

WOMEN

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"Papa Is All" Receives Well-Merited Praise

WINNIPEG (CP) — The Caravan Players' production of "Papa Is All" has received a difficult play well-praised Wednesday night by adjudicator Cecil Bellamy at the opening of the Manitoba Regional Drama Festival.

The play, directed by Will S. Dickson, is about a tyrannical Pennsylvania Dutch father who is outwitted by his family.

Bellamy remarked that when it was originally done in New York it was supposed to be hilariously funny. He didn't think it was funny.

Wednesday night's performance, however, underplayed the comedy elements that were present and overplayed the melodrama. He felt also that the pace should have been more varied. This lack took away from the living effect.

The festival continues tonight with the Cuckoo's Nest by the RCAF Drama Group. The play is by H. Stuart Cottman and Leverage Shaw. The festival ends Friday.

LET'S EAT

Eat An Orange Every Day To Help Ward Off Colds

By IDA BAILEY ALLEN

The best way to get authentic answers to food questions is to talk with food chemists and researchers.

During our visit with Dr. Edward Bryant citrus research chemist in California he told me that both lemon and orange peel contains more vitamin C even than the juice.

NATURAL LAXATIVE

Orange cellulose, the "white skin" of fresh oranges is a natural bulk laxative. That is one of the reasons why it is advisable to eat a whole orange a day. If you see a green-tinged California orange in the market you need not doubt that it is fully matured.

"We have found the best storage place for oranges is on the shelves," Dr. Bryant remarked. "Seven to eight days from packing to market is ideal. The best buy for everyday eating is the small orange."

At a huge California orange packing plant we saw automation at work. Tons of oranges were being automatically dumped into machines; scrubbed with automatic brushes; mild detergent and water; thoroughly rinsed; automatically sized; sorted for grade by women workers busy at the conveyor belts; then precooled for 36 hours; then rushed to refrigerated cars and to market.

Many of the women workers were nibbling sections of oranges as they worked.

Plant Manager F. K. Moore remarked "We have observed that their eating fresh citrus every day has helped materially in holding down absenteeism among the workers because of colds."

Sunday dinner Chilled cooked antipasto; roast duckling; orange-apple stuffing; spinach with lemon butter; jellied fresh fruits and or brownies; coffee tea or milk.

All measurements are level; recipes for dishes served in the hotel Statler Los Angeles.

Chilled Cooked Antipasto Here is our household version of a remarkable cooked antipasto to serve cold with a garnish of lettuce in wide sauce dishes.

It consists of as many kinds of cooked vegetables cut in bite-sized pieces as you like. Each vegetable is cooked separately in salted water drained and mixed with a clear sauce that gives a glazed effect.

The sauce is made of the vegetable liquid thickened with 1 tsp. cornstarch which is blended with 1 tsp. cold water to each 1/2 c.

Season snappily with Tabasco Worcestershire and a little garlic powder.

Combine the prepared vegetable with a choice of bite-sized flakes of drained canned tuna sardines and anchovy fillets; small pearl onions and small stuffed olives or bits of dill pickle.

Mix lightly with special French dressing.

A good combination would be cooked or canned mushrooms celery carrots green beans tuna anchovies and olives.

Antipasto French Dressing For 3 c. cooked antipasto ingredients. Beat together 3 tsp. salad oil 1/2 tsp. each vinegar and lemon juice 1-3 tsp. salt 1/2 tsp. pepper 4 drops Tabasco 1 tsp. Worcestershire 2 tsp. each tomato ketchup and chili sauce.

Orange-Apple Stuffing for Roast Duck Combine 5 c. toasted bread cubes 1/4 c. diced raw apple 1/4 c. diced orange sections and 1/4 c. diced celery.

Saute 2 tsp. chopped onions until clear in 2 tsp. butter or margarine. Toss into the bread cubes with 1/4 tsp. salt, 1/4 tsp. black pepper, 1/4 tsp. crushed dried marjoram and 2 tsp. orange juice.

Stuff a 5 lb. all-purpose duckling. Bake 2 hrs. in a slow oven 325 degrees F.

Turn or slip off the fat as it cooks out.

For crisp brown skin bake 30 min. longer.

