Mrs. Percy Birch played the wedding music and before the ceremony, the choir sang "O Perfect Love." Mr. G. Roy Phillips sang "I'll Walk Beside You" during the singing of the register.

Given in marriage by her uncle, Mr. Ernest Grigg, the bride was gowned in a floor-length model with fitted bodice of Chantilly lace and full nylon net skirt topped by a matching lace redingote which was fashioned with stand-up collar and tiny buttons down the front. A cap of pleated nylon, trimmed with lilacs-of-the-valley held her fingertip veil of nylon illusion and she carried a bouquet of Better Time roses.

Mrs. Eston Ramsay, the bride's sister, wore a floor-length gown of pink net over taffeta styled with bouffant skirt, fitted bodice and cape with matching headress and mitts. Her bouquet was of blue carnations. Flower girl was Wanda Sharon MacLean, niece of the bride, who wore a floor-length gown of blue nylon with matching headress and scattered them along the aisle as she preceded the bride.

Mr. Eston Ramsay was best man and the ushers were Mr. L. MacLean, brother of the bride, and Mr. John Yeo, brother of the groom.

The mother of the bride chose a gown of blue moon ticate with black accessories and a corsage of red roses. A gown of black silk crepe with white accessories and a corsage of red roses. A gown of black silk crepe with white accessories and a corsage of red roses was worn by the groom's mother.

A reception followed at the home of the bride's mother where the friends of the bride assisted in serving the guests. The dining room was decorated with pink and white streamers, the table centered with a three-tiered wedding cake which was topped by an arch of pink and white flowers and a miniature bride and groom. The cake was flanked with white candles in silver holders. Pink roses were also used to decorate.

The toast to the bride was proposed by Rev. A. J. MacDonald and Miss Dorcas Dennis was in charge of the guest book.

Mr. and Mrs. Yeo left on a motor trip to the United States and Maritimes. The bride travelled in a navy flecked suit with powder blue accessories and corsage of pink carnations. The couple will reside in Central Lot 16.

SHOWER

Prior to her marriage the bride-elect was honored with a miscellaneous shower in Port Hill Hall where she received many lovely gifts.



MR. AND MRS. CECIL EDMOND MacPHAIL

Pretty Wedding At Long Creek United Baptist Ch.

Long Creek United Baptist Church was the scene of a pretty autumn wedding on Friday, October 28th, at 5.30 p.m. when Marion Sarah, daughter of Mr. and Mrs. F. W. Stretch, St. Catharines, was united in marriage with Cecil Edmond MacPhail of Bonshaw.

The double ring ceremony was performed by Rev. Owen Cochran, pastor of the church. Hector Currie, organist, played suitable music. Miss Maida Rogerson, guest soloist, sang "The Lord's Prayer" previous to the ceremony, and "O Perfect Love" during the signing of the register. The church was tastefully decorated with mixed flowers.

Given in marriage by her father, the bride wore a white satin floor-length gown with Chantilly lace insets and fitted bodice having long tapering sleeves. Her floor length bridal veil caught up with a beaded crown. Her only ornament was a three strand pearl necklace, gift of the groom. She carried a shower bouquet of American Beauty roses.

The bride's attendant, Miss Jean MacLean, as maid-of-honour, wore a floor length gown of pink nylon net over taffeta with matching mitts and headress. She carried a nosegay of pink and white carnations.

Misses Donna and Jean Stretch acted as bridesmaids. Donna, sister of the bride, wore blue nylon net over taffeta with matching mitts and headress, and carried a nosegay of red and white carnations. Jean wore yellow nylon net over taffeta with similar mitts and headress and carried a nosegay of mauve and yellow carnations.

Mr. Blair Morrow was best man, and the ushers were Mr. James MacLeod and Mr. Robert MacNeven.

Following the ceremony a reception was held at the home of the bride for 80 guests. The toast to the bride was proposed by Rev. Owen Cochran, to which the groom fittingly responded.

The bride's table was centered with a three tier wedding cake topped with a miniature bride and groom and flanked by candelabra and flowers.

Pouring tea were Mrs. Henry Godfrey, cousin of the groom, and Mrs. Floyd Stretch, sister-in-law of the bride.

Assisting in serving were friends of the bride.

Amid showers of confetti the bride and groom left for a honeymoon trip to New York and vicinity.

For travelling, the bride chose a navy mix suit of worsted rayon flannel, with pink hat and gloves, navy handbag and shoes, and a corsage of pink Delight roses.

Upon their return they will reside in Bonshaw where the groom is a prosperous merchant.

Previous to her marriage the bride was entertained at a shower given by the community and friends. She received many lovely gifts.

(Photo by Myers Studios)

MORNING SMILE

A man is that large irrational creature who is always looking for home atmosphere in a hotel and hotel service around the house.

