

# WOMEN

Page 8 The Guardian Monday, January 3, 1955

## A Spoon Bread Recipe From Lakeland, Florida

By IDA BAILEY ALLEN

"Here's an interesting letter from Dr. L. G. MacDowell of Florida, Chef," I said.

"Ah, the gentleman we met while on tour in that hospitable state. He is director of research for the citrus industry, out! And he and his charming wife arranged a dinner party for us at the beautiful Yacht Club near Lakeland. I understand Mrs. MacDowell is greatly interested in cooking."

### Spoon Bread Recipe

"And that's what Dr. MacDowell's letter is about. He writes: 'You will be interested to know that my wife still uses a copy of your cookbook she obtained before we were married. In fact, your recipe for Spoon Bread (plus the addition of a few chopped green onions) is on our dinner table at least twice a week.'"

### Chopped Green Onions

"I've added grated cheese or spoon bread when making that chopped green onions. Shall we test-taste?"

The verdict? "Excellent!"

Many thanks to Mrs. L. G. MacDowell of Florida for a new way with spoon bread.

**Spoon Bread Florida Style:** Measure 1 c. enriched cornmeal into a mixing bowl. Add 1 1/2 tsp. salt and 2 tbs. butter or margarine. Pour in 2 1/2 c. boiling water, stirring constantly. Let stand 5 min.

Stir in 1/2 c. buttermilk, 2 well-beaten eggs, 1 tsp. baking soda dissolved in 1 tsp. water, and 1/2 c. fine-chopped green onions with a little of the top.

Transfer to a shallow 1 pt. bak-

ing dish. Bake 35 to 40 min. in a moderate oven, 325 degrees F., or until puffy and brown. Serve at once.

Note: If using the new powdered buttermilk, omit the fresh buttermilk. Instead, thoroughly mix 1/2 c. powdered buttermilk into the cornmeal, and use 3 c. boiling water.

### TOMORROW'S DINNER

Tomato Onion Soup  
Ham Patties  
Broiled Pineapple Rings  
Cauliflower Spoon Bread Florida  
Apple Crisp

Coffee Tea Milk

Ham Patties: Put 2 sliced peeled onions and 1 piece cleaned celery through chopper, together with enough odds-and-ends cooked smoked ham to make 3/4 c. altogether.

Add 1/2 c. rolled oats, 1 c. mashed mid-pack canned tomato, 1/2 tsp. monosodium glutamate and 1/2 tsp. pepper. Blend and let stand 10 min.

### Shape Into Patties

Shape into patties containing 1 heaping tablespoon each. Dust with flour. Slow-brown on both sides in shortening.

Serve garnished with broiled or souped split canned pineapple rings.

### SOUP TRICK OF THE CHEF

Thin-slice and saute 1/2 c. thin-sliced peeled onions in 2 tbs. butter or margarine. Then add contents 1 can condensed tomato soup, 1/2 c. can-measures boiling water and 2 drops tabasco.

Simmer 5 min.

## MARY HAWORTH'S MARRIAGE

### Wonders Whether to Wait Few More Years For Marriage

DEAR MARY HAWORTH: I am 21, my girl is 19. We have known each other for seven years. In June I will receive a Master's degree in business administration and she will have completed her freshman year in college.

I will go into the military service at that time. If I get a satisfactory assignment, and if we see no unusual financial difficulties ahead, we would like to get married soon thereafter.

The problem is that Peggy has a four-year scholarship, and while she doesn't want to go back to school, we would like the opinion of a seasoned counselor before she throws away this opportunity. We feel that both of us would learn more by travelling together.

### He and His Girl See Eye-To-Eye

Most of my education has concentrated on business; ergo, we are intellectually equal in the liberal arts. Both of us have empirical knowledge of private industry. We make religion the center of our activities. We are in rapport concerning the most important aspects of living together. We agree upon the advisability of a budget and separate checking accounts; and we enjoy anything connected with literature, music, sports and other social diversion.

Neither of us believes in divorce or birth control. We know that marriage entails many hardships, and realize the gravity of "til death do us part." However, we feel that with prayer and personal sacrifice we can, and will, have a successful marriage.

Do you think we should get married "ear" or wait a few years? Both of us have dated numerous others; and we still date others on a Platonic basis, when we are unable to be together.

### Social Stance Is Commendable

DEAR C. A.: I am much impressed with your very fine letter, which suggests that our whole approach to marriage could hardly be more sensible, sound and far-seeing. One of the sturdiest aspects of your attitude is your tentative willingness to wait, if that seems advisable, a few more years, to let Peggy complete her college course — though you really inclination is to marry next summer.

