

# WOMEN

Page 8, The Guardian Friday, Dec. 9, 1955

## LET'S EAT

### Candied Grapefruit Makes Unique Gift

By Ida Bailey Allen



Unusual Christmas sweets to make for gifts: Quick fudge and candied Turkish paste; nuts and candied peel in grapefruit shells.

The chef and I were delighted with the candied grapefruit shells filled with candied grapefruit peel we discovered on a recent trip to Florida. They're just the thing for a unique Christmas remembrance. Or fill the shells with squares of dark quick fudge and light pineapple Turkish paste.

**Candied Grapefruit Shells:** Use a Florida grapefruit that are well shaped, unblemished and a good color. Wash and dry. Grate lightly to break the oil cells. Cut a slice from the stem end of each fruit; spoon out all pulp.

Place shells and slices in a saucepan; cover with cold water; bring to a boil. Simmer 10 min. Drain. Repeat 3 times. Turn shells upside-down on a rack to drain overnight.

Combine 4 c. sugar and 4 c. water. Boil 5 min. Add the shells; cook until the syrup will "spin a thread." 228 deg. F. on a candy thermometer. Let stand in the syrup overnight.

Then, heat gradually; simmer 15 min.; remove the shells and invert each on top of a tumbler to drain and cool. Roll in sugar.

**Candied Grapefruit Peel:** Remove peel in 4 lengthwise sections.

## COOK'S CORNER



### MINUTE FUDGE ICING

1/2 cup cocoa  
1/4 cup milk  
1/4 cup butter  
1 cup sugar.  
Boil 1 minute, remove from fire and beat.

**TOMORROW'S DINNER**  
Pea Soup  
Sliced Roast Pork Heated in Gravy  
Mashed Potato Border  
Diced Turnip  
Beets Vinaigrette  
Fruit Compote  
Cookies  
Coffee  
Tea  
Milk

**TRICK OF THE CHEF**  
Season pea soup with a pinch of basil.

### Words Of The Wise

Nine-tenths of wisdom consists in being wise in time.  
—(Theodore Roosevelt)

## Toronto Is Scene Of October Vows

A wedding of interest here was solemnized in St. Vincent de Paul Church, on October 29th when Miss Eileen Doucet, daughter of Mr. and Mrs. W. A. Doucet, Rustico, P.E.I. was united in marriage with Mr. Thomas Adrian VanWinkle, son of Mr. and Mrs. Garrett Van Winkle Toronto.

The bride was given in marriage by her father and Rt. Rev. G. J. Kirby performed the double ring ceremony. Present in the sanctuary were Revs. MacDonald, Whyte, Davies, Robitaille and Hayes.

The bride wore a floor-length gown of white elustered satin and hand applied lace over a pleated nylon tulle skirt and her fingertip veil was of tulle illusion. She carried a bouquet of white Amazon lilies and stephanotis.

The maid of honor was Miss Freda Doucet, sister of the bride, and the bridesmaids were Mrs. Paul Muir and Miss Frances Doucet, also sisters of the bride. The attendants wore ballerina-length dresses of yellow brocaded satin with matching picture hats and accessories and carried nosegays of bronze and yellow mums.

The groomsmen were Mr. Chris VanWinkle, brother of the groom, and the ushers were Messrs. Wes and Bob VanWinkle, brothers of the groom.

The bride's mother wore a gown of pearl grey brocaded satin with pink accessories and her corsage was of pink carnations. The mother of the groom chose a dress of dere pink crepe with hat and accessories to match and a corsage of white carnations.

A wedding breakfast was served at the Pickfair Restaurant and a reception followed at 205 Parkside Drive, residence of the bride and her sisters.

The couple left on a motor trip to New York and other places of interest. They are residing in Toronto.



