

WOMEN

Page 8 The Guardian, Monday, July 11, 1955

LET'S EAT

Imagination Gives Food That "Different" Touch

By Ida Bailey Allen

Many people have asked me if I really enjoy cooking. Indeed I do. In fact, I often prepare the meals and when I do, whatever I cook, always learn something new — even when the food is the everyday kind. One evening last week, I cooked braised short ribs of beef. Why not serve them with mustard sauce? This is what I invented — and even the chef approved.

tender, flavorful and beautifully green.

TOMORROW'S DINNER

Crab Salad Canapes
Beef Neapolitan
Buttered Rice
Green Beans
Hot or Iced Coffee or Tea Milk

Crab Salad Canapes: Open 1 (7 oz.) can crabmeat. Remove any bone-like pieces. Flake the crabmeat medium-fine. Add 1 tbs. each minced celery and scallion and mayonnaise or salad dressing to blend.

Cut rounds of bread with a good-sized biscuit cutter. Spread with mayonnaise. Top each with thin slice of tomato. Dust with salt, pepper and monosodium glutamate. Spread with the crab salad. Top with a thin slice of pickle or stuffed olive.

Serve very cold. Garnish of cress or parsley.

Beef Neapolitan: Melt 2 tbs. butter in a good-sized frying pan that can go into the oven.

Add 1 chopped peeled onion and cook until translucent. Then add 1 1/2 lbs. chopped beef. Stir with a fork until lightly browned. Add 1 (4 oz.) can sliced mushrooms and the liquid and 1/2 c. water. Stir in the contents 1 (8 oz.) can Neapolitan sauce. Cover and bake-simmer 30 min. Serve spooned over buttered rice.

TRICK OF THE CHEF

Season crab salad canapes with minced tarragon.

Leftovers

The next evening I decided to use up the meat left over from the short ribs. With this I concocted the beef Neapolitan, given in this column, to serve over buttered rice.

Buttery Flaky Rice: This time I cooked 1 1/2 c. long-grained converted rice by the flaky method and, for once, succeeded in getting it as "buttery" as I liked. Instead of stirring in the butter after the rice was cooked, I added 1/2 tbs. butter at the end of 10 min. Of course, it cooked into and through the rice. A delectable difference.

Frozen shredded beans also came in for a change. I cooked them covered for exactly 7 min. in salted water to only 1/3 cover; then taste-tested. They were bite-



MR. AND MRS. JAMES SMITH

Double-Ring Ceremony

A pretty wedding was solemnized at 4.30 p.m. on Saturday, June 25, when Shirley Ann, daughter of Mr. and Mrs. Everett Jenkins was united in marriage to James Harold, son of Mr. and Mrs. Harold P. Smith, Pownal P.E.I. The double-ring ceremony was performed by Rev. T.R. Gaudge.

The lawn was tastefully decorated with an arch of ferns, snowballs and white lilies, under which the bridal party stood. Before the ceremony Mrs. Jack MacRae sang "O Perfect Love" and during the signing of the register, accompanied by "Because". She was accompanied by Mrs. Nat MacKinnon, church organist.

The bride, given in marriage by her father, chose a waltz-length strapless gown of white nylon net over net and taffeta, with lace pearl beaded tiara from which fell an elbow length veil of silk tulle and pink and white lilies.

The groom wore a tuxedo with a white shirt and a white bow tie. The bride's mother wore a navy dress with matching jacket and accessories and corsage of pink mums. The groom's mother chose a gown of navy taffeta with pink trimming and accessories and corsage of deep pink mums.

Following the ceremony a reception for 70 guests was held at the home of the groom. The bride's table was centered with a three-tier wedding cake topped with miniature bride and groom. The table decorations were attractively carried out with white tulle and pink and white lilies-of-the-valley.

The bride and groom left on a motor trip of the maritimes. On their return they will reside in Halifax where the groom is attached to the U.N.T.D. — H.M.C.S. Sadacona.

