

# Women

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## IDA BAILEY ALLEN

### Elegant Meals Served As French Cooking Made Easy

"By short-cutting many traditional methods, it is possible to become a good cook in three months."

This statement, made to me by the great restaurateur, Louis Vaudable, proprietor of Maxim's Paris, was surprising to say the least, for classic French cooking is traditionally associated with long-time preparation.

But then I suddenly realized that Mr. Vaudable is also responsible for the elegant meals served on a great air line, which calls for mastery of time.

After his university and business administrative training, Mr. Vaudable prepared himself to take over the great Maxim's from his father, by training three years as a cook in great hotels of London, Berlin and Paris, patiently gaining practical knowledge and experience "station by station."

"By that time I was a full-fledged chef," he remarked.

"This practical training, together with my university and business courses, enabled me to take over the complex management of Maxim's. When Americans visit us they usually order exotic dishes such as sole cooked in Vermont, or lamb cooked with foie gras. But other simpler foods are appealing, too. Much depends on the garnish and presentation.

"For example, this season we feature a chateaufroid of fish, or a 'crumbed rack of lamb, garnished with carved mushrooms studded with truffles, and surrounded with delicate fresh cooked vegetables in a melted butter sauce.

"You want to know how to carve mushrooms, Madame? Well it's very easy.

"First you peel the caps, then with a sharp knife carve in some swirling lines, and stick in small strips of truff, for flavor and elegance. But truffles are expensive in America."

"So let's use pieces of ripe

olive," I suggested.

"While visiting friends in the United States," Mr. Vaudable continued, "I was unexpectedly asked to toss together an alfresco outdoor dinner. There was plenty of fine quality chopped beef, frozen vegetables including corn-on-the-cob, fresh pears and ice cream. I believe in frozen foods; they are 'already great,' he added, "and they have an even greater future."

"May I use your impromptu menu as my column?" I asked.

#### ALFRESCO DINNER

- Chilled Melon
- Chopped Steak au Poivre
- Asparagus (Frozen)
- Corn Croquettes
- Tossed Lettuce-Cress Salad
- Compoté of Pears with Ice Cream
- Coffee

Measurements are level: Then Mr. Vaudable word-pictured the dishes.

The "corn croquettes" were much like our American green-corn griddle cakes.

Mr. Vaudable used a "head" (ear) of frozen corn for each person, cut off the grains, added them to pancake batter, seasoned it with paprika and fried the batter in oiled tin rounds (as for English muffins) to keep them neat.

Steak au Poivre: Shape twice chopped beef into small "steaks."

Dust generously with salt and with fresh ground black pepper. "The know-how," adds Mr. Vaudable, "is to saute the steaks in butter until done, but not too much. They should not be too brown."

Mr. Vaudable adds a little Armagnac to the pan to make a sauce, but does not flame it. Maxim's Pears Glace: Peel pears; remove cores from bottom end; scoop out all seeds. Poach pears until barely cooked through in syrup of 1/2 c. sugar,



### BEAUTY BY THE SEA

BATHING beauty is in rich supply this summer, with a wide array of swimsuits and beach to-gos at sensible price levels.

Here, a sun goddess reigns in a svelte, suave sheath of elasticized satin. The handsome, hand-screened scroll print suit features a sarong-draped half skirt. It comes in white with avocado or pink.

1/4 c. water and 1 tsp. vanilla. Drain, cool and fill with vanilla ice cream.

Set each pear on base of sponge cake; decorate with sweetened whipped cream; top with crystallized violet or ripe strawberry.

#### NOTE FROM OUR CHEF

Recipes for Chateaufroid of Fish and Roast Crumbed Rack of Lamb will follow soon in this column.

#### BRENNER PASS BLOCKED

MEZZA SELVA, Italy (Reuters) A landslide caused by torrential rains Monday blocked the international Brenner highway here. It links Italy and Austria through the Alps.

**STANHOPE W.I.**  
The Stanhope W.I. met at the home of Mrs. Charles Marshall on June 3rd. In the absence of the President, the vice-president presided.

Meeting opened by singing "School Days", followed by the Collect. Roll call was answered by 14 members and four visitors. The minutes were read, approved and signed. The Treasurer's report showed a balance on hand of \$74.38. It was decided to send for receipt cards for the Retarded Children Campaign. Donations are to be passed in at the next meeting. It was moved and seconded that we send \$5. to the Red Shield.

Mrs. Ellis reported \$11.96 as our share for the entrance scholarship. Payment to be made at the district convention. Shirley, Beth, Dot and Themia offered to take sandwiches to the convention. School committee reported the

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need of a yard stick. It was moved and seconded to buy three gallons of ice cream for the school picnic.

