

WOMEN

Page 10 The Guardian Wed., Dec. 14, 1955

LET'S EAT

Candied Fruits Add A Glamorous Touch

By Ida Bailey Allen

"Here is a pre-taste of the Christmas season, Madame," the Chef said, putting a jar of colorful fruits and peels on the test-kitchen table.

"They look almost as beautiful as stained glass, Chef," I told him, "cut into small bits, with the rose-red of the candied cherries, pale gold of the pineapple, the amber orange peel and emerald-green citron."

"And look, Madame, this peel is moist and delicate in flavor. It is very different from old-fashioned peel that had to be soaked in water, then dried and cut up by hand."

"And the taste is delicious, Chef. In past years, we used mixed peels only in fruit cakes, an extra-special Christmas pudding or in making tuff-butter filling for cake. Today, let's plan some exciting ways that his new style peel can be used."

Use as a garnish to fruit cups or grapefruit halves. Combine with an equal quantity of chopped nuts in loaf cakes or cookies.

Chop and add to cooking oatmeal for glamour and flavor. Use in making and decorating fruit breads and coffee cake. Add to cream cheese; thin with milk to spreading consistency, and spread on strips of cake or decorated bread. Wonderful with tea.

At this juncture, the Chef got busy at the range. In 10 minutes he came up with a new Oriental type ice cream topping.

In a pint saucepan dissolve 1 c.

sugar in 1/2 c. water. Boil 32 min. Add 1 c. mixed fruits and peels; dissolve 1/4 tsp. powdered ginger in 1 tsp. water and stir in. Boil 2 min. longer; skim off any froth. Pour into a jar. Cover and chill. This keeps indefinitely if refrigerated. Perfect with ice cream.

ORIENTAL SUNDAES
Chill canned sliced pineapple. Serve individually, one slice to each person, top with a half scoop of vanilla ice cream. Spoon over Oriental fruit sauce.

TOMORROW'S DINNER

Tomato Cream Soup
Lamb Turnovers
Mushroom Sauce
Mixed Vegetables
Pimiento-Lettuce Salad
Oriental Sundaes
Coffee Tea Milk

Lamb Turnovers: Combine 2 c. minced oddsends cooked lamb with 1/2 c. very thick white sauce containing 1/4 tsp. thyme. Roll 1 recipe pie pastry to 1/4 in. thickness; cut into 6 in. squares. On each, place 1 heaping tablespoon of the lamb. Fold to form a triangle. Press the edges together with a fork. Slash once to allow the steam to escape. Place on an oiled baking pan; brush sparingly with milk. Bake 30 min. in a hot oven, 400 deg. F., or until golden brown. Serve hot with mushroom sauce.

TRICK OF THE CHEF

Add 1/4 tsp. crushed cummin seed when making canned tomato cream soup.

MARY HAWORTH'S MAIL

Married To Man Who Shows Her No Kindness In Life

DEAR MARY HAWORTH: I am under terrible nervous strain—of my own making, I guess. I have been too ashamed to tell anyone. I am unhappy with my husband. It wasn't long after we married—three years ago—that I discovered he wasn't what I wanted in a husband.

He shows me no consideration, warmth or affection. He never helps around the house without a scene first... never takes me out... constantly finds fault with all I say or do, until I am "walking on eggs" for fear of making him angry. I don't think I can stand much more of his unfeeling treatment.

If it weren't for our child I think I would have left him some time ago. I still wish I had the courage to do so—yet no court in the land would see any legitimate reason for it. He isn't a "bad" man; he doesn't beat me or run around with other women, etc. He just doesn't measure up to my kind of man—as most women would agree. I think...

NOW A NOBODY
I can see what I am missing when I look at other men. In fact I have fallen in love with another man—who is a fine all-around husband, kind, sincere, brimming over with the joy of living. We are very much aware of a mutual attraction. He loves his wife, only wants an affair with me. And feeling as I do, I am afraid I may settle for that, although I would like to spend the rest of my life with him...

