MARY HAWORTH

Year's Idleness Brings Decline In Character

Dear Mary Haworth: What can be done about an indecisive man? My husband was 20 years in the Navy.

A year ago, at age 42, he retired, resolved never to work again. A little fishing, maybe; a little gardening; and for the rest, just loafing in the California sun or driving to see relatives or friends.

He is able bodied, with no disabilities and we can live on his pension, very simply. But he is too young to stay idle, I think, and already he is no longer really interested in outdoor activities as his leisure time hobby.

Now he says only that he doesn't want to be hemmed-in, shut-in, bossed, etc. He fluctuates from day to day as to where he wants to go. But he does want me to get salaried work so he will have the extra money.

The financial part I don't mind; I am neither greedy nor money-mad But I can't stand the prospect of a lifetime's companionship ahead (maybe 30 years yet) with a man who eats little, drinks too much, is interested in nobody but himself and has a complex regarding the past. Not just his military past but all the past.

I am loving and patient and try to be understanding but my tolerance wears thin at his odd attitudes, as he seeks Utopia in his wine-inspired dreams. During this year of idleness he has lost compassion for and interest in people.

My religion is against divorce, which I don't contemplate.

Please advise me how to restore him, if possible, to his former self. ..G.C.

DEAR G.C.: When a person is coasting into a fairly serious emotional depression, he (or she) tends to become indecisive; preoccupied with the past (as if the best if life were over(; apathetic about the future, shorn of purpose and ambition (at least temporarily); allergic to sustained effort of any kind, indifferent to surroundings and standoffish towards people in an uncaring sort of spirit.

account of your husband's odaccount i f your husband's oddly stagnant behavior this past year, he is showing all the "depressed mood" symptoms listed above.

It is debatable whether he was heading towards emotional depression when the year began, or whether the year's idleness brought it on.

Probably the climate of his mind was favorable to emotional depression, but so long as he kept busy most of the time, in a hard working routine, in cooperation with extrovert associates, he managed (unawarely) to stave off the doldrums. But when he let down into round-the-clock idleness, his pent-up emotional ferment began to break through and spill over him like a flood.

Thus, to restore him to something like his former self or better) you'll have to bring psychoanalytic help to the rescue, I think. As part of his Navy retirement benefits, he probably is eligible for such therapy at minimal cost; and Navy medical centers probaly offer some of the finest treatment along that line.

The really tough assignment is getting your husband interested in cooperating with specialist help. If he won't act on your personal urging, then you might consult a specialist yourself, for guidance in persuading your husband to see the light.

In any case, empty idleness is destructive to body, mind and soul. It is a matter of rusting out.

Geriatirc experts, in educating the populace to the hazards and profits of the so-called "golden years" of retirement, invariably insist that persons having leisure must stay busy and useful. They must be prepared to undertake new contributive activities, involving them in community service, up to the level of their energies and skills, on a volunteer basis if necessary, when their salaried work is over and their time is their own. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of (the Guardian).

AFTERNOON TEA AT MARSHFIELD

Mrs. Eve Gilstorf, director of women's activities for the Canadian Highway Safety Council, was guest of honor Saturday afternoon at a tea held by the Marshfield Women's Institute, winners of this year's Safety Council Award. Shown above are left to right, Mrs. Dennis Saunders, president of Marshfield Women's Institute; Mrs. W.R. Godfrey, chairman of the Island division of CHSC, and Mrs Gilstorf.

MAN-MADE FIBRES

Export of British man-made fibres ran to about $187,000,000 in 1963.

BIG HEALTH PROBLEM

Since 1960, Mexico has reported 12,000 new cases of tuberculosis and 10,000 deaths yearly.

Women

The Guardian, Charlottetown, Mon. April 6, 1964.

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8506

St. Mark's Church Guild met Tuesday evening at the church hall, Kensington, for the advanced April meeting. The president, Mrs. McInnis led in the opening worship, and presided for a short business session. Plans for the annual Easter tea on the following day, were completed, and articles were priced and put on display for the bazaar. Mrs. Lester Champion invited the members for the May meeting.

Mr. and Mrs. Don Bowness and sons, Donnie and Richard, River John, N.S., spent the Easter weekend at Margate, guests of Mrs. Bowness' parents, Mr. and Mrs. E. T. Glydon and family.

