

WOMEN

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LET'S EAT

Here Are Three Ways To Vary Use Of Avocado

By Ida Bailey Allen

"These avocados are just ripe enough for good eating," observed the Chef. "I understand they came from Florida, where the oldest inhabitants still call them alligator pears."

"They yield to pressure when cupped in the hands, which is the right way to test them. If they are hard, it is a sign the fine flavor has not yet developed."

Add 1 tbs. fine-minced scallion or chives, 1 medium ripe tomato, skinned and mashed, 1 (3 oz.) pkg. cream cheese, 2 tsp. Florida lime juice, 1/4 tsp. Tabasco, 1/4 tsp. salt and 1/2 tsp. Worcestershire sauce. Beat smooth.

Avocado Tomato Salad: Toss chilled crisp lettuce, chicory, cress and tomato wedges with French dressing made with 1-3 c. oil, 1



SERVE AVOCADOS in three new ways. Top to bottom: as a Dip in a Tomato Tossed Salad, or fill the shells with Deviled Seafood.

Deviled Seafood in Avocado — Shells: Use as the main dish of a luncheon plate accompanied with a grapefruit salad, crisp potato chips and black olives.

Cut 3 medium Florida avocados in halves, lengthwise. Remove pits. Brush the cut surface with fresh lime juice to keep the color.

Fine-dice enough fresh or frozen defrosted shrimp or lobster (or use shredded crabmeat) to make 2 c. Melt 3 tbs. butter. Blend in 3 tbs. flour, 1/2 tsp. salt, 1/2 tsp. dry mustard, 1/2 tsp. paprika and 1/4 tsp. Tabasco. Gradually stir in 4 c. milk. Cook and stir until the mixture boils.

Remove from the heat; add 1 tbs. minced parsley, 1 tbs. lime juice and the seafood. Spoon into the avocado shells. Top with tiny cubes of buttered enriched bread. Broil until lightly browned.

Avocado Dip: Use with potato chips, crisp corn meal or other crackers.

Cut 1 medium Florida avocado in halves lengthwise. Remove pit. Peel the skin from each half; smooth-mash the pulp.

TOMORROW'S DINNER

Mixed Vegetable Soup
Salmon Loaf
Egg Sauce
Parsnips
Fried Potatoes
Purple Plum Gelatin

TRICK OF THE CHEF

Fry sliced cooked parsnips in bacon fat for tasty flavor.

KEEP IN TRIM

Overweight And Fat Diet Related To Heart Disease

By Ida Jean Kain

Overweight is America's number one nutritional problem, and heart disease is our number one health problem. What bearing does the one have on the other, and what dietary rules can help to lighten the work of the heart?

Medical science does not know all the answers yet, for many different kinds of experiments are involved and this requires years of research. However, this much is definitely known... with excess weight, there is increased work on the heart. Just how much of the trouble is caused by the burden imposed by the excess body fat and what part is traceable to specific dietary factors have not been definitely established.

The American diet is very high in fat; in fact, "swimming in fat." In recent years, studies have shown that cholesterol, a fatty substance found in animal sources of fat and in dairy products, is suspect in connection with heart disease. Restriction of cholesterol foods alone, however, has not proved to be the solution. The confusion on the cholesterol question stems from the fact that the body itself can make cholesterol. That is, food fat in the diet furnishes the building blocks from which the body can manufacture cholesterol on its own.

Now let's see how all this ties in with overweight. A diet that is high in food fat is usually high in calories, for fats furnish two and a fourth times as many calories as are furnished by either protein

Evening Ceremony Unites Couple

A candlelight ceremony at the First Congregational Church of Malden, Mass., on October 8 at 8 p.m., performed by Dr. R. L. Minich united in marriage Miss Joan Clara Dillman and Mr. George Edmund Milton. The bride is the daughter of Mrs. Norman Dillman, Somerville, Mass., and the groom's parents are Mr. and Mrs. George W. Milton, Malden.

Given in marriage by her brother-in-law, Mr. Ashley Crowell, the bride wore a gown of white satin with lace and net. Her headdress of pearls and rhinestones held her fingertip veil and she carried a bouquet of white orchids, stephanotis and ivy.

Miss Jean E. Dillman, twin sister of the bride, was maid of honor, and the bridesmaids were Miss Elizabeth Milton, cousin of the groom; Mrs. Warren Thorburn, Pa.; Mrs. Robert Adams, and Miss Jean Currie, Lexington. Miss Karen Lee Crowell, niece of the bride, was flower girl.