The programme consisted of riddles read by Mrs. Douglas and a display of the girls sewing and knitting.

Collection came to \$2.10. Mrs. Kelley invited members to her home for the July meeting.

## CUDMORE'S WEEK-END SPECIALS

### FRESH ISLAND STRAWBERRIES ARRIVING DAILY

Grade B Eggs	2 doz. 39c	Island Head Lettuce	18c
Sterling Toilet Soap	6 bars 35c	Island Spinach	2 lbs. 29c
Table Salt	2 pkgs. 29c	Onions	3 lbs. 25c
Maxwell House Instant Coffee	6 oz. jar 99c	Sunkist Oranges	2 doz. 69c

Perfection MILK 6 tins 79c

Heinz Tomato or Vegetable SOUP 3 tins 38c

Domestic Jewel or Shortening	lb. 27c	Brown Sugar	5 lbs. 45c
Molasses	qt. container 29c	Del Monte Pineapple & Grapefruit Juice	48 oz. tin 45c
Aero Liquid Wax	Pt. tin 49c	Crisco	3 lb. tin 98c
Heinz Bread & Butter Pickles	16 oz. jar 27c	Jello—Chocolate, Butterscotch, Caramel Instant Puddings, 2 pkgs.	23c

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### MR. AND MRS. PRESTON RICHARDS

## Double Ring Ceremony Unites A Happy Couple

A pretty wedding took place at Clyde River manse on Wednesday afternoon, June 3rd., at 3 o'clock when Rev. George Killen united in marriage Mildred Joyce, daughter of Mr. and Mrs. Percy MacDonald, Churchill, and Preston Henry, son of Mr. and Mrs. Arthur Richards, Vernon River, in a double ring ceremony.

The bride was lovely in a white floor length gown of Chantilly lace and set over satin faille. The basque bodice was fashioned of lace with long sleeves. A coronet of pearls and sequins held her finger tip veil of tulle illusion and she carried a nosegay of carnations.

The bridesmaid, Mrs. Junior Downe, friend of the bride, wore a waltz length gown of yellow, silk organza over net and taffeta. The bouffant skirt was caught up with bows-of-taffeta.

Matching mittens were worn. Her headdress was a small hat encrusted with sequins. She carried a nosegay of carnations.

Mr. William Crane, friend of the grooms was best man.

Following the ceremony, a reception was held at the Queen Hotel for immediate relatives and friends of the bride and groom. The bride's table was centered with a three tier wedding cake. The dining room was decorated with vases of snapdragons.

After the reception the happy couple left on a short honeymoon. The bride's going away costume was a smart, pale blue dress and matching duster, with white accessories.

On their return trip home, Mr. and Mrs. Richards were tendered a reception at the home of the groom's parents in Vernon River.

Photo by Craswell's Studio

**SUCCESS W.I.**

The June Meeting of Success W.I. was held at the home of Mrs. John MacGregor, Grahams Road. The meeting opened with singing of the Ode and repeating the Creed in unison.

Roll call was answered by an exchange of pot holders. Light bill of \$21.00 was presented and paid. Six new trees were supplied for replacing at the school.

Mrs. Frances Murray reported planting gahlias around the flag pole at the school.

The district convention will be held this year at Kensington and Kelvin Grove Institute will serve supper. Each Institute to take six articles for display.

It was decided to hold a pantry sale in the near future. On June 17th. a meeting will be held at New London hall to explain the Hospital Insurance plan, and our district was asked to attend.

Mrs. Roy Brown was appointed to inquire about a swimming course for our children. The Red Cross convener reported sending the following articles, 3 pair overalls, 2 nighties, 3 sweaters 2 pair ankle socks, 1 tunic, 1 pantie dress.

Mrs. J.M. Campbell was in charge of the programme and gave a talk on cut flowers, she also read a paper on Housewife versus vacuum cleaner. Mrs. Sari Murray will have the programme for the next meeting.

Roll call for the next meeting is the funniest thing that happened in the past month. Collection amounted to \$4.00. Meeting closed with the Queen.

**LINK SWEDEN - DENMARK**

COPENHAGEN, Denmark (Reuters)—Plans for a \$140,000, 900 bridge or tunnel across the nine-mile strait between Sweden and Denmark Monday came before a joint commission of the two countries. The project would link Copenhagen with the Swedish port of Malmo by road and rail. There now is a ferry service.

**NIGERIAN PM IN U.K.**

LIVERPOOL, England (Reuters)—Dr. Nnamdi Azikiwe, premier of Eastern Nigeria, arrived here Monday on an official visit to Britain. Azikiwe will have talks about the establishment of a television service, and of the University of Nigeria.

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