Charles Cooke, Moncton, was a recent visitor to Kensington where he was the guest of his parents, Mr. and Mrs. Gordon Cooke.

M-Sgt. Albert F. Schleyer left Wednesday by plane for Sioux Falls, South Dakota, after spending a month's leave with his wife and son Frankie, who are residing with Mrs. Schleyer's parents, Mr. and Mrs. Harry C. MacLeod, Charlottetown.

Mr. and Mrs. F. J. Hansen and daughter, Dorothy have returned from Montreal where they attended the marriage of their eldest daughter Greta, to Paul P. H. Jones BA, on March 28. Before returning home they spent the Easter weekend in Ottawa, guests of Mrs. Hansen's sister and brother - in - law, Squadron Leader and Mrs. J. E. Ledbetter (formerly Elsie Dawson) and their family.

William A. MacInnis, Charlottetown, left Thursday for Mass. to attend the funeral of his sister, Mrs. Michael Brennick, who before her marriage was Catherine McInnis of Southport.

Mr. and Mrs. E. H. Lord and family, Park Terrace spent a few days in Hanover, Mass., visiting Mrs. Lord's parents, Mr. and Mrs. N. E. MacFadyen.

Mr. and Mrs. Archie Gillis, New Glasgow, N.S. visited last week with the former's father, Alex Gillis and Mr. and Mrs. Don Gillis, Charlottetown, and with Mr. and Mrs. Roy Gillis, Montague.

Brian MacBeth, who is with the Bank of Nova Scotia, Fredericton, N.B. visited recently with his parents, Mr. and Mrs. Russell MacBeth, Whim Road.

Eustachius MacCarron and Garry MacCarron, Montague, are visitng in St. Catharine's, Ont. with their uncle and aunt, Mr. and Mrs. Eddie MacCarron.

Arthur Peters Jr., Souris, left Hamilton, Ont., by plane recently for a month's holiday in Phoenix, Ariz., where he will be a guest of his sister and brother - in - law, Mr. and Mrs. Claude Pirkey and Alta Sanderson.

Those attending the recent Teacher's Convention in Charlottetown included Mrs. Harris Callaghan and Mrs. Russel Callaghan of Ebbsfleet, Mrs. Walter Hogan, Tignish and Mrs. Frank MacDougall of Kinkora who teaches at Middleton School.

Project Planned

As a Centennial project, trees and shrubbery to beautify the school grounds have been ordered by the Summerville Women's Institute. This was announced at the recent meeting held at the home of Mrs. Arthur Cain.

Correspondence was dealt with, committee reports heard and new ones appointed. It was decided to canvass the district for the Retarded Children's Association. The blanket lottery was won by William Cain, Summerville.

The roll call will be answered in May with an article for a card game.

The hostess was assisted with refreshments and a program was conducted by the entertainment committee.

SPRING TOPPING

Delight Dad with your thirfty, good sense — enchant daughter with this pretty flare of a coat. Few pattern parts, simple lines make it simple to sew, fit.

Printed Pattern 4545: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 1⅝ yards 54inch.

FIFTY CENTS (50 cents) in coins (no stamps, please) for this pattern. **Ontario residents add 2 cents sales tax.** Print plainly **SIZE, NAME, ADDRESS, STYLE NUMBER.**

Send order to ANNE ADAMS care of Guardian - Patriot Pattern Dept. 60 Front St. W. Toronto 1. Ont.

Versatile Canned Milk Becomes Popular Product

In some of the tropical countries such as West Africa, Tsetse flies attack the cattle making it impossible for dairy herds to thrive. Even if it were possible to produce fresh milk, the task of handling it would be immense. Canned evaporated milk is a popular item in these countries and here at home there is a growing appreciation of its versatility and economy.

The per capita consumption of evaporated milk in Canada is about 1½ cans (one pound size) per month. This is higher than anywhere else in the world and gives some indication of the acceptance evaporated milk has had in recent years. Homemakers living in isolated areas, campers and mountain climbers, mothers of babies have all made use of this excellent dairy product.