Tomorrow's Dinner Tossed

JOINT BIRTHDAYS

OTTAWA (CP) — Three baby girls in five years may not be unusual, but these three all have the same birthday, George Moran, a busline ticket agent, and his wife P. Marie are the parents of girls born on Feb. 9 in 1953, 1953 and 1957.

CHOICE GRADES

OTTAWA (CP) — The agriculture department has taken a survey to find out what kinds of steaks and roasts are preferred by shoppers. The department announces it discovered "by far the greater number have chosen the good and above grades."

HUSBANDS WELCOME

LONDON, Ont. (CP) — Final lecture of a maternity course offered by the Victorian Order of Nurses here was attended by 25 men, husbands of the women enrolled.

Title "Miss Codfish" Is Not Really Uncomplimentary

By CAROLYN WILLET

OTTAWA (CP) — Dr. Luita Hirschmanova could be called Canada's globe-trotting humanitarian.

The Unitarian Service Committee director left earlier this month for a four-month tour of 33 USC projects in 15 countries in Europe, Asia and the Middle East.

"It's certainly not a holiday," said the small intense woman who finds the annual world tour physically and emotionally trying and often heartbreaking.

GIFTS FOR KOREA

Interviewed here shortly before she left for Korea, her first stop, Dr. Hirschmanova busily packed small gifts from Canadian foster parents to their "adopted" Korean orphans living in USC-supported homes.

Bright hair ribbons, trinkets and handkerchiefs tumbled into her travelling case. The larger, heavier gifts were sent by ship.

Dr. Hirschmanova says she's a messenger between the Canadian foster parents and the adopted orphans overseas. When she returns to Ottawa at the end of May, she'll write some 400 letters, giving parents a first-hand account of their charges.

Nearly 4,000 orphans have been adopted since 1945 under the USC plan, and live in 13 homes stretched from Severs, France, to Seoul, Korea.

Last year the committee also sent food, clothing and other relief supplies worth 225,633 to Korea, Europe, India and the Middle East.

Contributions included sewing machines, jeep ambulances and midwifery kits for India, funds to rebuild a Greek village's war-damaged homes, a Vienna hotel for Hungarian student refugees and funds to support orphanages, provide schooling and establish scholarships.

TO STUDY CONDITIONS

Dr. Hirschmanova says one of her main objects is to assess USC projects, and determine additional areas of need, still obvious in "heartbreaking" numbers.

"I only wonder to what extent we will be able to interpret these needs when I return to Canada," she said.

All USC work is entirely supported by voluntary contributions of time and money. But the link is strong—and often personal—between contributing Canadians and recipients.

At a USC orphanage near Seoul, Korean youngsters conduct weekly sessions of their Canadian Club, and enthusiastically explore every feature of this country.

In Korea, Dr. Hirschmanova is to turn over a 10,000-pound shipment of codfish to the two orphanages there. This Canadian product has gone to Korea before, and earned the USC director the title of "Miss Codfish."

In the Middle East—where she travels under United Nations auspices—little refugee girls will get 15,000 blue denim uniforms, carefully sewed by women across Canada.

MORNING SMILE

She: "Before you went to school you said I was all the world to you."

He: "Yeah, but I've studied geography since then."

TRAVELLING BUDGIE

DARMOUTH, N.S. (CP)—Mrs. Eric Dean lost her snow-white pet budgie which flew through an open door into the cold wind. Two days later it was found, coal-black after flying through the chimney into the home of a neighbor a quarter of a mile distant.

ORWELL COVE W. I.

The regular monthly meeting of Orwell Cove W. I. was held at the home of Mrs. John McLeod, with nine members and one visitor present. Meeting opened with Mary Stewart Collect. Roll call was answered by passing in Get-Well, Thank-You or Sympathy Cards.

Minutes of previous meeting were read and adopted.

Financial statement showed all bills paid and a fair balance remaining. Sick committee reported 1 call made. School committee reported their needs. The teacher was appointed on school committee for this month. Correspondence was read and discussed.

Thank-you letters were received for treats and gifts. \$5.00 was voted for Red Cross; also \$5.00 for March of Dimes and \$1.00 for Polio Post. It was decided to have 2 more card parties. Roll call for next meeting "An Irish Quizz."

Next meeting is at the home of Mrs. John and James Rooney. Programme committee to be Mrs. D. M. McDonald, Mrs. Wm. Morressey. A much enjoyed contest was put on by Mrs. F. E. Rooney, and won by Mrs. James Rooney. Meeting then adjourned and a delicious lunch was served by the hostess, assisted by Mrs. Wilfred McLean and Mrs. F. E. Rooney, during a social hour.