Before marriage I was always treated with respect and admiration. Everybody liked me in school and college. I was good looking, intelligent, versatile, an excellent student; but it didn't go to my head. I think I have always been modest and humble and courteous—treating others as I wish to be treated. But since I married Sam, I feel I have degenerated into a nobody and my cheerful disposition has begun to crumble...

There is no future in my falling in-and-out of love with married men; yet I am so wildly discontented with my life that I don't know what to do. Would that I had another chance to choose a husband more wisely. Where did I go wrong, and is there any hope for the situation? PLEASE help! E.P.

A MISTAKE?

DEAR E.P.: Your letter is cut to a fragment—but the whole out-pouring is vehement testimony to the fact that the marriage is seriously failing. Mostly because Sam isn't psychologically equipped for marriage, it seems. And the worst of the difficulty is his rigid refusal to face up to his deficiency, and try to overcome it by humble diligent willingness to learn how to love.

Possibly you are by temperament a dynamic demanding female, who would overrun all but the strongest spouse, if given free rein. At any rate, you have tremendous emotional energy (or drive), I gather. By comparison, Sam isn't nearly so vital, probably. Also he is less smart and less able, in most situations, perhaps. And, unfortunately, he hasn't the basic self-esteem to accept the difference comfortably—and congratulate himself on having married a "powerhouse" wife who brings to the partnership much that he lacks.

Evidently Sam is flintily on the defensive against the currents of your nature—as if he construes marriage to be a contest for dominance, rather than a merger in which each party identifies gladly with the other, thus becoming a more "complete" person than before. Maybe unconsciously Sam is fighting a fear of being eclipsed by you, if he doesn't keep his guard up, and his foot down, so to speak.

MAN'S ALLERGIC

One senses that Sam is out of his element in marriage—coldly and angrily allergic to your need of companionship, closeness. And though you say that no court in the land would recognize legitimate cause for widely complaint, I disagree. Acute incompatibility and mental cruelty are widely validated grounds for "constructive separation"—and you've been suffering along these lines since early in marriage, apparently.

Your panicky thoughts of infidelity are an involuntary reaction to Sam's rejecting bias. His sneering attitude is demoralizing you; and to keep a bad matter from getting worse, you should have psychiatric help. M.H.

MORNING SMILE

A suburbanite looked over his hedge at his busy new neighbor. "Hey," he called, "isn't that Jones rake you're using?" "Yes" was the reply. "Well, if you'll lend it to me when you're through, I'll let you borrow his mower."

For Colds use lemon and soda

Put the juice of one lemon in a half glass of water and add 1/2 teaspoon bicarbonate of soda (baking soda). Take this excellent neutralizer several times a day to help reduce acidity and relieve discomfort.

COW BRAND BAKING SODA
PURE BICARBONATE OF SODA



SKIRT RIGHT FOR SEASON BRIGHT

The new development of screen printing felt is seen above in this arabesque print of viscose felt with gold and green on black. The top consists of a black wool jersey with a finely pleated front and portrait neckline. For holiday wear the ensemble is gay and attractive.

ELLEN'S DIARY

By An Island Farmer's Wife

"It was said: 'We shall see new glories at the throne of God, and you, Amos— you will see sheep.' Amos paid no heed for he thought to himself: 'One shepherd the less will not matter at the Throne of God.'"

Nor did he have time to be troubled that he was not to see the Child who was to come to save the world. There was much to be done among the flocks and Amos walked between the sheep and made under his tongue a clucking noise which was a spirit and significance of Christmas. Again at Alderlea, we have a world white-spread at our doors. How gentle the recent snowfall. Softly the flakes drifted down to settle quietly on twig and branch, on roof and field. No breath of wind to disturb their course. None, only a lovely calm to welcome them so "white and clean and beautiful."

And the farmers must bring out their horses and sleighs to replace the tractor at the haulings, to make old-time trails along the farm. And seeing these wind by woodland and along meadow, we talked with James of snowy winters long gone, and myrrh. And when they were done is not winter. If lies in wait yet, over the white-powdered evergreens which crown the hills to the east!