Home Economists in the Consumer Section, Canada Department of Agriculture tell us that evaporated milk is made by heating whole fresh milk to remove about 60 per cent of the water. This is done under vacuum and at low temperatures. After it is evaporated, the milk is homogenized to evenly distribute the butter fat. It is then cooled, placed in cans and sterilized. All evaporated milk sold in Canada has vitamin D added and the addition of vitamin C is now permitted. The percentage of fat and milk solids, also the amount of vitamins that may be added is controlled by government regulations. In most stores the milk is sold in two sizes — one pound and 6 ounces (net weight).

Here are some of the special features of evaporated milk:

When processed cheese and seasonings are added to evaporated milk, the result is an almost "instant" sauce of exceptional smoothness. It can be used as a topping for vegetables, in rarebits, with macaroni, and in other quick luncheon dishes.

— Used full strength or only partially diluted, soups and chowders made with evaporated milk have a creamy richness.

— Baked custards are smooth textured and have a pleasing flavor when made with the undiluted milk.

— When chilled and whipped, it can be used in economical desserts and salads.

— Evaporated milk is handy to have on hand for hot beverages and is especially good in coffee and cocoa.

Unopened evaporated milk keeps well for two to three months on the shelf. Once opened, it will keep up to a week in the refrigerator.

The following recipes which make use of the special features of evaporated milk have been tested and approved in the test kitchens of the Consumer Section, Canada Department of Agriculture, Ottawa.

ASPARAGUS AND EGG RAREBIT
"A colorful luncheon dish"

1 package (10 - ounce) frozen asparagus
½ pound diced processed cheese
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon paprika
1 cup evaporated milk
6 sliced hard - cooked eggs
6 slices buttered toast

Cook asparagus. Add cheese and seasonings to evaporated milk. Cook over low heat, stirring constantly until cheese is melted and sauce has thickened.

Arrange sliced eggs on hot buttered toast, top each slice with 5 or 6 asparagus spears and cover with cheese sauce. 6 servings.

Note: This recipe may also be used when fresh asparagus is on the market. Use 1½ place of frozen asparagus.

CHOCOLATE MINT MOUSSE
"Two popular flavors in a creamy frozen dessert"

1½ squares (1½ ounces) unsweetened chocolate
20 large marshmallows (5 oz.)
1 cup evaporated milk
⅛ teaspoon salt
1 teaspoon peppermint flavoring
1 cup, well chilled, evaporated milk

Melt chocolate in top of double - boiler over simmering water. Add marshmallows, 1 cup evaporated milk and salt. Continue heating until marshmallows are melted, stirring occasionally. Chill thoroughly and add peppermint.

Whip remaining 1 cup well-chilled milk until stiff and fold in chocolate mixture. Pour into freezing trays and freeze until firm. 6 to 8 servings. TO WHIP EVAPORATED MILK:- Chill the milk thoroughly by placing the can in the coldest part of the refrigerator overnight, or by pouring into freezing tray and placing in freezing compartment until ice crystals begin to form around the edges. Chill bowl and beater. Beat milk vigorously until soft peaks form.

SPRINGTIME SALAD
"A molded side salad refreshingly light textured and delicate in flavor"

1 package (3 - ounce) lime flavored jelly powder
¾ cup boiling water.
¼ teaspoon salt
3 tablespoons lemon juice OR vinegar
¾ cup diced celery
1 cup diced, unpeeled, red apple
1 tablespoon chopped sweet pickle
1 can (6 - ounce) evaporated milk, well chilled (2-3 cup)

Dissolve jelly powder in boiling water, add salt and lemon juice. Chill until mixture begins to set, then fold in celery, apple and sweet pickle. Whip evaporated milk until stiff and fold into jelly mixture. Turn into a 4 - cup mold or individual molds and chill until set. 6 servings.

TO WHIP EVAPORATED MILK: — Chill the milk thoroughly by placing the can in the coldest part of the refrigera t or overnight, or by pouring into freezing tray and placing in freezing compartment until ice crystals begin to form around the edges. Chill bowl and beater. Beat milk vigorously until soft peaks form

ELLEN'S DIARY

Farming Methods Change Bringing Happy Results

Papa Starling on his terrace inhaled a long breath of the clear air of this morning. Dimpled youthfully.

"It's good to be back to another Island springtime" he said.

She smiled at him. Then looked down at us, there at the clothesline.

"We thought" she explained, "we'd take a little..."

"... jaunt" he nodded.

"... up the valley' she smiled, "just to see how things are there. This sunshine is pleasant."