The maid of honor chose a blue crystallette gown with matching headdress and mitts. The attendants wore shirmp-colored gowns similar to the maid of honor with matching headdresses and mitts. They carried old-fashioned bouquets. The flower girl wore a dress of blue taffeta with a blue bow in her hair with streamers and she carried an old-fashioned bouquet.

Mr. Boyd Bearsto, Kensington, P. E. I., was the groomsman for his cousin. The ushers were Messrs. John T. Milton, uncle of the groom; Ashmore Creelman, Natick, cousin of the bride; Bruce Bernard, Woburn, and Dana Huston, Winn Terrace.

A reception followed in the church rooms where Mrs. Ashley Crowell, Somerville, sister of the bride, attended the guest book.

Following a wedding trip to New York State and Michigan, the couple will reside in Malden. The bride is employed by the First National Bank of Boston, and the groom is with Isaac Milton and Sons Fuel Company.

HOUSEHOLD HINT

A new plastic colander is helpful for rinsing fruits and vegetables without marring or scarring kitchen work surfaces. It is soft, pliant and light in weight. Molded in one unbreakable piece, it has easy-to-grip handles, stiff reinforcing rim and steady tripod legs. The outlet holes in the bottom are made large, in order to drain water quickly and to prevent clogging by dirt or soil. It is available at department, hardware and plumbing stores and specialty shops.

or carbohydrates. Those who do not lead a physically active life do not need or use high fuel foods. All excess calories are of course stored as body fat. The easiest way to cut calories is by lessening the amount of fat in the daily diet. This in turn can lessen cholesterol. With so many factors involved in the problem, the average person does not know where to start. If you are overweight, start reducing your total calories. Reducing diets for women range from 1000 to 1200 calories a day; and for men from 1400 to 1600 daily. Scientists are a cautious lot and are not wont to jump to conclusions. They do agree, however, that lessening a dietary staple—point cholesterol and fat are one and the same. It follows that to stop the building up of cholesterol, the fat in the diet must be cut. The scientifically planned low calorie reducing diet is a low fat diet.

LOW FAT, LOW CHOLESTEROL, LOW CALORIE DIET PATTERN

Amount	3 glasses
Milk, skim	
Egg, buttermilk	
Egg, not fried	
1 egg, twice weekly	
Lean meat, poultry or fish	4 oz.
(Do not fry - Trim all visible fats)	
Cottage cheese (no added cream)	1/2 cup
Small potato	
Vegetable, green or yellow	1 serving
Vegetable, other	1 serving
Cereal, whole grain or enriched	1/2 cup
Bread, whole grain or enriched	3 thin slices
Vegetable honey	2 Tablespoons
Citrus fruit or juice	1 serving
Fruits, 2 others	2 servings
Total calories for day - 1300 to 1400.	



"CARE" WILL HELP FEED THIS BOY

The bloated stomach of this refugee lad in Saigon tells the story of too little to eat. Thousands of youngsters like him can be fed by

Canadians through CARE of Canada's Special Christmas campaign for \$100,000 by December 31st. Contributions in any amount will assist the families who have fled to

Free Indo-China from the Communists in the north. Donations may be sent to: "CARE for Vietnamese Refugees" Program, 116 O'Connor Street, Ottawa.

Reside in Tignish Following Vows

On Tuesday, November 22, the wedding of Miss Jean Wells, Alberton, and Mr. Louis Macinnis, Tignish, was solemnized in the Church of the Sacred Heart, Alberton, Rev. Phelan McKenna officiated. The bride is the daughter of Mr. and Mrs. Alfred Wells, Alberton, and the groom is the son of Mr. and Mrs. Maxwell Macinnis, Tignish.

Following the ceremony, the bridal party were served a wedding breakfast at the home of the groom's aunt, Mrs. Frank Phee, Tignish. In the evening they were honored at a reception at the home of the groom's parents. The three-tiered wedding cake was topped by a miniature bride and groom. Music and dancing were enjoyed. The couple will reside in Tignish.

MORNING SMILE

A romantic bachelor, breakfasting in a restaurant, noticed his soft-boiled egg bore the inscription: "Should some young man see this who wishes to marry a farmer's pretty daughter, write..." He wrote promptly, and a few days later received a note which read: "Sorry your offer came too late. I have been married twice, divorced, once and have three children."

Words Of The Wise

Men are born with two eyes, but with one tongue, in order that they should see twice as much as they say. —(C. C. Colton)

MARY HAWORTH'S MAIL

She Is Heartbroken As Husband Dates Younger Woman

DEAR MARY HAWORTH: I am 55 and my husband is 56. We have been married 30 years. I have been a devoted wife and was a good mother — until we lost our only child.

