

WOMEN

Tuesday, Oct. 18, 1955 The Guardian Page 11

LET'S EAT

Carrot And Shrimp Ring Makes A Satisfying Dish

By Ida Bailey Allen

"It was dinner time in a distinguished New York restaurant. Soft music. Quiet conversation. Patrons enjoying delicious food. Then, pout!—just like that—the commotion started," chuckled the chef.

"A lady at a table near ours reached into her tote bag and pulled out a small box.

"While we're waiting for our entree," she said to her friends, "I want to show you the best gadget I've seen in a long time."

"Her eyes lightened on a stalk of celery on her bread and butter plate. "I'll demonstrate it!" she said.

"From the box she extracted a shining object.

"A new rotary grater!" she exclaimed. "Just put cut-up fruits, vegetables or nuts in this con-



Golden grated carrots, combined with milk, eggs and shrimp

grater that has been used for years in France! I always use it when making the following dish.

Carrot Shrimp Ring with Green Peas: Peel and cut 4 medium carrots in chunks; 1 stalk cleaned celery in 1" pieces; add 1 slice peeled onion and put through a rotary grater, or grate on an ordinary grater without cutting up.

Add 1 1/2 c. fine dry bread crumbs, 1 c. quartered cooked or canned shrimp, 1 1/2 c. white sauce, 1 tsp. salt, 1/2 tsp. monosodium glutamate and 3 eggs. Beat the whites stiff and the yolks lemon colored.

Add the yolks to the first mixture. Fold in the whipped whites. Turn into a well-beaten 5 c. ring mold. Place in a pan of hot water. Bake 1 1/2 hrs. in a slow oven.

and baked in a ring mold, make an attractive main luncheon dish.

325 degrees F.

Unmold onto a serving plate. Fill the center with cooked frozen, or drained, heated canned peas seasoned to taste with salt, pepper and butter.

BUSINESS AT A HALT

"In went cut-up celery; round and round rotated the handle. Out came the celery in grated shreds. The girls took a whiff at it. The waitresses stopped to look. Customers crowded over to the table. Business was at a standstill!

"And, mesdames, it was just a

Wife Preservers

You can wash your best nylon sweater, your orlon suits in an automatic washer. Set the water temperature at "warm," and the timer at one and one-half to three minutes. Always use a mild detergent or soap flakes.

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MORNING SMILE

Boarder—Ah, your steak is like the weather, this evening madam, rather raw.

Landlady—Indeed? By the way, your account is like the weather, too, unsettled.

TRICK OF THE CHEF

Add 1/2 tsp. powdered dried tarragon to the mixture of salmon croquettes.

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MORNING SMILE

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MARY HAWORTH'S MAIL

Wife Feels A Burden Rather Than A Partner

DEAR MARY HAWORTH: My husband and I are both in our late twenties, with seven years of marriage behind us, and we have a lovely little daughter. The first few years together were happy, with both of us working and liking the same things in life.

Since our daughter was born, and with my husband advancing in his work, difficulties are beginning to develop.

I am not a native of this country but feel just like an American woman does: I respect my husband and help him in any way I can; but in return I get nothing except material support.

John never compliments me for anything I do, and never tells me that he loves me unless I say it first. When I suggest that he could do little things to make me feel happy he replies that I have everything I need.

I believe in sharing things with one's partner, but feel more and more that I am just a burden to John. He wants to work out all our family problems by himself, refusing my help completely.

When wind up with him slamming out of the house, leaving me in tears. I am always first to say I am sorry; but he can't believe that a person can change mood that fast and mean it.

What can I do to keep our home happy and a nice place to live in? Please advise me. G.G.

LETDOWN PHASE

DEAR G.G.: Presumably you quit the business world on becoming a mother, and "retired" to the more sequestered job of being a fulltime housewife. About the same time your husband began to advance as a money-maker—and unhappiness dawned in Eden. Why? The "trouble" I see is that you and your husband are blindly letting nature take its course in marriage—and failing to make intelligent adjustments to inevitable changes in the emotional climate of the relationship.

As you know, marriage is likened to an ocean voyage, largely because it is called upon to negotiate all kinds of weather. And the very fact that your marriage has lasted seven years automatically brings it into a different weather belt than before, at least temporarily.

Experts tell us that the fifth to seventh year of marriage usually leads into the letdown phase—when one or both partners begin to take the whole set-up for granted, often in a rather thankless spirit, seemingly. As if irked by the finality of the situation; as if to say: "So this is what I settled for?"

In your case the automatic letdown phase of marriage corresponds also to your change of social pace—from downtown business girl to homemaker tied to baby care. This shift tends to increase your sense of dependency upon your husband.

