

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508

Page 8 The Guardian Friday, Feb. 15, 1957

HAPPENINGS

Col Reginald F. Long, M.C., A.M.I. Mech. E., A.M. 1, E.E., A. R. Ac. S., consulting engineer of Victoria Street, Westminster, London and Mrs. Long have a flat at Hans Crescent, Knightsbridge, London. Mrs. Long is a great aunt of Mr. Roland Taylor who visited with Col. and Mrs. Long, during Mr. Taylor's recent visit to London. Mr. Taylor also visited another great-aunt Mrs. Col. Nye who has a lovely house in Warsash, near Southampton. It is of interest to note that the Long flat in London is on the same street as the school which Prince Charles is attending. Col. and Mrs. Long and Mrs. Nye kindly entertained during the latter's residence in London.

Mr. and Mrs. Charles Jenkins, Branscombe, Devon, had as a recent guest Mr. Roland Taylor of Charlottetown. Mr. Jenkins is a son of the late Dr. S. R. and Mrs. Jenkins.

Mrs. (Rev.) W. R. George left Friday by train for Vancouver, B.C. Mrs. George, the former Lucy Simms of Kensington, P.E.I., has been on an extended visit to her sister Miss Lottie Simms at Kensington, and her many friends and relatives in this province. While in Charlottetown, Mrs. George was the guest of her brother, Mr. Harle Simms and Mrs. Simms.

Miss Gertrude Macaulay of Victoria, B.C., has been visiting her brother, Mr. Malcolm Macaulay and her sister Miss Margaret Macaulay. For the past month Miss Gertrude Macaulay has been having a most enjoyable holiday. She flew from Seattle to New York. Miss Macaulay and a friend Mrs. R. A. Purdy of Calgary sailed from New York on the Empress of Scotland for a two weeks Caribbean cruise. Miss Macaulay then returned to Baltimore and finally for a week in her home province. She returns Friday 15, by plane to Montreal, thence by train to Victoria, B.C.

MORNING SMILE

"Well, well, are you a good little boy?"

"Now, I'm the kinda little boy my mother doesn't want me to play with."

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MARY HAWORTH

Dear Mary Haworth: I must have help. I am married to a wonderful man who loves me, and he is also a good father and provider. He says he loves me as I am, but I want him to be proud of me.

You see I have never learned to dance and it is so embarrassing, when we go to a wedding reception or other party, to have to say, "No thank you, I don't dance." I know my husband loves to dance—but he doesn't dance because I don't.

Recently he has been promoted in business, which makes it even more imperative that I learn to dance, as I want to be an asset in his career; and he will be associated with higher class people in cycling, roller skating, ice skating and swimming. For girls, dancing lessons are often dramatically helpful.

An incentive can do much to insure success. At the age of 10, appearance and health have little meaning, but a cash reward can be most effective. As one triumphant mother reported, after all other methods had failed, she found that a set fee of one dollar for every two pounds lost worked wonders with her overweight daughter. Significantly enough she noted that once the pounds started coming off, interest in the monetary award waned, and in its improved appearance. From then on, right eating was no problem.



RESORT WEAR

The sheath is still very much with us and indeed receives new impetus in collections designed for resort, spring and summer wear. Georgia Billcock, that talented exponent of California created styles, does a charming button-front sheath. The demure collar sets off the deep V yoke which is tucked. The self-belt features a metal loop to catch the silk organza scarf. We see a busy, happy life for this one!

LET'S EAT

Strawberry Cheese Pie From Western Hostess

By IDA BAILEY ALLEN

The first time I ever walked on primrose petals happened one evening in Delano, Calif. The Chef, our host Alan Rains, and I literally walked up the primrose path to the front door of the beautiful home of Mr. and Mrs. L. R. Billings, for dinner.

Carrot Sticks Celery
Relishes Ripe Olives
Charcoal-Broiled Steaks
Baked Potatoes
Choice of Toppings
Green Peas with Mushrooms
Strawberry Cheese Pie
Coffee

The salad was served first. Relishes were passed with the steaks—individual, rare, medium—rare, and medium-well-done—according to preference.

Mr. Billings had barbecued the steaks on the outdoor grill, with a saucing of butter only. In California the word "barbecue" means food cooked out-of-doors and not necessarily highly spiced food.

A choice of toppings for the baked potatoes was passed: Dairy sour cream, with or without chives; crumbled crisp bacon or cubes of butter.

The strawberry cheese pie was fabulous.