KEEP IN TRIM

Shapely After Baby

By Ida John Kain

The shapely and glamorous mother of four children, reported on some time back, has inspired other young mothers to take action. Here is an appealing request:

"My baby is due in December and I would dearly love to be slim and shapely by spring. This is my third child, and to say that I have been neglectful of my figure is putting it mildly. I am only five feet tall and of slight build, so added pounds are a particular problem. Haven't much will power, but if I have all essential exercises on hand, I'm bound to feel guilty if I don't do something about the extra weight. If that former Syracusean could restore her figure after four — or was it five — children, I'm game for anything."

Fine! Following the baby's arrival, exercise is a "must" in order to restore tone to stretched ligaments and muscles. However, if there are many extra pounds to deal with, it takes more than exercise to get down to normal weight and shape.

It is not uncommon for the young mother who gains 20 pounds during pregnancy to retain 5 pounds after the baby arrives. Then, because of elevated appetite, it is easy to gain another 5. When this happens with each baby, by the time the third one comes along, the once slim bride is quite likely to be 20 plus pounds above her healthy normal weight.

If that typical picture describes you, then you'll need to cut your appetite down to size as well as to take conditioning exercise. The number of calories needed for weight control depends on whether or not you nurse the baby. In any case, the diet must be strength-giving. The nursing mother can safely lose weight on 2200 calories a day. The non-nursing mother can reduce on 1200 calories, largely in the protective foods — lean meat, fish or fowl, 4 to 5 ounces (fat trimmed off); one pint of skimmed milk or buttermilk; one or two eggs (not fried); 3 vegetables and 3 fruits, including one citrus, plus 3 thin slices bread and 3 one-half pats of butter. This totals approximately 1200 calories.

The protective pattern is particularly helpful at this time. It restores strength and controls hunger while curbing calories. The foods that contribute the best nutrition are not the fattening foods.

Exercise is the correlated part of the getting in shape program. Plan to start exercise the day your doctor gives his permission. Ask him to suggest some mild conditioners which can be started while you are still in bed. Tomorrow I will outline special exercises which can, in normal cases, be started the third week.

MARY HAWORTH'S MAIL

Old Maid Is Jealous Of Woman Boss

DEAR MARY HAWORTH: About three months ago I accepted a position as secretary to the General Counsel of a government office. At that time, I was informed that the secretary to the Assistant General Counsel was chief secretary in the office, and that I would be under her supervision.

I thought I could be happy in that situation; but that was before I met Maude (as I shall call her). Maude is everything that I would like to be, and am not. Although she is a few years older than I, she is a very handsome woman — with background, family, refinement, education, culture, and a husband who is the scion of a distinguished Southern family. I am a lonely old maid.

In addition, Maude is the perfect secretary. I simply cannot and never will be able to match her in precision, neatness or output.

FEELS INFERIOR

Now this is my problem: I am extremely jealous because I know that I am so mediocre in every respect: that is, in personal appearance, family, background and ability.

I am a Christian and I have



FINE FEATHERS

Beautiful plumage is definitely back in the fashion picture for dressy hats to top luxurious furs and dramatic frocks. And its not to be wondered since fine feathers have always been subtle face flatters.

The little cap pictured is one of this group and is a perfect choice for cocktail and evening wear. It is of ice blue feathers on shimmering satin and its frosty sheen is highlighted by tiny ice blue crystals embroidered all over the hat.

prayed about this matter; but even my Christianity is inferior to that of my adversary. For various reasons it would be very difficult, if not impossible, for me to get another job at present, commensurate in pay with the job I have. I would appreciate any advice you can give me which will help me to overcome my intense jealousy of Maude. Thank you. E.B. MORE TO PROBLEM.

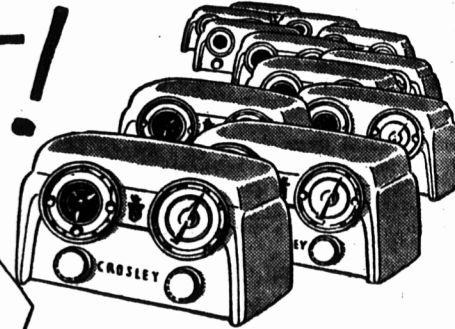
DEAR E. B.: There is more to the problem than meets the eye. (Continued on page 11)

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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 Nov. 30th, 1955.
3. Prizewinners will be the first 25 correct entries opened after the contest closes. They will be notified and asked one further question. A list of prizewinners will appear in this paper.
4. Employees of Maple Leaf Milling Co. Ltd., its advertising agency and their families are ineligible.



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| MRS. WYFORD BAIRD R.R. #3, Kenilworth, N.S. | MRS. E. WILKINS 127 Campbell Avenue, St. John's, Nfld. | MRS. E. V. ALBURN 414 Prince Street, Lunenburg, N.S. | MRS. CARIE HATNER Church Ave., Sussex, N.B. |
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