After all these years together, my husband began a flirtation with a younger woman, two years ago. When I discouraged it, he told me that he intended doing as he pleased. He said he would go when he pleased, and return when he pleased; and I was not to interfere with his life in any way.

I was just trying to save our home and our reputation, which is good in the community. Also, it breaks my heart to see him in dress in his best and walk out without a word of explanation to me; and I am not to ask any questions.

WHERE TO GO? What am I to do? The only solution, as I see it, is to leave him. But the problem is, where could I go, after all these years? We have a fairly comfortable home.

As it happens, I am employed and earn my own livelihood; and have my own car which I bought for myself, and which I keep up. George never offers me money for anything, but neither do I ask for any. So I can't say he refuses to give. What do you think of a situation of this kind, between a married couple or age?

We are both Christians and attend church regularly; and I have been able to endure the ordeal only by praying, and praying again. I shall be grateful for your comment.

CAN'T SEE FACTS DEAR MARY: Nine-tenths of the story, concerning what's wrong with your marriage, hasn't been told, it seems to me. Are you deliberately withholding? Or is it that you just don't see the facts in review — and the history of their unfolding?

This appears to be a case of a couple whose lives have been going apart for years and years; and finally the husband's behavior has taken a turn that makes the tragedy unmistakably clear. Possibly George is trying to compel you to face the reality of a bankrupt relationship, so that you will stop pretending (as you perhaps pretended for years) that "all is well" — or, at any rate, adequate.

An element of hypocrisy is implicit in your argument that you were "just trying to save our home and reputation" which is good in the community" — when you spoke out against his recent dalliance with a younger woman. Maybe he feels he is done with pretending, and wants to live sincerely, even in a wrong cause, before he dies.

George seems as remote from you as if he dwelt in another world, and this kind of estrangement doesn't develop all of a sudden. Nor is it induced by magnetic forces operating outside the field of the married relationship. Rather, it has to do with an interpersonal context of incompatibility, and unconscious hostilities, that prevent the principals from being friendly and candid in dealing with hindrances to good companionship.

THERE IS PROFIT And to widen the breach of coldness and misunderstanding, married persons in this predicament often refuse to admit that they have a problem — that they and/or the partner have lost their way. Thus of course they make no real effort (brave, painful, humble and honest) to diagnose and solve the difficulty. And the consequence is tragic in middle age or after — since neurotic maladjustments neglected for years tend to become catastrophically costly to happiness in later life.

Something of the sort has overtaken you and George. And the only profit to be realized by you at this time is a growth of understanding, concerning what happened. One wonders why you've worked for a livelihood, never asking George for money, etc., — unless to aim at self-sufficiency, or to indicate to him that you aren't a leaver. Which prompts the thought that maybe you outwitted him in marriage, so to speak — corralling him simply because you wanted him intensely at the time, although knowing his heart wasn't in it.

I have two suggestions for you: 1. Read "God's Reach" (MacLachlan Park) by Glenn Clark, to get the pitch of regenerative love and total forgiveness of every injury. 2. Unlock your heart to a psychological consultant, to break up the habit

ELLEN'S DIARY

By An Island Farmer's Wife

The article in the magazine we had been reading last night offering some reply to the query: "What makes a woman beautiful?" agreed in goodly measure with the point of view of that Granny of the long ago.

"Reigning belles of the Victorian age," it said, "were called beautiful when they came nearest to the Greek conception of alabaster perfection—perfectly formed features combining into a flawless whole."

"Women today whose faces approach this classic ideal are not the women who make heads turn by movie fans, and whose features decorate magazines," it continued. "It shows that we are no longer concerned with the surface of things. A woman of personality, of inner fire, stirs us far more than a flawless mask. Who cares whether a mouth or a wrist is too large, or a cheek too hollow, as long as they are animated by a potent spirit?"

"As a matter of fact, regularity of face usually betokens a cold dull, unresponsive spirit behind it. Women with perfect faces are apt to feel no need to make emotional effort to atone for physical flaws."

"The beauty of today earns her title one-half by personality, one-fourth by Nature and one-fourth by the modern miracle of make-up." "And what makes a fall day beautiful? Sun mellow over the resting meadows and quiet woodlands as today and a balmy wind moving gently through the bare twigs and the branches-smoothing down the tweedy jackets of the sparrows, talking to them softly. Saying: "Do you remember what we call this season—the balmy respite after the first snowstorm? Indian Summer! Yes. But how long it will last we do not know. Maybe only a little while. Then let's make the best of it while it's here." And they were busy and warm and happy about.