## NO DUTCH DATE HERE FOR SAILORS

Two sailors from the Canadian aircraft carrier Magnificent wishfully admire a realistic mannequin outside a store at Amsterdam, Holland. Leading Seaman J. A. Rene Cloutier, left, of Quebec City and Michael Luchian of Montreal and Ottawa will arrive in Halifax Dec. 6 after a three-month training cruise. (CP from National Defence)

## ELLEN'S DIARY

By An Island Farmer's Wife

"Now what are you expecting to find there, Ellen, that you're looking so carefully?" Gold, our sparrow-friend perched on the rose-trellis chuckled this afternoon.

"A pansy," we replied.

"Well maybe you will find one, but I much doubt it. There just don't seem to be any flowers left anywhere about. There's nothing in this whole valley but spruces and firs. They cuddle together in groves and woodlands, they edge the stream's windings, they bed the milldam and indeed everywhere about. They take charge this time of year, don't they? Come spring the leaf-trees take over, and the blossoms, and we don't notice the evergreens so much."

"What do they make you think of, Ellen?"

"Christmas, of course! Christmas trees... a glimmer with tinsel and lights; red-ribboned wreaths on the doors and coned sprays above windows; carols - spice of cakes, scent of cookery."

"Sho' nuff! Makes a fellow hungry, just to mention it," he smiled nicely. What ragamuffins they are, the sparrows. But industrious. It is a saving and commendable virtue. And cheerful in the face of storms and shadows, not meeting troubles half-way. Another enviable grace.

"Do you know what I was thinking as I sat here, looking down to the mill - before you have in sight, Ellen?" he queried.

"Dear knows," we smiled.

"I was thinking it was a long time, a mighty long time since I had tasted a crumb from mill-flour bread. Yes, that's what was on my mind," he sighed.

Direct mana of mill-flour came to us today from a complete and very kind stranger whose path had been chanced to cross those of the family at Alderlea this morning. It came straight from a mill, one of the few on the Island which still grind the wheat. We shall make a loaf of it to bring back to the lips of those of us who remember them well, intriguing tales of the bygone years.

"Looks like a change in the weather, Ellen," James called from across the yard, setting down for a moment the basket of mangels he carried, to regard the sky and fields about. "See the haze on the hillsides? Yes, I'd say that means milder weather ahead."

"And no White Christmas," the sparrow-bird shook his head. "Oh yes, Ellen that reminds me: how did you like Bing Crosby's White Christmas - the movie, I mean?"

"Oh fairly well. It was pretty, and the singing good. The filming must have required a heap of work on the part of the cast and all. Yes, it was a lovely picture, indeed perfect but..."

"Not exactly gripping, perhaps?"

"Not altogether," we agreed. "It could be that from the title we expected too much... Hey, look at those jays flying to the orchard! How their blues shine in the sun! Now what are they up to?"

"Making as James said, a change in the weather-mild, for sure."

Mild it may presently be. Today however was pleasantly frost-logged... and good.

Until tomorrow...Diary...Good-night....

## KEEP IN TRIM

### Recondition The Muscles

By Ida Jean Kain

Missy's worst figure fault, and frankly the one that defies all slimming tricks of the dressmaker's trade is... the stomach. Anatomically it's the abdomen, but at any rate it's that spreading middle measurement.

Nature designed a beautifully efficient gridle, with muscle strands opposing and balancing each other. Long narrow muscles attach at the top to the rib cage near the wishbone, and fasten at the other extreme at the front of the pelvis.

These are the up-pull muscles. In-pull action comes from broad flat muscles that span out at an angle to cover the side front of the silhouette. Underneath these are other muscle layers. Now that's some gridle!

All right, try pulling up starting the lift with the lower abdominal muscles and as you pull up snugly, pull in. Make certain not to lift with the wishbone, for that elevates the shoulders. Force the middle muscles themselves to take the action - for that's streamlining.

Restore elasticity to this muscular network so that these muscles will be up to holding the figure to streamlines. The following exercises, taken from the W.A.C. Field Manual, are excellent for helping you to acquire sound muscular tone in this vital area.