MALPQUE W.M.S.

The members of Malpque Women's Institute sponsored a most successful evening at the home of Mr. and Mrs. Frank Bearisto when seventeen tables of auction were in play.

Prizes were awarded to the ladies high score to Mrs. Wendel Crozier and the gentleman high Wendel Crozier. The ladies low score went to Mrs. Frank MacNutt and the gentlemen's low to Sutherland Cousins.

An auction of many articles was carried out with Stuart Caruthers as auctioneer and a nice sum was realized. Delicious lunch was served.

Faithful Billy Wallace Still Escorts Princess

LONDON (Reuters) — Princess Margaret has been back in town only 19 days from her long country holidays—just long enough to shake society out of its winter doldrums.

The 26-year-old princess, rested and full of energy, has been out on the town almost every evening since her return—putting royal seal of approval on rock 'n' roll, giggling over jibes at her pals in a revue, making up a threesome with her mother and friend Billy Wallace.

Billy Wallace, now often described by London columnists as "Faithful Billy Wallace," has been the princess' escort frequently since her return and the old rumors of an impending royal engagement have been revived.

It was 29-year-old Billy who took the princess the other night to see the rock 'n' roll movie, The Girl Can't Help It.

He didn't bat an eye when Margaret slipped off her shoes, tapped her stockings and feet and clapped hands to the rhythm.

Another evening, with Billy, the princess went to see a sophisticated two-man revue—for the third man—in which fun was poked at her companion. She laughed heartily and he covered his face with the program.

Psychologist Says Women Should Marry Younger Men

MONTREAL (CP)—Women are tougher than men and are getting more so.

Man, "becoming positively fragile in mind and body," is cracking up fast under the relentless pounding of 20th-century life.

"Thus, women who want to stave off those inevitable widow's weeds as long as possible should marry men at least two or three years younger than themselves.

This lugubrious diagnosis belongs to New York psychologist Murray Banks, who laid it on the line here in an address Wednesday night to a women's lodge.

Women, he said, are built to stand the strain.

"Men are coming under more and more pressures to succeed. ONE BIG PRESSURE

"Women, largely, are under only one big pressure... to get married."

Women stay younger longer than men, said Dr. Banks. They adjust better to the "ulcer age."

They are mentally and physically much the stronger sex.

"Physically, statistics are proving the superior strength of women. Time has already come when they should give up their seats in buses and trains—to the weaker sex."

There was a time, said the doctor, when nervous breakdowns automatically were associated with women.

"But now for every woman who has a breakdown there are seven men."

Marriages would be emotionally stronger and last longer if the female thoughtfully selected a man her junior.

"There are more widows than widowers," he said. "And you ladies are likely to be widows for longer if you marry a man older than yourselves."

TAGGED SHEEP

About 20,000,000 sheep in Australia now wear plastic ear tags denoting age, sex and ownership.



MR. AND MRS. P. MORRISON AND PARTY

Double Ring Ceremony Used At Lovely Wedding

A pretty winter wedding took place at 10 Laphorne Ave., Charlottetown, P.E.I., when Rev. J. H. Bishop united in marriage Annie Matilda, daughter of Mr. and Mrs. F. D. MacDougall, Inkerman and Peter Alexander, son of Mrs. Peter Morrison and the late Mr. Morrison of South Granville. The double ring ceremony was performed.

The bride chose a two piece pale blue taffeta embossed dress with matching accessories. Her corsage was pink Bettertime roses. The bridesmaid, Miss Eleanor Carson, wore a gold colored rayon dress with metallic imprints and hat and gloves of the same shade. She wore a corsage of yellow roses. The groom was ably supported

ELLEN'S DIARY

We Laughed—Because We Already See Spring!

The long blue shadows thrown by the strengthening sun along the white of the surroundings—up hill and down dale—these we remember now of today. These and the warmed wind and the dripping eaves' icicles which made us say, "Winter's cold is broken now; Spring is not far behind!"

And one of the family wondered, now that this month of valentines wanes, and we look toward March, just how the new month will come in: like the proverbial lamb? Or the lion? To prefer, of course, the latter so that in time its orderly departure should fade in nicely with the arrival of April's days.