And now we must holiday. A sheep? said Amos to himself 'the angels shine too much A shepherd is better.' With the morning the others came up the road from Bethlehem and they told Amos of the manger and of the wise men who had mingled there with the shepherds. And they described to him the gifts— gold, frankincense, and myrrh. And when they were done they said: 'And did you see wonders here in the fields with the sheep?' Amos told them: 'Now my hun-

dered are one hundred and one' and he showed them a lamb which had been born just before the dawn. 'Was there for this a great voice out of heaven?' asked the eldest of the shepherds. Amos shook his head and smiled and there was in his face that which seemed to the shepherds a wonder even in a night of wonders. 'To my heart' he said, 'there came a whisper... a heart. So... folks still find the spirit and significance of Christmas.'"

Only a lovely calm to welcome them so "white and clean and beautiful."

Only a lovely calm to welcome them so "white and clean and beautiful."

Only a lovely calm to welcome them so "white and clean and beautiful."

Only a lovely calm to welcome them so "white and clean and beautiful."

Only a lovely calm to welcome them so "white and clean and beautiful."

Only a lovely calm to welcome them so "white and clean and beautiful."

Only a lovely calm to welcome them so "white and clean and beautiful."

Kensington Church Is Setting For November Vows

The United Church, Kensington, was the setting for the marriage on November 12, 1955 at 2:30 p.m. of Wanda Helen Stewart and Mr. Ian Lockhart MacMurdo. Rev. L. M. Murray, B. A., B. D. officiated. The bride chose a dress of ice-blue nylon velvet with a corsage of pink carnations. She was attended by Miss June Semple who wore a dress of American Beauty velvet with a corsage of white carnations.

Mr. George MacMurdo was groomsman.

Following a honeymoon spent in Ottawa, Toronto and Hamilton, Ontario, the couple will reside in Kelvin Grove where they will engage in farming.

HONORED

Friends and neighbors honored Miss Stewart on Nov. 9 prior to her marriage with a shower at the home of her uncle and aunt, Mr. and Mrs. Eric Jessome, Margate. Mrs. George Mayhew played "The Wedding March" and the bride was escorted to a decorated seat by Mrs. Earle Dunning. The gifts were carried in by Gail Jessome and Mollie Van Mayhew and they were opened by Miss Myrna Cousins and Miss Mona Mayhew with the accompanying verses being read by Mrs. Lyman Moase and Miss Frances Henderson. Assisting were Miss Norma McKay, Mrs. Ivan Day and Mrs. Fenner Stewart. Miss Stewart thanked her friends. During the evening music by Mrs. Ray Clark was enjoyed and lunch was served by the hostess, assisted by friends of the bride.

SOUTHPORT

H. AND S. ASSOC.

The first meeting in the current year of the affiliated group of the Home and School Association at Southport met in the school on Nov. 28th, 1955 and due to the inclemency of the weather about thirty parents and friends attended. Mrs. R. S. MacDonald of Southport acted as chairman, and read a few introductory remarks, after a resume of the Prov. H. and S. meeting held in Charlottetown Nov. 16th, 1955.

Mrs. Gordon MacDonald, past President of the Prov. H. and S. Assoc., was the guest speaker. Mrs. MacDonald spoke on the brief presented to Her Majesty's



WATCH TIME FOR YOU

Diamonds for the working girl and at a price she can afford and why not, for this is North America where yesterday's luxuries become today's caviar for the general. The luxury has a practical side too, the diamonds embellishing a tiny, exquisite watch designed for dress-up occasions. No more need for a pretty evening outfit to be marred by one flaw—the workaday wrist watch. "La Petite," aptly named, since the watch is smaller than a dime, is sturdy, and a perfect traveler, unaffected by temperature extremes.

Government and gave high lights of Mr. Kenneth Parker's address given at the Provincial meeting on "Can P. E. I. afford better Schools?"

A film was shown, entitled "Who will teach your child" after which the meeting carried on a lively discussion on the film.

Before the close of the meeting it was decided to form, in Southport, a regular H. and S. Association. A nominating committee was named: Mrs. Earl Reardon, Miss Sue Jones and Mr. Chester Cooper. A vote of thanks was tendered to Mrs. MacDonald, the guest speaker. The meetings closed with the singing of "The Queen".