Position: Lie on back with hands on top of upper leg. Arms should be relaxed so that the hands may slide toward the knees as the head and shoulder lift up.

One leg pleading: Raise head and shoulders off the ground to look at left leg which is raised about eight inches from the ground. H-o-l-d. Relax and repeat the exercise, using the right leg. Do not attempt to sit up. The hands should slide toward the knees as the shoulders are lifted. Repeat six times, alternating legs.

Two leg pleading: Raise head and shoulders off the ground to look at both legs which are raised about eight inches from the ground. H-o-l-d. Relax. The hands should slide toward the knees as the chest lifts. Repeat six times.

Opposite knee to elbow: Raise head and right shoulder off ground and bring left knee up toward chest. Bend right elbow and move it across body to touch left knee. Hold position. Relax. Repeat, using opposite arm and knee. The emphasis should be placed on very vigorous body twist.

The position in each abdominal strength exercise should be held at least two seconds the first time it is attempted. This holding time should be gradually increased to 10 seconds.

Kept in tone, your muscular gridle will keep your figure shapely for a lifetime.

## MARY HAWORTH'S MAIL

### Americanized Girl Treats Elders With Insolent Disrespect

DEAR MARY HAWORTH: The problem I wish to discuss is not uncommon - and your comments would be helpful to many people. And especially to the foreign-born parents of Americanized children.

After five years in this country, my French neighbors became citizens here. Life now seems very good to them, after their bitter experiences in Europe during the war years. But the cloud that now disturbs them is their 13-year-old daughter.

After five years in American schools, Nikki has no trace of an accent (as her parents do). She is the typical teenage jitterbug, which would be harmless enough, except that, with her, Americanization has come complete contempt for, and defiance of, her parents. Happy as a child, she is

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## Church Of Christ Setting For Early November Bridal

A full-length gown of white net over satin with matching lace jacket fashioned with a Peter Pan collar and long lily-point sleeves was worn by Miss Eleanor Ruby Weeks when she exchanged wedding vows with Mr. John Josiah Howatt in a ceremony at the Church of Christ, Fredericton, P. E. I. Nov. 5 at 3 p.m. The bride is the daughter of Mr. and Mrs. S. Roy Weeks, Fredericton, and the groom's parents are Mr. and Mrs. Eliphalt Howatt, Darlington, P.E.I. Rev. Bryce Jones officiated at the double ring ceremony.

The bride was given in marriage by her father. Her veil of embroidered tulle illusion misted from a coronet of seed pearls and rhinestones. She carried a bouquet of red roses.

Mrs. Norman MacMillan, matron of honor, wore a full-length gown of mauve with matching jacket and mitts. Miss Ellen Buchanan, bridesmaid, chose a full-length gown of yellow with matching jacket and mitts. The attendants carried nosegays of yellow and mauve mums with rainbow streamers.

Mr. Sterling Deacon was groomsmen. The ushers were Mr. William Long, brother-in-law of the groom, and Mr. Earl Weeks, brother of the bride.

During the signing of the register, Miss Evelyn Weeks, cousin of the bride, sang "I'll Walk Beside You" accompanied by Mrs. Harold Sharpe, aunt of the bride and organist.

The mother of the bride chose a two-piece dress of navy silk worsted with navy and white accessories and a corsage of pink roses for her daughter's wedding. Mrs. Howatt, the groom's mother, wore navy blue in a two-piece dress with navy and white accessories and a corsage of pink roses.

A reception followed for sixty guests at Lakeview Lodge, Cavendish. The bride's table was centered with a three-tiered wedding cake topped by a miniature bride and groom. The table was decorated with red and white roses and lighted tapers. Rev. Jones proposed the toast to the bride. The guest book was in charge of Mrs. David Andrews.

For travelling through the Eastern States and to Toronto, Ont., the bride donned an olive green dress of wool jersey with brown and green accessories, corsage of yellow roses and topped by a brown muskrat jacket.