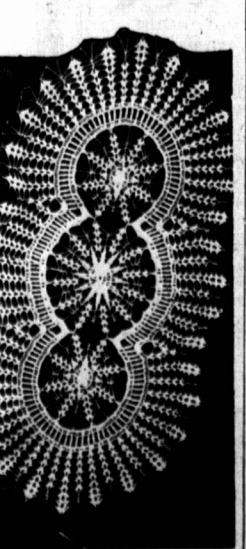
"It will be a long cold Spring," our visitor of the weekend had forecast soberly.

"What makes you think so?" we queried.

"The ice, woman!" he offered.

"It's about every shore. Rivers, bays and harbours are full of it.

DAILY PATTERN



7351
by Alice Brooks

Add decorative touch to any room in your home—these doilies have so many uses. Easy to crochet in petal and shell stitches.

Pattern 7351. Crochet directions on oval doily 14x24; round doily 12 inches in No. 30 cotton. Larger and smaller sizes, if you wish.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 20 Front Street, W., Toronto, Ont. Write plainly NAME, ADDRESS, PATTERN NUMBER.

Two free patterns—printed in the new Alice Brooks Needlecraft book for 1956. Stunning designs for yourself for your home—just for you—readers. Dozens of other designs to order—all easy, fascinating to work. Send 25 cents for your copy of this wonderful book.

HOUSEHOLD HINT

When buying bed sheets, guard against low-grade material by testing for excess sizing.

Rub a small portion of the sheet between your fingers. If a fine white powder comes off on your hands, look for a better quality. You'll save money in the long run by paying more for quality fabric.

COOK'S CORNER

FILLED COOKIES

1/2 cup shortening
1 cup brown sugar
1 egg
3 cups flour
1 teaspoon soda
1 teaspoon cream tartar scant
1/2 teaspoon salt
1/2 teaspoon vanilla

Mix and roll very thin. Bake in moderate oven. When cold, put together with date filling or icing.

HUSBANDS WELCOME

LONDON, Ont. (CP)—Final lecture of a maternity course offered by the Victorian Order of Nurses here was attended by 25 men, husbands of the women enrolled.

WHATEVER YOUR BRAND OF COFFEE

THE GENERAL ELECTRIC AUTOMATIC COFFEE MAKER

will make it taste better



Wonderful what the G-E Automatic Coffee Maker can do to coffee—any coffee! The way it coaxes out every last drop of rich coffee flavour is enough to make the most demanding connoisseur smack his lips in pure enjoyment.

What makes the G-E Automatic Coffee Maker do such wonderful things? In one word: engineering. General Electric's famous know-how has created a veritable coffee robot that obeys your every wish. Automatic from the word "go", it makes perfect coffee every time without so much as a glance from you.

From the moment you dial your special brew until the red light signals "ready", nothing can come between you and a perfect cup of coffee.

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GENERAL ELECTRIC AUTOMATIC COFFEE MAKER

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Did the kind of coffee you want? Just set it for the exact brew strength desired—mild, medium, or strong—or any variation in between. When coffee is ready red signal light comes on. No need to hurry because the brewed coffee is automatically kept at serving temperature. There's a release control too that warms up cold, left-over coffee to full flavor freshness without re-percolating.



Four your coffee with nary a worry about "dribbling". The G-E Coffee Maker's perfect balance and no-drip spout assure easy pouring from first cup to last. Easy to fill too, with cup markings clearly indicated on the inside for exact cup measurements.



You won't burn your knuckles with this G-E safety handle. The roomy, tapered handle has a special plastic guard against the side of the Coffee Maker. Even if your hand is extra large there's no chance of burning your knuckles. You'll find your G-E Coffee Maker easy to wash too, because the large lid opening lets you put your hand way down inside for thorough cleaning.



Place it on your finest table top without harm. The specially balanced G-E safety base prevents tipping. And it's heat-proof—will never mar your table top. A good thing too, because your G-E Coffee Maker is so beautiful you'll want to keep it right on the dining room table.



Enjoy new speed in coffee making. Imagine your G-E Coffee Maker percolates 2 cups of coffee in less than 4 minutes—9 cups in about 15 minutes. You'll find that better coffee tastes better too. The G-E way. Your own coffee up to 14 cups of instant coffee in record time.