Granddaughter was happy too, to be well again and once more off to

COOK'S CORNER



PEEL CAKE

1/2 cup brown sugar
1/2 cup shortening
1 egg
1/2 cup sour milk
Pinch of soda
1 1/2 cups flour
1 teaspoon baking powder
1/2 cup mixed peel
Bake in slow oven for 1 hour.

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NOVEMBER BRIDAL

A ballerina-length gown of soft white streamers, Miss Linda Raabe and with a shoulder cape was chosen by Miss Clara Beatrice Livingstone, daughter of Mr. and Mrs. George Livingstone, High Bank, P.E.I., when she exchanged marriage vows with Mr. Earl Lincoln Acorn, son of Mr. and Mrs. Amos Acorn, Peters Road, Rev. J. H. Bishop officiated for the ceremony on November 12.

The bride was given in marriage by her father. Her veil was of chapel length and she carried a white Bible with red roses and white ribbon streamers.

Mrs. Murray McKinnon, matron of honor, was gowned in a ballerina-length dress of pale pink and she carried mixed flowers with white streamers. Miss Linda Raabe, flower girl, wore a floor-length gown of pale yellow with matching bonnet and she carried a basket of mixed flowers.

Mr. Fred Acorn, brother of the groom, was best man.

A reception for thirty-five guests followed at the home of the bride's parents which was decorated with white and pink streamers and mixed flowers. Miss Judy Acorn was in charge of the guest book.

Out-of-town guests were Mr. and Mrs. Andrew Johnston, Mr. and Mrs. James Johnston, Mrs. James Cullen and son, and Mr. Ira Johnston, all of Nova Scotia. (Photo by V. R. Popler, Montague.)

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Five hundred tulip bulbs were planted yesterday and the weather was calm and sunny. I really enjoyed the planting although some frost was in the ground and care was taken to see that the good fine soil covered the bulbs with the frozen clumps placed on the top. Once before, when illness prevented the planting of the bulbs in the earlier fall it was necessary to lift hard chunks of clay and icy snow to get the fine loam underneath where the bulbs were carefully placed, and at that time doubts filled my mind, just a satisfaction that after the deep snow and frost it was at last possible to provide the planting for the spring garden and the wonder that the brown bulbs would not freeze but grow into lovely flowers during the winter or come.

Some bulbs had been planted soon after the storm before the frost had frozen very much soil because of the quantity of snow which covered it. It was a cheerful job as snow can make it very unpleasant to plant bulbs, however, a few were planted each day and now I can look forward with anticipation to the springtime garden. Many other gardeners have told me that they still had planting to do and it is possible to watch for sunny days, and accomplish the work.

PROPER TIME It is really the proper time for planting and we all know the storm was unusually early in the season. It was a dark day for all gardeners and farmers but no actual harm came to anyone I know for which we are thankful.

Here is a poem for dark days: Speak not then of loathing Summer, Spring or Fall Sport and proper clothing Put delight in all. Find your cap a feather Fill your cake with plums Learn to take your weather As the weather comes. More garden work must be done before this month is over and most important is the covering of clay on the Hybrid Tea Roses. The idea of a covering is to keep the soil in the ground and the cold in as long as the snow stays over the roses there is not any danger of killing. Every day the sun shines this work will continue until all the roses are covered and it takes quite an amount of good earth for one hundred and fifty roses.

Some new lilacs have been planted at the outer edge of the old orchard looking down to the river where the view is especially lovely and as I am so very fond of lilacs I am glad that more are being added to the garden where of stony self-containment. Ask the Family Service (so-called) in your city for a reference list of specialists.

M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

WORK ON LILACS Plant breeders have been working for many years on lilacs. In the late-blooming group of hybrids many good lilacs have been made in Canada by Miss Preston at Ottawa, and in France more good late-blooming varieties have originated.

The early lilac in China resembles Continued on page 9

How To Hold FALSE TEETH More Firmly In Place

Do your false teeth annoy and embarrass by slipping, dropping or wobbling when you eat, laugh or talk? Just sprinkle a little PASTETEX on your plates. This alkaline (non-acid) powder holds false teeth more firmly and more comfortably. No gummy, sticky, taste or feeling. Does not sour. Check "false teeth" (denture breath). Get PASTETEX today at any drug counter.

ALICE BROOKS DESIGNS



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Pattern 4748: Toddler Size, 1, 2, 3. Size 2 jumper t a k e s 1 1/2 yards 35-inch fabric; blouse, 3/4 yard; 3. Size 2 jumper t a k e s 1 1/2 yards 35-inch fabric; blouse, 5/8 yard; panties, 3/4 yard.

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