Wife Preservers



To safeguard against eye-lashes steaming in cold weather, if you haven't a good commercial product on hand, rub both sides of each glass with soapy fingers and then polish.

Observe Safety Rules Especially At Holidays

Every time the Canadian housewife enters the kitchen to prepare the family meal, she is likely to commit at least one of the deadly sins against safety. And with the holidays coming along, and all the excitement and the extra meals that go with them, it behoves us to stop breaking these rules.

CARDINAL RULES
The cardinal rules for safety were set up by the National Safety Council to help cut down the frightful toll of deaths from fires and burns at home, more than 5,000 every year! Ignorance is no excuse. So see how many of these violations you commit knowingly or unknowingly. And don't wait for New Year to make resolutions. Do this minute!

RUFFLES CATCH FIRE
Dressing dangerously. Ruffly blouses, fancy aprons which tempt fire or catch on burner handles should not be worn near the stove. Failure to keep the stove clean. Even the best homemaker sometimes neglects to scrub all grease from oven and burners. Grease is one of the main causes of stove fires.

Hanging towels or clothes over burners. Dangerous placement of pots and pans. They should be put on back burners or with handles turned inward on the stove, so that curious toddlers can't reach them.

HOT EQUIPMENT

Failure to use pot holders when handling hot equipment. So many of us just take a chance when handling hot utensils, but there really isn't any chance. There is sure to be a burn and there's danger of dropping a pan with hot grease or a saucepan filled with boiling contents.

No first aid kit on hand. This is one of the most commonly broken safety rules. Every kitchen should have a simple first aid kit of its own. Often, by the time one has raced to the bathroom medicine cabinet for something for that burn, it has already become infected. The kit should contain: bandages, scissors, tape, sterile cotton, sterile dressings, petroleum jelly and a disinfectant.

BASIC RULES

It is sad but true that despite all the educational services available to the public, many adults do not understand the basic rules of first aid. In their panic, they forget even the intuitive knowledge with which most folks are endowed.

For minor burns, then, use petroleum jelly and cover with a sterile dressing taken from a sealed, budget-priced.

And if in doubt at all about the seriousness of the burn, call a doctor at once.



STRIKING SILHOUETTE

This Paris designed afternoon dress in fine black wool by Jean Faron features a high-waisted skirt with soft draping. A deep neck-

line of white mink is repeated on the flat hat which is worn atop a black wool jersey hood. (CP Photo)

Words Of The Wise

Many a man thinks he is patient when, in reality, he is indifferent. —(B. C. Forbes)

queer time of year for a farmwife to vacation? A lovely but busy period on farms, this which draws us up to the Christmastide. So, we go, offering sincere seasonal wishes: "Merry?" Yes and "Happy", from this Island farm-family to all! Until the New Year—Diary—Good-night....

Bringing Up Baby

Hints Collected by Mrs. Dea Enler (Mother of 5)

Almost everybody loves to give advice. And baby-care advice from doing grandmothers, neighbors and others is given with the greatest relish of all. Most of it is well-meaning, but all too often the recommendations are conflicting, and thereby confusing to the new mother. It's helpful to remember that:

- Baby's doctor is your most reliable advisor.
- You can trust your motherly instincts in most cases.
- If you look and listen carefully you'll discover baby has ways of telling you his needs.

Early dietary need for the crib and bib set: vitamin C... so vital to sound gums and body tissues. Gerber Strained Orange Juice, prepared just for babies, has a uniformly high vitamin C content the year around. Only tree-ripened oranges, selected for mild natural flavor, are used. It's carefully pasteurized, of course, and finely strained so it can be fed easily from spoon, bottle or cup.

Formula for baby's formula. If your doctor has recommended the terminal sterilization method in preparing baby's formula, be sure to shake bottles vigorously two or three times during the cooling period. This minimizes forming of scum and nipple clogging.