ENTERTAINED AT SHOWER Before her marriage the bride was entertained in Pownal Hall by friends and neighbors of Pownal and Mt. Mellick districts. Many lovely and useful gifts were received and Miss Freda Richards assisted in opening these while Mrs. Malcolm Hicks read the verses and gift cards. Miss Natalie MacKinnon, Miss Ruby Wood, Miss Hilda Jones and Miss Florence McMillan arranged the gifts.

The guest of honor expressed her thanks to all present, lunch was served and a social spent in sing-song and dancing. (Meyers Studio)

KEEP IN TRIM

By Ida Jean Kain

What Years Are Least Aging?

It's always fun to guess about age — so make a guessimate as to which span of years is least apt to show on the aging score. Is it in youth — young middle age — or late middle age?

The correct answer is later middle age. According to medical authorities, for normal healthy persons, aging is most gradual between 55 and 70. It's comforting to have that span of years in late middle age when aging is almost imperceptible.

The age that is considered "old" is relative. Generally speaking, "old" is more than ten years older than we are, and twenty years is "much older." By that reckoning, Jack Benny at 39 would regard anyone of 59 as "much older."

We do a great deal of kidding about birthdays. I'm inclined to believe that women generally do not mind telling their age if they look a good ten years younger than their actual age. However, women who earn their own living are not as likely to want their age known.

While we all have birthdays at the same rate, it's a fact that we do not all age at the same rate. Heredity, environment and nutrition are all determining factors. Heredity is fixed, and environment cannot always be changed, but we can change our food habits. This is significant, for nutrition is one of the "most influencing" factors.

We speak of the "wear and tear" that is part of everyday living, but what exactly does this mean? It means that certain materials are required constantly to take care of the necessary tissue repair and for the continuous up-

keep of the vital internal activities. The chief dietary deficiencies are apt to be those essential to repair — calcium, iron and protein. Without adequate amounts of these protective nutrients, body repairs are shoddy and aging speeds up. It's the daily food pattern that holds the key to staying young longer.

These protective foods are needed daily: 2 to 3 glasses of milk, buttermilk or skim milk; 2 or 3 fresh fruits with always one a citrus fruit or juice; a dark green leafy vegetable, plus two others: an egg daily or four a week; a serving of lean meat, fish or fowl; whole grain or enriched bread and cereal, amount depending on weight.

How young are you staying? Check to see how many of these protective foods you actually eat daily. For nutrition is an influencing factor.

MORNING SMILE

"I see that a battleship is reported fast in the mud."

"I was just thinking that a ship fast in the mud ought to be a record-breaker on the open sea."

BONANZA FOR INDIANS

EDMONTON (CP) — Canada's second largest buffalo herd will be trimmed by 300 animals in the fall, promising a hide-and-meat bonanza for the plains Indians. Federal officials said Tuesday the shoot will be held in line with policy of keeping the herd of 72-square-mile Elk island park down to 1,500 in number. Indians will have first claim on the hide and meat.

WORDS OF THE WISE

The people who get on in this world are the people who get up when the circumstances they want.

DEAR MARY HAWORTH: I

announced my daughter's engagement through the newspaper, and my relatives are hurt. They say they should have been informed before the story appeared. It seems they missed the item until friends called their attention to it. Was I wrong in my way of doing?

DEAR MARY HAWORTH: My

fiat and I have been debating whose obligation it is, according

MARY HAWORTH'S MAIL

Girl Wants 12-Day Guest At Apartment To Share Food Costs

DEAR MARY HAWORTH: My daughter Ann is living at present in another town, in an apartment with two other girls. One of her dearest friends plans to visit her there next month and will be going alone. As there is room in the apartment for the friend, would it be proper to ask her to contribute towards food during her visit?

Jean (the guest) plans on staying about 12 days. My daughter says their budget is strained to the limit now, and she hopes to go sightseeing with Jean during her visit. She can't figure out just what is the correct approach in regard to costs. Please answer soon, so that I can send your advice to Ann. — O.S.