Nikki's parents are a cultured, well educated, high principled and hardworking pair, who enjoy friendships and the simple things of life. The mother makes beautiful clothes for Nikki, styled as the youngster wants them. They entertain her friends at "Coke" parties, etc.; but the more they do, the more the child rejects them. She is openly insulting even when guests are in the house.

What is your thinking in this matter?

**FAMILY QUAKES**

DEAR R.D.: Nikki is at an age to be separating, in consciousness, from her parents; to be identifying herself more with "the crowd" - meaning her schoolmates and social contemporaries. In this outgoing phase, she begins to see her parents more objectively than before, when she was a child and emotionally at one with them. But even so, she sees them superficially, rather than with appreciative insight. She evaluates them in terms of "how they compare" with the more impressive (from her view) of her schoolmates parents.

Which can be a very tinsel standard of judgment, subject to mortifying revision a few years later.

I take it that Nikki's parents are unmistakably European - which to the mature cultivated observer may give them great charm and distinction. But to Nikki's way of thinking just now, the middle-class American stereotype may be the only acceptable model of Mom and Dad. And, to the extent that her parents differ from this outline, they may be embarrassing to her in the presence of her friends. And so she rejects them, mistakenly.

However, that's not the whole story. The parents' lack of confidence, is really their great handicap in dealing with her. I feel. Any certitude they may have had

once, about Old World traditions affording a dependable guide to long-term good living, is now in the discard, at least temporarily. They are groping for inner balance and right social acceptance in the new environment - without knowing for sure what the right goals, or right tactics, are, in this alien atmosphere.

**INNER MEANING**

Now that Nikki is becoming socially self-conscious and appraising, in relation to contemporaries versus family, she is also emotionally sensitive (1) to her parents' status in her friends' eyes; and (2) to the parents' inmost poise or lack of it. And the present nature of her problem at home indicates that her parents lack poise and the sense of rightness, dignity and assurance it connotes and conveys - in coping with her social jitters.

Nikki's disrespect to parents signifies angry contempt for their

deferential uncertainty, in dealing with her obstreperousness; and for their tacit assumption that she is a step ahead of them in being "Americanized." She needs to be taken firmly in hand, by calm, kindly, profoundly self-confident parents, who know that human nature hasn't changed much since time immemorial - and who rear their children with an enlightening sense of accountability to God.

For guidance they might read Frank J. Sheed and Ward - which puts parental authority in right perspective.

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



## CEREMONY AT VAL D'OR

Bourlaimague Church, Val D'Or, Quebec, was the setting for the autumn marriage of Mr. and Mrs. Jack L. D. Kennedy. The bride is the former Miss Elizabeth MacDonal, R.N., daughter of Mr. and Mrs. Leslie MacDonal, Bunbury, P.E.I. The groom is the son of Mr. and Mrs. Lincoln Kennedy, Charlottetown. (Photo by Val D'Or Studios)



## RECENT OTTAWA BRIDAL

Mr. and Mrs. Vernon Edward MacKenzie, daughter of Mr. Buckland are pictured following their marriage at St. Stephen's Presbyterian Church, Ottawa on Thursday, November 10. The bride is the former Miss Margaret Georgina MacKenzie, daughter of Mr. and Mrs. John W. MacKenzie, Summerside, P. E. I. The couple are residing in Carleton Place, Ontario. (Photo by The Photo Shop, Carleton Place.)

## MORNING SMILE

A tourist was crossing a pasture "Hey, there," he called to the farmer. "Is this hill safe?"

"He's a heck of a lot safer than you are," was the farmer's reply.

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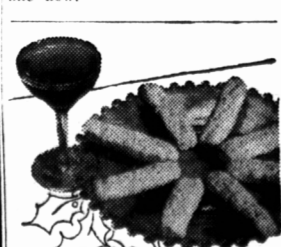
## Wife Preservers



There is no need to wrap or otherwise package clothes which are to be stored in cedar lined chests or closets. Gold or silver articles so stored should be well wrapped, however.