Surprisingly seen baby's appetite will expand to the point where he will require (and welcome) solid food. That's when you'll be glad to know about Gerber's 5 varieties of Cereals, Rice, Barley, Oatmeal, Wheat and Mixed Cereal. Easy for introducing cereal variety. Thoroughly precooked for easy digestibility, these special baby cereals are nutritious too... fortified with iron, calcium and B-vitamins. Mild but distinctive flavors combine with a smooth-creamy texture for baby's eating pleasure. Precooked—just add milk, formula or other liquids. Gerber, Ogilvie Baby Foods Ltd., Niagara Falls, Canada.



love hat

NECCHI
PUSH-BUTTON AUTOMATIC

for Christmas and always!

Just push a button and the Necchi makes button holes, mends, darns, monograms... all by itself... and makes unlimited fancy stitches never before possible.

NECCHI Sewing Machines (Canada) Limited
3445 Park Ave., Montreal, Canada

R. T. HOLMAN LTD.
SUMMERSIDE - CHARLOTTETOWN

live and breathe in beauty

in new Sarong bra by GOTHC

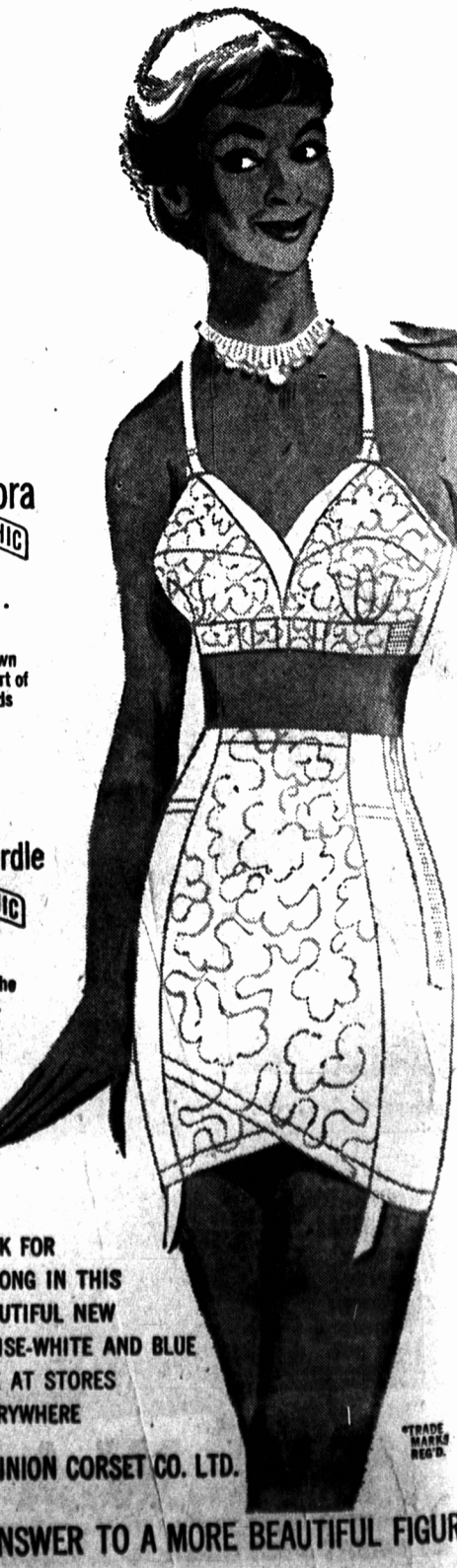
Fashioned in elastic and nylon to give you natural uplift... perfect fit... the smoothest silhouette! New Sarong Bra adjusts itself to every move you make... fits you up and down and all around... actually seems a part of you! Washes easily, dries quickly, needs no ironing. In purest white. BANDEAU and LONGLINE styles. In junior, medium, full.

Sarong girdle by GOTHC

The criss-cross girdle that slims as it trims! Exclusive criss-cross front makes all the difference! You sit, walk, run, stretch, bend—in controlled comfort. Amazing Sarong is the perfectly-fitting girdle for every figure type. In a wide range of styles and sizes.



SARONG — THE ANSWER TO A MORE BEAUTIFUL FIGURE



LOOK FOR SARONG IN THIS BEAUTIFUL NEW CERISE-WHITE AND BLUE BOX AT STORES EVERYWHERE

DOMINION CORSET CO. LTD.