All measurements are level.

Strawberry Cheese Pie—From Mrs. Billings— or Use Orange Sections or Grapes for Topping: Blend ¼ lb. (12 oz.) cream cheese and ¼ c. granulated sugar by hand or an electric mixer.

Separate 3 eggs. Beat the yolks until thick. Add 1 tsp. pure vanilla extract and ¼ tsp. almond extract. Stir into cheese mixture.

Beat the egg whites until stiff; fold in.

Spoon into a 9" plate lined with a chilled, (not - baked) graham cracker crust. Bake 40 min. in a slow-oven, 325 degrees F.

Spread with sour cream topping. Bake 10 min. longer at 350 degrees F. Chill.

Garnish of fresh strawberries. Serves 8.

Graham Cracker Crumb Crust: Put 20 graham crackers in a plastic bag. Fasten the end with a rubber band. Roll to fine crumbs. Blend ¼ c. sugar with 1-3 c. butter or margarine. Press evenly against the bottom and sides of a 9" pie plate; chill.

Sour Cream Topping: Mix 1 tsp. sugar, 1 c. dairy sour cream, ½ tsp. pure vanilla extract and 4 drops almond extract.

Fish has the quality of modifying onion flavor, while onions have the quality of modifying fish flavor. Put the two together for an unusual dish.

Tomorrow's Dinner:
Coleslaw Tartare
Fish Fillets Bake-Braised on Onions

Baked Potatoes
Buttered Parsnips
Nutmeg Cup Custards
Coffee Tea Milk

Fish Fillets Bake - Braised on Onions: Peel and slice enough onions to make 3 c. Add ½ tsp. salt. Arrange in a well-buttered low baking dish that can go to table. Dot with 1 tsp. butter or margarine.

Brush 2 lbs. fresh or frozen fish fillets with melted butter or margarine. Season with ½ tsp. salt and ¼ tsp. pepper. Place atop the onions. Cover with aluminum foil. Bake 30 to 35 min. in a moderate oven, 350 degrees to 375 degrees F. Uncover to brown. Garnish of parsley.

HOUSEHOLD HINT

Before using a new paint roller, wash well and rinse. This removes lint and any surface dust, making for a smoother paint job.

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WILL BE RESIDING IN FRANCE

Mrs. Val Wuorinen and daughter Paula, are spending a week's vacation with Mrs. Wuorinen's parents, Mr. and Mrs. Edward H. Larier, 21 Chestnut Street, Charlottetown, P.E.I. before leaving for Halifax to sail on the Ivernia for Grestonquin, France.

Mrs. Wuorinen will join her husband F.L. Wuorinen who has left with the 423 all weather squadron.

N. WILTSHIRE W.M.S.

The North Wiltshire Auxiliary of the Women's Missionary Society held the February meeting in the church. The president, Mrs. Grant Mitchell presided and the meeting was opened with the singing of "Take time to be Holy." The study, conducted by Mrs. Bruce Deacon told of the different phases of missionary work in Hong Kong and Formosa, and the need for workers, to assist the missionaries already there. Three members, Mrs. William Clark, Mrs. Leonard Bowman and Mrs. Earl MacRae took part in the study.

The business period was conducted by the president. There were 10 members and one visitor present. A letter from Rev. Ross Eaton was read and two dollars was contributed to the Temperance Federation by the members. A letter was received from Mrs. Ratz, port worker at Halifax, thanking the Mission Band children for their parcel of "White Gifts," which was very acceptable.

A booklet from Beryl Morson in Indian was received and passed to the members. There were 12 home and five hospital visits reported and ten fruit and eight cards sent, since last meeting also a parcel of cards and Trinidad. The World Day of Prayer was planned for. It was decided to hold it in the evening, with the Women's Association taking part in the program.

The supply secretary asked members to make squares for quilts, for overseas relief, "Sunshine Pennies" are to be passed in at the next meeting, which is to be held at the home of Mrs. Walter Clark. Two members handed in a donation of \$3.00 and the offering amounted to \$1.88.

The study for next meeting is to be conducted by Mrs. William Clark and the worship period by Mrs. Ralph Noye. A report of the presbytery, held recently in Summerside was given by Mrs. Earle MacRae. The meeting closed with the worship period led by Mrs. George Godfrey.

Comments by the leader, were followed by scripture readings

from Ephesians, by Mrs. Bowman and Mrs. R. Clark, Hymn no. 73 and Prayer and benediction closed the period. The refreshment committee for the March meeting is Mrs. Earle MacRae and Mrs. Nelson Hatherley.