RID ATMOSPHERE

Simultaneously John is making more money than before, and could afford more activity—except that now he has more bills to pay, and no financial help from you (something he's got accustomed to). He probably resents unconsciously these taxes of parenthood, even though happy about the baby.

Unhappily aware of his tension, and uneasy about it, you react solicitously which annoys him—he needs and he feels your increased need of him, just when he has moods of wondering if his captivity is an acceptable fate.

How to keep your home happy and nice to live in? My suggestions are: Try to rid the atmosphere of fever temperature. Be fully considerate of John in a more impersonal way. Try being less egotistical in him. Don't struggle to share what he withholds. Learn to drop an argument, to sidestep a quarrel, to restore good humor without blaming yourself first (do this by being matter of factly nice); and so on. Invest in other appropriate relationships: neighbor, diligent church worker, student in adult education classes if possible, etc. Thus you keep growing—and hold the marriage in balance by expanding socially, which gives John a sense of elbow room.

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



Mid-September Bridal

Multi-colored gladioli formed the background on Sept. 10 in New Glasgow Christian Church when Catherine Hazel, youngest daughter of Mr. and Mrs. George Buchanan, Fredericton, became the bride of Mr. Ian Harold MacRae, youngest son of Mr. Norman MacRae, Glasgow Road, Rev. Bryen R. Jones officiated at the double ring ceremony. The guest pews were marked with a lace arrangement centred with a cluster of flowers.

Mrs. Harold Sharpe was organist and Mrs. Ralph Bundett sang "The Wedding Prayer" before the ceremony and "I'll Walk Beside You" during the signing of the register. The bride, given in marriage by her father, wore a floor-length gown of white lace and net over slipper satin. Her fingertip veil of embroidered net was held by a matching headdress and she carried a bouquet of American Beauty roses.

Mrs. Archibald MacEwen, sister of the groom, was matron of honor and wore a gown of pale green net and taffeta. Miss Ellen Buchanan, cousin of the bride, was bridesmaid in a gown of yellow net over taffeta. Their flowers were in Proseguys.

Groomsman was Mr. Arnold MacRae, brother of the groom. Mr. George Colpitts, Moncton, and Mr. Archibald MacEwen, St. John's, were the bridesmaids. The bride and groom respectively, were ushered.

Mrs. Buchanan chose for her daughter's wedding, a dress of medium blue taffeta with rose and white accessories and a corsage of white carnations. The groom's mother was gowned in navy sheer with navy and white accessories and a corsage of red carnations.

A reception for 65 guests followed at Lakeview Lodge. Mrs. Alden Buchanan acted as hostess. Mrs. Oliver Parkman, cousin of the bride, had charge of the guest book. The bride's table was centred with a three-tiered wedding cake topped by a miniature bride and groom. Rev. Jones proposed the toast to the bride.

For travelling, the bride wore a light grey suit with navy and white accessories and a corsage of red roses. The couple will reside in Chatham, N.B., where the groom is stationed with the R.C.A.F.

Out-of-town guests were Mr. and Mrs. George Colpitts and son, Moncton, N.B.; Mr. Chester MacDonald, St. John's, Nfld.; Mr. Fred Roseau, New Bedford, Mass.; Miss Beverly Spooner, Fall River, Mass.; Mrs. Angus MacLeod, Miss Margaret MacLeod and Mrs. Robert Hunt, all of Fairhaven, Mass.

ELLEN'S DIARY

By An Island Farmer's Wife

The lambs went to market today, the orphaned twins and plenty of the place. These were the property of the farmwife and children who, since spring was on the meadows carried the supplementary feedings of milk to them, to mature them into the sizable and fat fellows that went to "rail grade" this morning.

We expected the parting would occasion some tears on the part of the youngsters. We remembered a sad day we spent at Rob's over a similar marketing. That lamb was one especially dear. He would run happily along a reach of pasture to greet the two who brought to him his milk. And knew also when he was on his bicycle on his way to school was bringing it by way of road. And once refreshed the animal would turn away to rejoin the flock. That had been a sober day to Jamie and Gage. But on farms such marketings must be Mack came by after breakfast to sit a while in the old armchair and neighbor with us.

"I guess" he observed casually "we're going to lose some friends of ours today. Yes," he nodded, "the pet lambs are going... I did have a notion of keeping the one with the pink nose, but they were both getting pretty bossy. Oh yes," passing them in the yard they'd put down their heads, threatening me. And it was safer to hurry by!"

"The meat should be sweet" we chuckled, "there are a lot of shrubs and flowers in it—forsythia and climbing roses, baby's breath and dahlias...."