"And" he added, "the wind is warm."

We spread a tablecloth, pinned it in place. White it is, with yellow flowers and touches of green leaves in the border, remindful of the daffodils, we hope are already stirring beneath the blanket of snow. And next a towel - one all blue, like the sky above the hilltop, or the wings of the jays come by us now to a tree in the orchard.. Four figures, three lads and a lass met at lane's end, and by way of the little truck, went out the road to their schoolday. Hockey sticks had been in evidence. Soon now Spring would put these by, to rest until they would find favor again toward the close of the year.

James came in sight, a bundle of hay for the ewes in the near shed, in his arms.

"Let's have dinner a little on the early side, Ellen" he suggested, "so that if we should happen to go to clean out those box - stalls, it will give us a nice long afternoon."

Steak was our meal. Not that we dine on it frequently, appreciating as we do that there are cheaper cuts quite as wholesome and nutritious, if not always to mankind, quite so tasteful. Onion rings complemented it, as did the other vegetables, and the little old bowl of brown gravy. Orange jello was our dessert, the sunshine color catching the eye and appetite, with pieces of the fruit added to please James, who has reasoned before this, "Jello may be, as you say, good for invalids, Ellen, but for the life of me, I can't see how it could put much energy into a working man!" The fruit, we added for extra vitamins, in the belief that instead of the sulphur and molasses treatment, or the steeped wild cherry bark and honey, the tonics of springs bygone, fruits (and vegetables) raw or cooked, even the "apple a day" serves to keep the body in trim.

"We should" the younger farmer offered later, feeling a wind soft on his cheek" get some of those stalls cleaned, and the manure hauled away this afternoon."

What deluded one, certainly someone unacquainted with the farming of now was heard to remark not long ago that "barnyards are smelly places?" This may have been true once, on farms where there were no chutes to carry the cleanings off to the rear of the stables, and in consequence it was not "the fair side" that was "put to London." Nowadays, however, generally on farms, the manure is hauled daily, if possible, to the fields, leaving the surroundings clean ... Indeed, now that methods of farming have changed, a visitor to Alderlea these days, sees little sign of the farming, unless he enters the barns. There is no sight, as once, of an animal out of doors, other than the lambkins that come to play games in the yard, and the cats excursioning along the paths.

So nice our day was. And nice now night and the stars... bringing us to the end of our day.

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

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PISQUID EAST

Mr. and Mrs. Robert Leard and Mr. and Mrs. Floyd Jay attended the hockey game in O'Leary betwen Mount Stewart Sea Gulls and Tignish Aces Wednesday night.

Mrs. Floyd Jay, Mrs. George Dover and Mrs. Harold Jay motored to Charlottetown Good Friday.

Mr. and Mrs. Alton Jay and son, Alvin, were visitors in Charlottetown Saturday.

Mr. and Mrs. David Birt, Charlottetown were visitors at the home of Mr. and Mrs. Edward Jay, Saturday.

Mr. Warren Roe returned to hiss home in St. Andrew, Sunday.

Miss Georgie Dover was a visitor in Charlottetown Saturday.

Clifford Affleck, Mount Stewart, is spending some of his Easter holidays at the home of Mr. and Mrs. Floyd Jay.

Mr. and Mrs. Waverly Jay, Moncton, N.B. spent the Easter weekend with Waverly's parents, Mr. and Mrs. Fred Jay.

Mrs. Wallace Birt was a visitor in Montague Sunday where she was the guest of Mr. and Mrs. Oliver Doughtery.

Mrs. Levi Jay was hostess to the ladies of the Pisquid East Women's Institute Monday night with a good attendance of members present. When routine business was completed a contest was put on by Mrs. Levi Jay won by Mrs. Floyd Jay. A delicious lunch was served by the hostess, assisted by her daughter, Mrs. Ray Shaw and daughter-in-law Mrs. Bruce Jay.

J.P. Hendricken was a visitor in Charlottetown Monday.

Be / Buy RIGHT WRIGHT
SHOES ....

IDA BAILEY ALLEN

Wal-To-Walnut Flavor In Cream Cheese Cake

Among some of the dishes we taste-tested were Cheddared California potatoes, broccoli with orange Hollandaise, the famous walnut - cheese pie and other equally unusual delectables that originated on the West Coast and which we will column this week.

