

# WOMEN

Page 8, The Guardian Monday, Oct. 24, 1955

## LET'S EAT

### Two Casseroles Make An Easy Oven Dinner

By Ida Bailey Allen

When you are setting the table, do you forget to put out the spoons? The salt and pepper? Tiles for hot dishes? Sugar?

Then you're sure to be a table-hopper, jumping up to get the article you forgot, disrupting conversation, feeling nervous and downright embarrassed if there's a company.

**Check the List**  
But there's a way to prevent table-hopping.  
Make lists on cards of all the items needed on the table for each of the three meals. Tack up the cards. Then, before you call the family or guests to the table, check the setting with the list on the card and the menu.

If big daughter sets the table, teach her to make a check-up, too. There's no reason why she should inherit the table-hopping habit.

#### OVER-DINNER FOR GUESTS

**Appetizers or Tomato Gibsons**  
**Corn Crisps**  
**Olives**  
**Celery**  
**Chicken-Mushroom Casserole**  
**Sweet Potato Casserole**  
**Foosad Green Salad in Bowl**  
**Coffee**  
**Tea**  
**Milk**

#### Chicken-Mushroom Casserole

Order 1 small broiling or frying chicken split and dressed for each 1 person. Wash, rinse and dry on paper towels.

Generously rub a large casserole or double-roaster with butter. Put in the chicken, the pieces not touching each other. Dust with salt, pepper and monosodium glutamate. Cover; roast in a very hot oven, 425 degrees F., about 35 min.

Then add 4 large mushroom caps for each chicken-half used. (The mushrooms should be washed and dried but not peeled.) Bake 10 min. longer.

Chop the stems; use next day in soup, or saute and combine with other vegetables such as green beans or peas.

#### Lemon-Limeade Chiffon Pie

Bake 1 (9") pie pastry shell.  
Sofen 1 envelope unflavored gelatin in 1/2 c. water. Then heat 1/2 c. water to boiling; pour over the gelatin to dissolve. Stir in 2 tbsp. sugar. Mix in 1/6 oz. can fresh-pressed lemon-limeade. Refrigerate 20 min., or until syrupy in texture.  
Beat with a rotary or electric beater until light and frothy. Whip 1/2 pt. heavy cream until stiff; fold into the first mixture. Add a few drops of green vegetable coloring, if you like.

Transfer to the baked pie shell. Dust the top with finely chopped nuts or grated rather dry plain or sponge cake. Refrigerate 4 hrs. or until firm enough to cut.

**Tomato Gibsons from the Chef**  
1/2 sp. Worcestershire and 1/4 tsp. tabasco to 4 c. tomato juice. Chill. Serve in cocktail glasses, a pickled onion in each.

## ELLEN'S DIARY

By An Island Farmer's Wife

This was a morning when as faithfully as in a mirror, beautiful reflections were spread along the millpond below the front meadow. From these houses we see them, from the smaller house across the lane and from this one, settled long years against the hillside. Mirrored trees, alder, evergreen, haring maple and birch. And if one comes near—it may be on her way to the mail-box, she may catch there in this off-season of angling, a floating white cloudlet, a swath of blue sky, a piece of a meadow with its pasturing herd... and today in the current which flowed quietly beneath the laneway bridge, see in the fallen leaves drifting downstream, the passing of the year.

"What's the spirit of today?" we chuckled to James, coming in from the chores to his breakfast.

"The spirit, Ellen?" he fumbled the question a moment. "Oh," he smiled, "pretty good. I would say... at least there's no one or nothing ailing or miserable. And that should be an encouraging beginning to the week... It may rain. I believe it will, but we'll not complain about that. We've had an exceptional October so far, as a matter of fact, Ellen. I don't think I've ever seen better."

And that proved to be the continuing spirit of the day, as one farmwife spread her bit of wash, and the other explored her round

of care; as the children set off with happiest anticipations for school and the farmers to their varied endeavours... To the casual observer, the clothes-lines on Monday morning, don't give much information as to whether the family is raising boys or girls," a writer states, "it's all blue jeans and boys' shirts!"

Today however it would be clear to the passer-by, that by the blue shirt and overalls, the house-dress and apron beside, that it was "a little old man and a little old woman" who these autumn evenings drew up their chairs beside this hearthfire.