"And sweet peas" he added with a smile. "You just love" the... I hope there'll be a mother-sheep next spring that won't!"

"I'll both be ewes so we can keep them."

And there were no tears as they were put in the truck but in an older heart a regret for another summer so definitely over and gone. It was measured in lambkins gone—interval of blossoms and seedtime of having and harvest, all fleeting. And now the hoar frost of nights and on to the fall days again.

But October poured generously the wine of autumn over the farmlands today rich and sparkling it was, beneath the mellow sun. Beautiful the fields and woodlands altogether, we fancy, an artist's despair.

A warm wind raked the field where the farmers worked at sowing of mangels. Soon only one other crop will remain to be harvested: the turnips seeded on one of June's perfect days. Even a bringing in and storing of the former continued, we saw wheels being adjusted on the plow to have it in readiness for the last field-work of the year.

"This is a fairly hard fall for the farmers," a visiting one commented this evening, "with prices as they are."

"Not hard at all, if we'd get back to the old ways of living!" James rejoined.

"How will we go about it?"

"Let the machines idle, and get

MRS. GORDON MACMILLAN A COUNTRY GARDEN

AUTUMN REDS

There is a richness in the stuff of things. That autumn dyes with red; the hues of apples: Bloom-clouded scarlet Macintosh, apples. And wine-dark stripings on the reds of Kings and Baldwins in old orchards. Northern Spies. Rose-red: the amethyst-tinted reds of grapes; Crimson of hazel brush, a shawl that drapes. Neglected country hillsides, western skies. Barred with orange-red before a black-frost night: The scarlet of tomato globes; red plums. Frosted with silvery dust; the blush that comes. To tint the cheeks of ripe pears; sumac bright. Flame-colored down the hills, and, A drift of maple leaves along the dust.

In the busy autumn days it is a real joy to "stand and stare" at all the beauty round about us, the sunny mornings are especially lovely and it is fun to be out of doors. Gathering up the apples and spuds can be quite strenuous for old bodies but the air is so brisk and refreshing of perennial seedlings has been done and if the weather continues to be kind much more will be accomplished in the weeks ahead. Bags of bulbs cheer us when we think of their beauty for the early spring days. The dahlias and annuals are still lovely after weeks of blooming. At this time of the year Clematis paniculata has always had fragrant bloom until this season, but I am thankful it is still growing green and healthy after I tried to divide it in the spring. The two divisions never grew and I despaired of the original vine. Several seasons ago I had been successful with the dividing of the hybrid Clematis Jackmanni and now have three good sized vines. I am glad that the original sweet scented Clematis has survived as it is not listed in several of the

catalogs which I receive, and visitors who have enjoyed seeing and smelling the wonderful fragrance have been asking where it had gone. I am always pleased that they remember something lovely about the garden.

It is at this season of the year that it is good to see the perennials and biennials that are growing so well for "next year." The hundreds of for-get-me-not plants for a blue carpet under the tulips and the drifts of them in the beech wood at the top of the garden. Sweet William plants here there and every where in the garden transplanted from the vegetable garden where seed was sown this spring. They are long-lasting and colorful, and grown from seed saved from the garden give much beauty for just the garden labor necessary. Not much labor is required as they grow so luxuriantly in rich soil that the weeds have not any chance to grow which pleases a busy gardener.

Madonna lilies have grown their fall rosette of leaves and give promise of fragrant beauty next June or July. They are planted in a part of the rock garden with a background of pale pink roses climbing over the lattice fence and the combination of these flowers is very lovely.

Seeding hollyhocks, foxglove and many other plants keep the garden green, while the evergreen hedge protects them from too much weather and wind. I forgot to mention all the violas and pansies which go on and on blooming all year.

CHRYSANTHEMUMS

The chrysanthemums have never been finer and this year many new varieties were added to the collection.

They were planted in a new border which had been enriched with litter from the hen yard when busy about my work there and now the bushes are huge and covered with golden, mauve, wine, bronze and white mums in several varieties of shapes. Some of the plants have been lifted into large containers and made ready for the garden room when necessary. I do hope

KEEP IN TRIM

Your Mind Plays Big Role

By Ida Jean Kain

The subtle blend of psychology and the science of nutrition can work slimming miracles. Find out the role your mind plays in helping you to eat for normal weight. This enlightenment will pay slimming dividends.

Psychologists explain there is such a thing as "mind set." That is, you tend to regard a situation in terms of what is already in mind. Your attitude at the beginning of a reducing venture largely determines the outcome.

For example, you start a reducing diet seriously doubting you'll lose many pounds, since you have never been able to stay on a diet. Doubt is negative and brings more doubts.