MATTER OF FACT

AIR IS ADVISED

DEAR O.S.: Matter of fact handling of a delicate topic usually reduces the volume of embarrassment for all concerned. Hence my advice to Ann is to be quite straightforward in offering Jean the best brand of hospitality she can afford. She may allude to her limitations without apologizing for them.

In sharing an apartment with other girls, Ann isn't in a position to treat the place as her own, inviting a guest to meals, etc., without consulting associates. Thus in looking ahead to being Jean's hostess for a time, she ought to confer with the other girls, to make sure they won't really mind having a fourth party on the premises for 12 days (or nights).

If the apartment-mates show reluctance to forfeit privacy to this extent, Ann ought to steer Jean into other lodgings — say at the YWCA or at a convenient hotel. She shouldn't expose a friend to the possible embarrassment that might develop if her stay were rated an intrusion by the other girls.

CANDIDLY SPEAK FOR PARTNERSHIP

Now, assuming Ann's household partners are agreeable to putting the spare room (or spare bed) at Jean's disposal, there still remains the question of meals for her. And before Ann may properly ask Jean "to contribute towards food during her visit," she needs first to obtain the other girls' consent to this idea. They might, or might not, take kindly to the prospect. If they okay the suggestion, they should fix the price, per meal or per diem, that would satisfy their sense of fair play in the circumstances.

Finally, to get across to Jean the point that she is expected to pay for her meals during her stay, I think Ann might write her to this effect: "We are all set for your stay, with our best foot forward. We hope you will find the apartment and be comfortable here. And we've decided the best thing to do about meals is to let you help with the food bill, share and share alike, if you want to take your meals with us when convenient, when you're not out sightseeing, etc." M.H.

DID SHE COMMIT A SOCIAL MISTAKE?

DEAR MARY HAWORTH: I announced my daughter's engagement through the newspaper, and my relatives are hurt. They say they should have been informed before the story appeared. It seems they missed the item until friends called their attention to it. Was I wrong in my way of doing?

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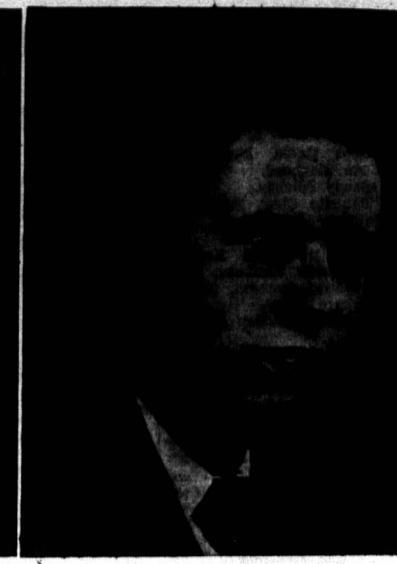
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G. A. BUCHANAN



D. R. LIVINGSTONE

Engagement Announced

Mr. and Mrs. Ervin Buchanan, Central Royalty, announce the engagement of their daughter Gail Adema to Donald Richard, son of Mr. and Mrs. Wilfred Livingstone of Charlottetown. The wedding will take place on Saturday, August 13, in Trinity United Church, Charlottetown.

CARLETON SIDING W. I.

The Carleton Siding Institute held their monthly meeting at the home of Mrs. James Paynter on June 14, with the president presiding. Meeting opened with the Institute Ode, followed by Creed in unison. Roll call was responded to by 13 members.

Financial statement was given by the secretary. It was agreed to send \$10.00 to Jubilee endowment fund. It was also decided to send for cards to canvass for Salvation Army.

School committee reported seven sick calls made and treats taken. It was moved that that \$10.00 be paid toward the swimming instructor's salary. Secretary to send a sympathy card to Mr. and Mrs. Stanley Linkletter.

Mrs. Ralph MacCaull and Mrs. John Quigley to see about gift for Mrs. Walter Craig.

Lunch committee for next meeting is Mrs. Avalah MacCaull, Mrs. Ralph MacCaull and Mrs. John Myers. Happy birthdays were sung to Mrs. John Myers, Mrs. Donald MacDonald and Mrs. Clifford Rogers.