The children appeared to entertain no regrets about returning to their classes after their fall holidays—a vacation which had given them many delightful days in the sun; at the potato-harvest, out at the mangel work, playing about the lawn in the crisp leaves, catching rides in the truck here and there along the farms or about a sunny door taken up with their bevy of kittens.

"Mack in 'first year' is gaining an acquaintance with numbers now. His grandfather tested his knowledge this evening with 'Two cows and two more, how many would that be?'"

"Four!" the youngster replied proudly. "But it would be more another year."

"How would it be more?"

"They might have calves, mightn't they?" he smiled broadly.

He adds too the units and interesting signs which it seems to us not so long ago we made in life problems on his slate for the helper of ours, who comes and goes and is as he says with a chuckle, "a part of this establishment" in the same school down the River Road. The years roll. And on turns October, toward its winking night!

Until tomorrow—Diary—Good-night...

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Send order to **ANNE ADAMS**, care of Charlottetown Guardian, Pattern Dept., 60 Front St. West, Toronto, Ont.

**Wife Preservers**  
Letters that can be reprinted should first be washed and pressed to a paper lower than in a cloth bag, so the leaves won't rust.



## Double Ring Ceremony

A pretty wedding was solemnized at St. Joachim's Church, Vernon River, when Mary Christine, only daughter of Mr. and Mrs. Joseph Wood, became the bride of Mr. Patrick John McCarron, son of Mrs. Margaret McCarron and the late Mr. Patrick McCarron.

Rev. Emmett MacInnis, uncle of the bride, performed the double ring ceremony and celebrated the nuptial mass, assisted by Rev. Cash. The altar was decorated with mixed flowers and white ribbon bows marked the guest pews. The music was under the direction of Mrs. Lenora Murphy who accompanied Mrs. Charles Leslie, Mrs. Bernard MacPherson, Mrs. Matthew Redmond and Lorraine McVarish, soloists.

A strapless full-length gown of white nylon net over satin was chosen by the bride who was given in marriage by her father. It was fashioned with insets of Chantilly lace and a matching jacket. A full-length veil of sheer illusion of seed pearls and diamond cut. Her jewelry was a pearl necklace with matching earrings. Red roses with white streamers formed her bridal bouquet.

Miss Marion Kelly, cousin of the bride, was maid of honor in a strapless floor-length gown of yellow nylon and net over taffeta with lace bolero jacket, matching headress and mitts. She carried a nosegay of yellow and white pom-poms and carnations. Bridesmaid was Miss Catherine McCarron, in a strapless floor-length gown of sky-blue net over taffeta with lace bolero jacket, matching headress and mitts. She carried a nosegay of pink and white pom-poms and carnations. Niece of the groom, Miss Elaine Madore, was flower girl. She wore a pale blue nylon dress with matching headress.

Out-of-town guests were Rev. Emmett MacInnis, Lennox Island; Miss Catherine McCarron, Montreal, and Mr. and Mrs. Robert MacLean, Toronto.

The couple will reside in Borden where the groom is an employee of the M. V. "Abegweit."

Previous to their marriage, the bride and groom were honored at pre-nuptial showers at the home of the groom's mother, Mrs. Margaret McCarron and also by Mr. and Mrs. Leslie MacLean. They received many lovely gifts.

## HOUSEHOLD HINT Recipes For Hearty Suppers

Who has not longed for new ways to prepare spaghetti, macaroni and noodles so that they will have a new taste appeal? Food Editor Helen Gougeon offers a welcome solution by providing some delicious new recipes in The Standard this week. She calls them supper recipes but they are good any time of day. Get The Standard—on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents.

## Words Of The Wise

Speak little; do much.  
—(Benjamin Franklin)

## Wife Preservers

Ferns should not be kept in the sun, but they will lean toward it. Be careful to turn the container every day so that the ferns will not grow lopsided.

## ALICE BROOKS DESIGNS

**"3-D" ROSE QUILT**  
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Pattern 7237: Diagrams, directions for flower quilt 72 x 105 inches. Pattern for "3-D" roses, applique buds and leaves.