BELLE RIVER W.I.

The Belle River Women's Institute met at the home of Priscilla Bell on Feb. 5th for the regular monthly meeting. There was an attendance of nine members and two visitors. The regular order of monthly meetings was carried out. Five dollars was voted for the March of Dimes.

Two of the members Mrs. Fred Beaton and Mrs. Ernest Nicholson volunteered to canvass the district for the Red Cross Campaign in March. It was decided to continue the card parties in the hall on Wednesday night, of each week. The Institute members are to donate a prize each.

The main topic of interest this month is the set of Chinaware which the Institute is endeavouring to earn by promoting the sale of one hundred Cwt. Cream of the West flour.

Mrs. Dan Compton won the penny ticket article which was donated by Mrs. Ernest Nicholson. The ticket article is to be brought by Mrs. Alex MacRae to the next meeting.

Mrs. Alex Compton and Priscilla Bell are on the sick committee for February. Mrs. Ernest Nicholson and Priscilla Bell are on the lunch committee for the March meeting.

ROLLO BAY EAST W.I.

Mrs. H. G. McEwen was hostess to the members of Rollo Bay East W.I. for their February meeting. Meeting opened by singing the Ode, followed by roll call which was responded to with Valentines. There were 14 members and 2 visitors present.

Copies of Institute news were distributed among members and correspondence from Head Office read and discussed. The sum of \$5.00 was noted for the March of Dimes. 10 baby gowns and 30 dia-

pers were given in to be sent to the Red Cross. Proceeds of a card play conducted by Mrs. Edwin Peters and won by Mrs. Cliff Peters were handed in amounting to \$42.00 in all.

Four members agreed to clean the school on Feb. 8th. Mrs. Francis Deagle invited members to her home for the March meeting. Roll call to be answered with an Irish joke. Meeting then closed on motion of adjournment after a delicious lunch was served by the hostess and instrumental and vocal selections rendered by local talent. A social hour followed.

RESTRICTED INFLOW

Immigration to Argentina is limited under its constitution to white persons.

COOK'S CORNER

SUPPER CASSEROLE

Take your favorite poultry dressing and put a layer in a greased casserole.

Add a layer of hamburger. Sprinkle with salt and pepper and a little scraped onion.

Continue until all is used and cover with a tin of undiluted vegetable soup.

Bake 1 hour in a 375 degree oven.

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AN HONOR STUDENT

Speed and accuracy are criteria that all graduates of the Clerk Typist School, RCAF Station Aylmer must develop prior to completing the "Clerk Typist" course. 8577W AW2 Helen Rose Eikhoud, 21, a member of the RCAF Reserve at Hamilton, Ontario, attended the "Clerk Typist" course at RCAF Station Aylmer, Ont.

"Helen" is depicted demonstrating her ability and knowledge to touch type, after completing the course and receiving a distinguished pass as well as being the honor student with a course average of 86.2 per cent. Her parents, Mr. and Mrs. Eikhoud, reside at Wheatley River, Prince Edward Island. She has been transferred to RCAF Station Mount Hope, Hamilton, Ontario.

ELLEN'S DIARY

The Once-Upon-A-Time Story Of Kristy's Pond

"What are your plans for tomorrow?" James smiled to the two children of the house across the lane, visiting us a while this evening free of school-lessons, before going out through the moonlight to catch a favorite T.V. program at Mr. C's in the house on the hill. Both were about James in the armchair, himself catching a brief respite before going out to complete ends of choring.

"I'm going to crush grain in the morning," Mack replied. "Gage said he's come to help, and between us we should get a nice lot done."

"Then I'll have to take care of the bantams and rabbits myself!" Granddaddy spoke up. "And we must have our work done by dinner-time, remember? Because we're to go skating after that."

"Yes!" Mack nodded. "I know."

"It wouldn't do to let the like of that slip from mind!" James chuckled.

"And where will you skate?" he asked.

"Out on Kristy's Pond" Mack replied.

"Who was she? Do you know, Granddaddy?" Granddaddy queried.

"Yes, tell us!" Mack begged.

"All about her" she smiled.

"Well..." James began.

"Once upon a time..." Granddaddy giggled.