Or, as with the overweight who wrote recently, "I'll give diet just one more try, and if I do not lose this time, I'll never diet again." This is part desperation and part defiance. But in this frame of mind, she is quite likely to fail. Why? Her mind is set for failure and will find new ways to fail. Although she is not aware of this, it may be that subconsciously she wants to prove she cannot lose weight. This

will leave her free to overeat on favorite fattening foods.

Many overweights write that they start a diet course grimly determined to stay with it, and they do for a time. Then, even though they are losing weight, after a certain number of days, maybe 5 or 10, they cannot keep from overeating. The explanation: Expecting to fail, they concentrate on failing at that particular time.

It is true that we tend to get what we expect. To carry this further, if you expect to be hungry while dieting, you will be, since your mind will react exactly as you have habituated it to react. Ponder this psychological principle, for it is an important clue to mind conditioning.

How do you change your mind? By changing your attitude. Instead of thinking of diet as doing penance for past overeating, which is depressing, get a fresh point of view. Say to yourself, "Look, I've been going at this all wrong. The science of nutrition will help me lick the pounds without going hungry or feeling cross." In short, apply psychology! This new attitude takes the irksomeness out of low calorie fare.

To bring your goal nearer, aim at the next smaller size dress. This will be 10 to 16 pounds off, depending on your structure and on how near you are to top weight on your present size. That, too, is applying psychology.

Tomorrow the dietitian will explain how to apply the science of nutrition to bolster will power.

"Whose horses?" the visitor chuckled.

We shall step up into a buggy presently, we think, and beside James drive off, after an old mare of the place, along a friendly summer road, of dreams.

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

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"How will we go about it?"

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HOUSEHOLD HINT

When you have to sew a patch on a garment or other article, cut the patch on the straight of the goods. Sew it on so the crosswise and lengthwise yarns in the patch match crosswise and lengthwise yarns in the material. If the material has a design, match each detail perfectly. That helps hide

it will be possible to winter these lovely plants as they are something to prize as garden plants. Sunshine is the name of my favorite golden yellow flower and if you could see it you would know it has been well named. With a good collection of these garden chrysanths it is possible to have as colorful a garden in the fall as in spring, indeed the color is more intense than in the spring. Time. With a background of the good Michaelmas Daisy, Mt. Everest and the evergreen hedge a lovely garden could be achieved.

I do not think there is any other achievement as satisfying as making a beautiful garden from something that was not beautiful in the beginning. I have been reading of Sir Walter Scott's home and gardens, Abbotsford House. More pertinent. Continued on page 13

peck ripe tomatoes
7 large onions
7 stalks celery, then chop together
1 cup salt
Let stand over night.
Drain in morning, then add 6 cups sugar, 6 cups malt vinegar, 2 hot peppers, 2 sweet green peppers, 3 oz mustard seed, stir 3 or 4 times then put in jars.

Words Of The Wise

words of the wise
To a quick question, give a slow answer.
—(Italian Proverb)

"BRAN-ANA" NUT BREAD

1/2 cup shortening
1/2 cup sugar
1 egg
1 cup Kellogg's All-Bran
1/2 cups mashed ripe bananas
1/2 cup chopped nuts

1 teaspoon vanilla flavoring
1 1/2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Blend shortening and sugar thoroughly. Add egg and beat well. Stir in All-Bran, bananas and vanilla. Sift together flour, baking powder, soda and salt. Add to first mixture with nutmeats, stirring only until combined. Spread in well-greased 8 1/2 x 4 1/2-inch loaf pan. Bake in preheated moderate oven (350° F.) about 1 hour.

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Why your child needs your help when pimples strike

by MARCELLA HOLMES NOTED BEAUTY AUTHORITY (former Beauty Editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples undermine poise and self-confidence, can cause permanent damage to a child's personality. And everyone knows that acne-type pimples, if neglected, can leave permanent scars on the skin.

Is there a way you can help your child? Yes, thanks to CLEARASIL, a modern, scientific medicated formulation especially for pimples. In actual clinical tests, CLEARASIL brought positive relief in a high percentage of cases. Greaseless, fast-drying, anti-septic... CLEARASIL dries pimples surprisingly fast. Ends embarrassment immediately because CLEARASIL is skin-colored to hide pimples as it works. Must work for you as it did in clinical tests or money back. Only 69¢ and \$1.19 at all drugstores.

SKIN-COLORED... HIDES PIMPLES WHILE IT WORKS

Swing SATIN

Swing SATIN

Swing SATIN

Swing SATIN

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Swing SATIN