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7237  
by Alice Brooks



## Honeymoon In Ontario

A honeymoon trip to Kitchener, Ontario, followed the recent marriage in St. Patrick's Church, Fort Augustus, on September 20th, at 9 a.m., of Lucy Pauline MacEachern, daughter of Mr. and Mrs. Joseph MacEachern, Webster's Corner, and James Alfred Hughes, son of Mr. and Mrs. J. Ernest Hughes, Johnson's River, P.E.I.

Rev. T. P. Butler, pastor at Fort Augustus, performed the double ring ceremony and celebrated the nuptial mass. Serving mass was Gerard MacEachern, brother of the bride. During the ceremony hymns were sung by Sisters Mary Winifred and Clair Teresa. The altar was decorated with late summer flowers.

The bride, given in marriage by her father, wore a full-length gown of net and lace over bridal satin. It was styled with fitted bodice and full skirt. Her finger-tip tulle veil fell from a tiny cap, matching the gown. She carried a white prayer book and pearl rosary, her prayer book bouquet being of pink roses, buds with white streamers of lily-of-the-valley, and her only ornament was a pearl necklace, the gift of the groom.

The bride was attended by Miss Ernestine Hughes, sister of the groom, as maid of honor, who was attired in a coral waltz-length gown of nylon net over taffeta with matching headress. She carried a nosegay of pink roses and yellow mums.

Best man was Mr. Albert MacEachern, brother of the bride. For her daughter's wedding, the bride's mother chose a dress of grey nylon crepe with cardinal accessories and a corsage of white carnations. The groom's mother was attired in navy nylon crepe with matching accessories and a corsage of pink carnations.

After the ceremony a wedding breakfast was held at the Queen Hotel, Charlottetown, followed by a reception at the home of the groom's parents where a buffet luncheon was served.

For her wedding trip to Ontario, the bride chose a blue wool suit with navy accessories and corsage of pink carnations. Since their return Mr. and Mrs. Hughes have taken up residence at Johnson's River, where the groom is engaged in farming.

Out-of-town guests were Mrs. Frank Martin, Lawrence, Mass., and Miss Dorothy Hughes, R.N.S., Michigan, U. S. A.  
(Photo by Craswell).

## Jolt Stubborn Pounds

It takes courage to keep on dieting when the pounds refuse to budge. The overweight in today's column is sorely in need of help.

"I have lost 70 pounds and I'm at a complete standstill. Try as I may, I cannot lose. I'm 5'3" and weigh 185. I did weigh 255. The doctor has warned I must take off 60 more pounds. Please help me!"

Take advantage of the specific dynamic action of food by having your meals in the active part of the day when the body is using more fuel. Here's the explanation: Food causes an increase in metabolism. This is termed the specific dynamic action of food. About an hour after meals, the metabolism begins to rise, and reaches its peak in about 3 hours. Of all food, protein causes the greatest rise. By eating a good breakfast, including an egg and a glass of skim milk, the specific dynamic action begins early in the day. If you skip breakfast, you lose out on the stepped-up metabolism by many hours.

The most significant nutritional findings which apply to reducing are in regard to protein. The emphasis is on when protein is eaten. Science has found there is a more effective carry-over of energy and better hunger control when a complete protein is included at each of the three meals.

Lunch should be built around a serving of lean meat or fish, an ounce of cheese or a half cup of cottage cheese, plus a glass of skim milk or buttermilk. The skim milk can be used for soup. Hot soup lend soothing comfort to a low calorie diet.

Zero hour for dieters comes in the late afternoon. That's the time for an energy pick up—a cup of hot tea with a lump of sugar and a wedge of cheese; a hard cooked egg; or a glass of skim milk.

Dinner is the best meal at which to "diet". There is an important reason for this. At the end of the day's activities, fewer calories are needed. All fuel taken in excess of immediate demands for energy tend to be stored. Therefore, late day calories in particular tend to form fat. This makes it abundantly clear that with bed-time snacks, you gain while you sleep.

In order to reduce, of course, total calories for the day must be cut below requirements. Since fats furnish many more calories than the other nutrients, the fastest way to cut calories is to trim fats all along the line. Skip gravy and sauces, and trim all fat from meat. Avoid fried foods. On salads, have one of the low calorie dressings.

Our modern day plan of slighting breakfast, eating lightly at lunch, and taking the bulk of calories at the end of the day has proved to be fattening. To get nature pulling for you, eat during the active part of the day. Go light at dinner—you'll lose faster.