Measurements level; recipes for 6

BROCCOLI WITH ORANGE HOLLANDAISE

You'll need 1 lb. of broccoli, cooked as usual.

ORANGE HOLLANDAISE

½ c. room-soft butter
4 egg yolks
1¾ tbsp. lemon juice
½ tsp. salt
3 drops Tabasco
one-third c. boiling orange juice

In small deep double - boiler top, cream butter until soft. Mix in egg yolks one at a time, beating thoroughly after each addition. Slowly stir in lemon juice, salt and Tabasco.

"THE CALIFORNIA Festival was an innovation," explained Alfred Matt, Food and Beverage Manager of the Waldorf-Astoria Hotel. "Here's how it came about.

"The management asked me to go to Japan to talk on catering to the food personnel serving the officers of our armed forces in the Far East. En route I stopped over in Son Francisco, and for the first time had an opportunity to glimpse the glorious state of California, which thousands of Americans who are rushing to travel abroad have never seen!

MORE ENCHANTED

"On my return from Japan to San Francisco, I was more enchanted with California than ever and dreamed up a festival we could stage in New York with the help of California's food industries. Everyone was enthusiastic and cooperative. We are so glad you and the Chef could be here."

Place over hot water; gradually stir in oronge juice using a wire whisk. Cook - beat over not - quite boiling water until thick like soft custard. Use at once if possible. If not, remove from hot water but keep covered. Slowly reheat, stirring rapidly.

WALNUT-CHEESE CAKE
(In Two Parts)
WALNUT CRUST

1 c. fine-ground or blendored California walnut meats
½ c. fine graham cracker crumbs
1½ c. sugar
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. salt
2 tbsp. unsalted butter
1 egg white
12 California strawberries

Combine ground nuts, crumbs, sugar, spices and solt. Chop in butter with pastry blender until in fine flakes.

Stir in unbeaten egg white to stick crumbs together when baked, so crust will not crumble.

Rub 8" square pan with butter. Pat in crumb mixture evenly; do not build up at edges. Bake 5 min. at 350 degrees F. Spoon in filling. Bake 40 min. in slow oven, 325 degrees F. Cool in pan. Garnish: fresh whole strawberries rolled lightly in granulated sugar. Cut in 12 squares.

NO-COOK CREAM CHEESE PIE FILLING — Mix together ½ c. sugar, ½ tsp. salt and 12 oz. cream cheese.

Separate 3 eggs; beat yolks until thick. Stir in 1 tsp. vanilla and ½ tsp. crushed fine- grated orange rind.

Cheddared California Potatoes from our chef

Boil 12 potatoes, skins on; peel when almost cool. Roll in melted butter; dust with seasoning salt. Roll in grated Cheddar cheese. Arrange in a buttered baking pan; bake 20 min. in a hot oven, 400 degrees F., or until browned and sizzling.

REAL AS LIFE ROSES

Wear an apron of roses, and you'll receive bouquets of compliments every morning.

Roses glamorize practical apron. Make another with plain contrasting yoke and pockets. Pattern 7399: transfer; printed pattern of apron.

Thirty five cents (coins) **for** this pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept. 60 Front St. W. Toronto 1, Ont. **Ontario residents add** 1 cent sales tax. Print plainly **PATTERN NUMBER, NAME, ADDRESS.**

REPRESENTED WOMEN

By the end of the Second World War, 16,700 liaison officers from women's organizations were working with the Wartime Prices and Trade Board's consumer branch.

CENTENNIAL FEATURE
THE P.E.I. HISTORICAL SOCIETY
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SPECIALS ON SALE THIS WEEK

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Regular $1.98 yd. Special **1.69**

BOUCLE LINEN
A sensational new fabric that makes beautiful suits and dresses. Plain pastel colours.
Reg. $3.98 yd. Special **3.49**

EVERGLAZE SATEEN
Imported viscose and cotton in delightful scattered designs. Excellent for any occasion, washes perfectly and comes in 36" width.
Reg. $1.19 yd. Special **99c**

EASY-CARE DURABLE DENIM
Textured twill weave, practical rugged fabric ideal for sportswear, children's play clothes and home decorating. Assorted stripes in 36" width.
Reg. $1.19 yd. Special **99c**

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