## HOUSEHOLD HINT

If spots appear on suede bags or shoes that ordinary brushing won't remove, lightly rub over each spot with a fine emery board, then steam over a boiling kettle, and the suede will look like new.

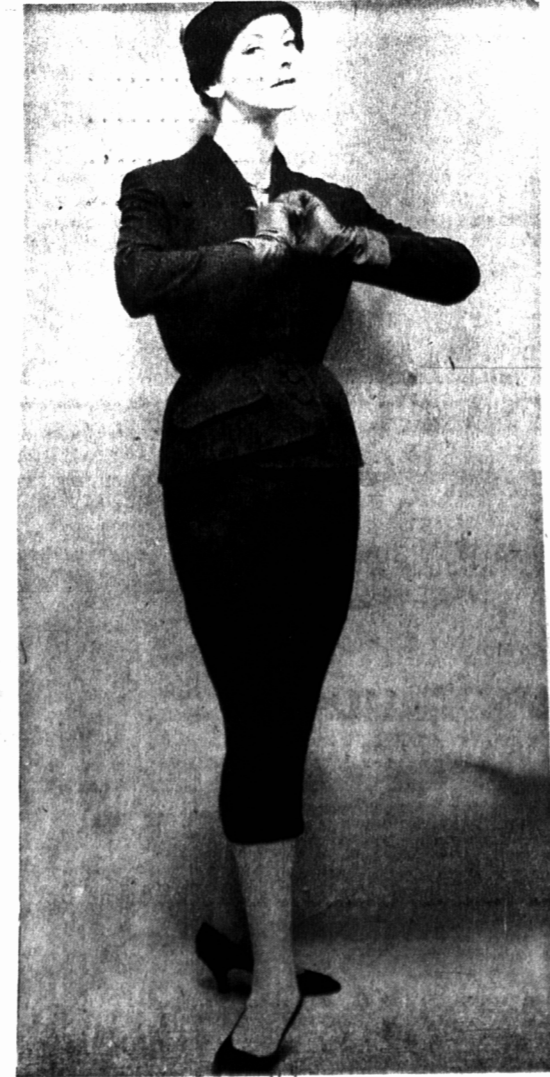


## SHORTBREAD WITH A SPECIAL XMAS FLAVOUR

Shirriff's delicate true almond flavouring extract... the traditional Christmas flavouring - gives this Shortbread a Yuletide fragrance and flavour that spells old-fashioned hospitality. Rub together two cups all-purpose flour, cup quick-cooking oatmeal, 1/2 cup brown sugar, 1/2 lb. butter. Add 1 tsp. Shirriff's True Almond Extract, shape into fingers 1 1/2" x 2 1/2", prick with a fork and bake in a 350° oven for 15 to 20 mins.



Shirriff's Flavouring Extracts



## NEW PARIS SUIT

This grey wool flannel suit designed by Manguin of Paris has a built-up neckline and is buttoned low by three buttons for late fall and winter wear under a top-per. (CP Photo).

## ALICE BROOKS DESIGNS



### QUICK CROCHET!

Stunning jacket you'll wear from now through spring! Pattern stitch forms wonderful tweed-like texture; ribbed band for trim!

Crochet Pattern 7004: Misses' Sizes 32-34; 36-38 included. Use knitting worsted and a large crochet hook - make in a jiffy!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs - knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!



CHEST COLDS Believe Suffering Fast-Effectively with VICKS VAPORUB



## SNOWFLAKE SPECIALS

Brother and sister are all set to build a mighty fine snowman as soon as the flakes begin to fall. And mother won't have to worry about her little darlings catching cold if they are snugly outfitted against the weather. The suits shown are companion pieces made with convertible collars of red and white knit to match the yoke and pocket treatment. They are completely washable nylon and are lined to insure warmth without weight. Matching hats come with both suits.

## Year-Round Favorite

# FURS!

What an exciting GIFT

She dreams of a FUR JACKET - CAPE STOLE - COAT

Make Her Dreams Come True.

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