"Then 'Once upon a time' James amended 'her people owned that farm where the skating pond is now—right from the Corner, back' he nodded 'to the stream up the creek. They were well-to-do folks, farmed, and were ship-builders as well. That was quite a trade years ago and there were ship-yards, theirs and others down by the River. Remind me to show their sites to you some day when we're passing there. So they built ships-owned and sailed them too, I reckon, and besides had their farm with its cattle and horses. I recall my father telling me of the number of fine horses pasturing in a field by the road in his schooldays... And then one day the ship-building was ended, the parents dead, and the family gone—all but this daughter."

"Tell us what she looked like!" Granddaddy begged.

James sought for words. "Why, I'm not much of a hand at describing what folks look like" he offered. "She was... of medium height, I would say, dark..."

"Pretty?"

"Yes, as a girl they said she was quite attractive. And well-educated too. She always spoke nicely, choosing her words."

"And her home, where was it?" Mack questioned.

"It faced the other road that goes in from the Corner. I must show you the spot sometime, though I don't suppose now, there's much trace of it left."

"So she lived there alone?" Granddaddy's voice was sad.

"Yes, for years—lived to be an old lady. She's buried out in the church-yard."

"And she never married?"

"No, though as a girl she had plenty of admirers, I've been told."

"And there was one who remained a bachelor all his life on her account, wasn't there?" we queried.

"Yes" James smiled. "And I remember him well. He was our neighbor—a big, bluff man, with a red beard. Had a pair of dogs as big as humans. She wouldn't marry him—or didn't, though they were sweethearts all their lives. 'But there' James said rising. "I should have been to my work long before this!"

What touching romances are buried, we fancy, with those who once lived and moved in this community, we, in our turn, claim as ours!

Until tomorrow — — — Diary — Goodnight.

KEEP IN TRIM

The Problem Of The Overweight Ten-Year-Old

By IDA JEAN KAIN

Overweight in school age children is a problem that should not be disregarded. The ten year age level appears to be the common age for an increase in weight. On the one hand, it may be that parents suddenly come to the realization that what has been regarded as "baby" fat no longer belongs in that category. However, physiologically, this is the age at which excess pounds often accumulate.

It is a wise parent who at this stage takes steps to control the child's weight by changing to better eating habits. If between 10 and 12 years of age, specific measures are taken to improve nutrition, weight will "normalize." When calories are cut during the growing years, it is of utmost importance to insure an optimum intake of protein and calcium.

The daily rations should include 8 glasses of milk, an egg, a liberal flow, cottage cheese, a citrus fruit or juice, plus two other fruits, a dark green or yellow vegetable, plus two others, whole grain cereal, and bread with limited butter. Calories should be restricted to around 1600 daily.

GRADUAL LOSS

The most satisfactory method of reducing an overweight child is to place her on a diet that is just a few hundred calories less than what she would need as normal weight, according to Dr. Norman Jolliffe, Director of New York City's Department of Nutrition. This would permit a gradual loss, from a half to one pound a week, and allow her to "grow" into her weight. If the diet is cut drastically, the appetite stimulus is so strong, you accomplish nothing but turning the child into a cheat, Dr. Jolliffe cautioned.

Lack of exercise is responsible for much overweight in childhood. Increasing exercise through play activity is essential. Encourage the overweight child (buying the equipment if necessary) to go bicycling, roller skating, ice skating and swimming. For girls, dancing lessons are often dramatically helpful.

An incentive can do much to insure success. At the age of 10, appearance and health have little meaning, but a cash reward can be most effective. As one triumphant mother reported, after all other methods had failed, she found that a set fee of one dollar for every two pounds lost worked wonders with her overweight daughter. Significantly enough she noted that once the pounds started coming off, interest in the monetary award waned, and in its improved appearance. From then on, right eating was no problem.

This ORANGE and COCONUT CAKE is so easy to make!

Prepare 1½ tps. grated orange rind
1½ c. cut-up shredded coconut
Sift together twice
1¾ c. once-sifted pastry flour
or 1½ c. once-sifted all-purpose flour
2½ tps. Magic Baking Powder
½ tsp. salt
Cream
7 tps. shortening

Gradually blend in 1 c. granulated sugar
Add, part at a time, beating well after each addition
2 well-beaten eggs
Stir in grated orange rind and coconut.
Combine
¾ c. milk
½ tsp. vanilla

Add dry ingredients to creamed mixture alternately with milk, combining after each addition.
Turn into greased 8-inch square cake pan, lined in bottom with greased waxed paper. Bake in a moderate oven, 350°, 50 to 55 minutes. Frost cake with Orange Butter Icing.

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