## Widow, 68, Feels Unwanted By Married Daughters

**DEAR MARY HAWORTH:** Early in 1950 father died in an accident and one of my sisters urged mother to come live with her and her family. Although mother was hesitant at first about leaving her small house, she gave in.

They clashed almost from the beginning, primarily because mother always has felt it her duty to right whatever she feels is wrong, wherever she is. Also she thought she was getting insufficient attention from her children during her period of grief.

Living with the grandchildren was a trial too, as she disapproves of our methods of child-rearing, her own being stricter. She always said she could be sure that her children disturbed no one, but she was often heard mentioning how spiritless they were at gatherings.

**INGROWN LIFE**  
She stays with another sister and with me also; and at first all goes well. But any lengthy visit leads to the same tension normally experienced in Sally's home. We have to watch carefully to avoid her wrath, and this gets very wearing since so many things bother her.

It is time we took a stand, and lately we've tried to, but mother, while still pressing forward, feels she is unwanted and that we are taking advantage of her years—88 recently. Last year she had a slight stroke, so she doesn't want to live away from home. Her life aside from her family is practically nil, and she hasn't taken well to the idea of associating with her contemporaries, or doing any activity outside the home.

From habit, I suppose, we've knuckled under too long; but do you suppose it is possible to maintain peace with mother, assuring her of a welcome without letting her take over?

## COOK'S CORNER

**Teacher:** "Do you know why the earth turns round the sun on its axis?"  
**Student:** "Yes, sir. Because it doesn't want to be roasted to much on one side."

**BROWN BETTY**  
In a buttered casserole place layer of uncooked sliced apple. Sprinkle with brown sugar and cinnamon. Add dabs of butter and sprinkle all with fine bread crumbs. Continue same procedure till casserole is filled. Cover and cook 375 degrees until apples are soft.

## Wed At Hope River

Mr. and Mrs. Gerald McKenna are shown with their attendants following their marriage in Hope River at St. Ann's Church. Seated are Mr. and Mrs. McKenna. Standing from left to right: Mr. Emmett McKenna, usher; Miss Geraldine Turner, maid of honor; Mr. Elton McKenna, groomsmen, and Mr. James Turner, usher. The bride is the former Margaret Noreen Turner.

St. Ann's Church, Hope River, was the setting for a pretty wedding on Thursday, September 22, when Margaret Noreen Turner, Hope River, became the bride of Gerald Sabinus McKenna, Kinkora. Rev. Earl Dalton performed the double ring ceremony and also celebrated the nuptial mass.

Mrs. Thomas Turner was organist and also sang "Ave Maria." Miss Helen Reid sang several selections.

The bride wore a full-length gown of nylon net over satin fashioned with lace bodice and long tapered sleeves. Her finger-tip veil of tulle illusion fell from a Juliet cap of pleated tulle and white lilac blossoms. Her bouquet was of red roses.

Miss Geraldine Turner, maid of honor, chose a ballerina-length gown of yellow and blue green net over yellow taffeta. Her bouquet was of gladioli and sweet peas.

Mr. Elton McKenna, brother of the groom, was groomsmen and Mr. James Turner and Mr. Emmett McKenna were the ushers.

A reception followed at the Shinglers Lodge, Cavendish, where the bride's table was decorated with mixed flowers and a three tiered wedding cake topped by a miniature bride and groom. The toast to the bride was proposed by Rev. Earl Dalton.

Following the reception a buffet luncheon was served at the home of the bride where dancing was later enjoyed by the guests.

For travelling, the bride donned an aqua blue suit with navy and white accessories. The couple will reside in Kinkora where the groom is a district farmer.



## September Vows

Gladioli and cut flowers formed of white illusion and she carried a bouquet of American roses and white carnations.

Her only attendant was Myrtle Fay Garnhum, her sister, who was gowned in a blue ballerina-length dress similar to the bride's. The bouquet was of American roses.

Mr. Lorne Livingston was groomsmen and Messrs. Arthur Myers and Keith Myers, ushers.

A reception for 75 guests followed at the home of the bride's parents. The bride's table was centered with cut flowers and a wedding cake. For motoring through the bride donned a blue suit with navy accessories and a corsage of roses.

(Photo by Garnhum)

## MORNING SMILE

**Teacher:** "Do you know why the earth turns round the sun on its axis?"  
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