Mrs. Arthur MacMicken invited the members to her home for the next meeting. Mrs. James Paynter having received the button, is to make cake for the next meeting. Collection and cake fund amounted to \$15. Meeting closed with the Queen. Lunch was served by the hostesses and committee in charge and a social hour enjoyed.

SEA FLANE CRASH

PORT SEVERN, Ont. (CP) — Four Toronto district men escaped severe injury Saturday when their \$20,000 sea plane crashed on the densely populated shore of Six Mile Lake, east of here. Jerry Barber of Mimico was flying three Toronto friends to a cottage on the Muskoka lake. He said the crash occurred when the motor stalled as he tried to land. The craft plunged nose-first into small trees on a garbage pit which broke the fall.

UNWANTED HAIR

GUARANTEED OR MONEY REFUNDED

LES PRODUITS ESTELLE DE GRENELLE

2112 Front Street St. Room 12, Montreal P.A. 1825

I want a bottle of depilatory cream for which I include a money order of \$2.00 plus tax (postage paid) or () C.O.D. plus postage.

BREADALBANE W. I.

The monthly meeting of Breadalbane Women's Institute was held at the home of Mrs. Allan Hickox on June 18. Meeting opened by singing Ode, followed by repeating the Mary Stewart Collect in unison. Roll call was responded to by eight members and one visitor.

It was decided to collect for Salvation Army, also to give \$1 to Jubilee Endowment Fund.

Reports of committees were then given and the following new ones appointed: School, Mrs. Lorne Seaman and Mrs. Elton Somers; sick, Mrs. Hugh MacLush, Mrs. Stanford Glover, Mrs. Hedy Woodside and Mrs. Lorne Seaman.

Mrs. Millage MacLeod and Mrs. Elton Somers were appointed delegates to attend convention in Charlottetown.

The school committee were asked to present the prize money of the sum of one dollar for the pupil making the highest average in each grade for the year at the school closing.

Mrs. Collin Matheson invited members to her home for the next meeting; roll call, "something nice about the one on your right."

HOUSEHOLD HINT

If your beds are equipped with plastic mattress covers, keep them fresh and clean by sponging with warm soapuds. Repeat with clear water, and wipe off with a dry cloth.

NEW LONDON W. I.

The New London Women's Institute met at the home of Mrs. Wilbur MacKay for the July meeting, which opened with luncheon followed by Creed in unison. Roll call was answered by 16 members. It was agreed to purchase a new piano for the school. Committee appointed to attend was Mrs. Fred McEwen, Mrs. Wilbur MacKay and Mrs. Lorne Campbell. Sick committee reported three calls and usual supplies for school. Correspondence was then read, consisting of swimming and water safety and the Salvation Army report. It was agreed to send ten dollars and one dollar to Jubilee Endowment Fund and thank-you cards.

Delegates appointed to attend the convention on July 7 and 8 were Mrs. James E. Cole and Mrs. Eric McEwen. It was decided to hire the music teacher for another year, and to treat the school children with ice-cream. Prizes from W. I. at a picnic at Cavendish.

All bills will be paid. Next meeting at the home of Mrs. Don McEwen, where roll call will be answered with one of Lucy Maude Montgomery's books. Lunch was served by the hostesses and committee in charge.

ANNE ADAMS PATTERNS

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ELLEN'S DIARY

By An Island Farmer's Wife

"And this is your house" it was only as far as the House recent visitor to the place queried, no doubt fitting two lone oldish ones much better. Into that James step out so briskly to meet each one of his new days? Certainly none of those at any distance we have visited with him. "Where are we anyway, Ellen?" he has queried before this, with a puzzled smile, trying to find his point of direction. Then whimsically: "The sun wouldn't be shifted since we left home! I sort of expected it to rise over there. Now, in what quarter would you say the wind is? Yes, I guess that's where it is. I'm missing the millpond."

Shortly now when the having delicately traced initials in the pine-wood tell of a school-girl of the line who once wrestled with her homework there — learning from quaint "solid books" up to "the sixth", knowing nothing of present-day grades.

"I guess", granddaughter smiled of this one of her grandaunts today, "when she studied, she often looked 'down the river' from here."

"This", she still say smoothing by, "is Rob's room", though he has been away from it for years. And there, where the morning light steals in through a little window set high in an eastern wall is that of the younger farmer, who moved away from it one day, far and ever, though

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Brown-Campbell Wedding

By Ida Jean Kain

Of widespread interest was the wedding solemnized in St. Paul's Presbyterian Church, Glace Bay, on June 11 at 10:30 a.m., by the pastor, Rev. W. C. Nicholson, when Alice Christine Campbell, daughter of Daniel Campbell, Port Morien, and the late Mrs. Campbell, became the bride of George W. Brown, New Glasgow, Prince Edward Island and the late George Brown, Sr.

The radiant bride was charmingly attired in blue lace-covered taffeta, street-length style with three-quarter length sleeves, with white silk wore matching hat and accessories. Her only ornament was a strand of pearls and she carried a nosegay of sweethearts roses and pale blue carnations.

The bride's sister, Miss Lorna Campbell, was bridesmaid. She wore a printed nylon dress with white accessories and carried a nosegay of yellow roses.

Mr. Allan Clark of Glace Bay acted as best man.

For travelling the bride wore a silver tone blue suit with navy accessories and a corsage of yellow roses.

After a tour of Nova Scotia, Mr. and Mrs. Brown visited his home in Prince Edward Island, while they were on the island, his mother and sisters entertained for them at dinner at Villa Waters on June 20.

The young couple will reside in Glace Bay where the groom is employed on the staff of the Bank of Montreal.

Previous to her marriage Mrs. Brown was tendered a number of showers and the Glace Bay Branch of the Bank of Montreal held a dinner in their honor and presented them with a Cape Breton scene.



ALICE BROOKS DESIGNS

LOVELY TV COVER

Easy to crochet this lovely cover for any size TV set — in pineapple and spider-web design!

Pattern 7776 Crochet directions for TV cover any size in No. 30 mercerized cotton or crochet and knitting cotton. Tablecloth in heavy 4-ply jiffy cotton!

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

ORDER our 1955 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!



Skin Itch

Itchy skin conditions, such as eczema, itching, dry skin, psoriasis, sunburn, hives, etc. are relieved by the use of the new Skin Itch relief cream. It is a powerful skin soother and is safe for all ages. Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

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Large Number 4-H Club Leaders Honored

At the annual convention of the P. E. I. Women's Institute concluded Friday a large number of 4-H Club leaders were honored for their efforts in giving guidance to Rural Youth Clubs. They are left to right front row: Mrs. Maurice Fitzpatrick, Miss Estelle MacKinnon, Miss Dorothy Keays, Mrs. Leo Fay, St. Georges; Mrs. Boyd MacWilliams, Mrs. Everett Collicutt, Mrs. Lloyd Crossman, Cape Wolfe; Mrs. Don MacLean and Mrs. Charles MacWilliams, St. Georges; Mrs. Tilman Gallant, Mrs. D. Richard, Cape Egmont; Mrs. F. Toombs, Miss Dorothy Taylor, Tryon; Mrs. William Christian, St. Georges; Mrs. Fred Carver, Union Road, Kings County; Back row, Mrs. M. Murray, St. Eleanor's; Mrs. Major MacGregor, St. Eleanor's; Mrs. Smith MacFarlane, Harrington; Mrs. Victor MacPhail, Meadow Bank; Mrs. Gordon MacLean, Meadow Bank; Mrs. W. Lowther, Cornwall; Mrs. Stanley Foster, Dunstaffnage; Mrs. Herman Dymont, Northam; Mrs. Spurgeon Dymont, Northam; Mrs. Eldon MacArthur.

Relax with ICED TEA!

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by Anne Adams