Moreover, you and Peggy give good account of yourselves in dating other persons. Platonically, when you can't be together. This flexible accommodation to frustration, without loss of fidelity to your mutual objectives, shows individual capacity to keep self reliant balance, able to continue to grow in trying circumstances.

It gives evidence that you would be marrying on a healthy basis of positive choice — not for lack of comparative interests; or because you had lapsed into dating dependency upon each other, to solve the problem of social security in relation to your own generation.

That sort of thing — dating dependency, as a retreat from the business of acquiring social competence — leads too often into pathetically ill-suited early marriage. Fortunately, you and Peggy are not so helpless or unsure of yourselves.

### Early Marriage Seems Preferred

Ordinarily, in counselling a boy and a girl your age, I would advocate both parties completing their formal education, up to the level of their opportunity and (or) ability; before getting married. I would incline to think that full college training would be to the girl's advantage as a wife — hence beneficial to the marriage as a whole. But somewhat to my own surprise, I have the strongest conviction towards your case, that marriage next summer (after a satisfactory military assignment is secured) should be encouraged. Or at any rate not discouraged.

So, if you do, that you and Peggy probably will learn more of nourishing value to your relationship, by getting together, than by postponing marriage indefinitely, simply to "use up" her scholarship. However, I couldn't say and wouldn't say this, if it weren't for the fact that both of you seem sufficiently stable to study all angles before charting the course that looks best.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottesville, Va.



## Greeting The New Year

hilarity and hi-jinks typify the holiday festivities and the crowning evening of the season, New Year's Eve, will be as gay and thrilling as it traditionally is. Shown, is a wonderfully gay dress for seeing the old year out and the new year in.

It's a dream dancing made of glossy pure silk parchment taffeta in the color of the tangerine — a warm exhilarating shade of deep orange. A halter strap ripples over the bosom and is stitched into a lace banded midriff. Pleated insets and lace bands circle the dress from neckline to hemline.

### KEEP IN TRIM

The fashion line for '55 is little, long and unobtrusive, modeling the midriff from above to waistline. The effect is slim, willowy and younger than its years.

The jimmering exercises that achieve this effect help you to feel young, and wonderfully supple, the stretching action is through the lateral muscles, extending from under the arm to below the waistline. Supple control through this area is necessary for flexibility of movement, so stretch and come alive.

Position: Standing, feet slightly apart, arms raised overhead.

Action: Push right arm back behind ear, and at the same time step back with right leg. Now p-u-l-l long and slim. Hold. . . the holding does the toning. Then push left arm back behind left ear, step back with left leg and p-u-l-l along that side. Again hold. Repeat a couple of times, smooth and easy.

Follow with a thorough-going side-bend to increase midriff flexibility and whittle the waist.

Position: Standing, arms distance away from wall, palms of right hand against wall, elbow straight. Left arm stretched up.

Action: Holding the upstretch, bend smoothly sideways to touch left fingers to palm of hand against wall. Hold for a slow count of 5. Reverse position and stand with left hand on wall and stretch and bend along the right side. Repeat a couple of times, holding the elongated stretch-head.

The charm of the new fashion line is the flow of the figure. A waist to wishbone bulge ruins the effect. A neat twist at the waist, combined with a stretch-bend move-

ment will zip off the girdle top roll. This is an easy exercise, but if twisting hurts your back, skip this, and simply stretch and bend.

Position: Standing with arms arched overhead, hands clasped, feet slightly apart.

Action: Holding the uplift twist slightly at the waist, not quite a quarter turn at waist. Hold that twist and bend to the side-back . . . then still holding the quarter twist at waist, bend to the side-

front . . . p-u-l-l. Twist gently in the opposite direction and repeat. No exercise movement should be jerky, but it's even more important to be smooth when twisting.

Too much fat amidships? That calls for reducing measures. Tune in Monday, January 3rd and start the three weeks series INSPIRATION FOR SWIMMING. You need to continue to tote the burden of fat.

Happy New Year!

## Colds Can Be Avoided

About 20,000,000 persons are beginning this new year with a cold. Even if you don't have a cold now, you'll probably have at least one before the year is over. Statistics prove it.

With 20,000,000 persons spreading as many as 20,000 infection-filled droplets every time they sneeze, there isn't much chance of escaping.

If you live in a crowded city, you've got to expect frequent contact with cold germs. Even half an hour after a cold sufferer sneezes, 4,000 of the infectious droplets will still be in the air waiting for you.

In the United States alone, there are about 500,000,000 colds each year. That means virtually every one has at least one cold, two out of every three persons have three colds and two out of every eight have four colds each year.

Yet with all these victims to study, we doctors still don't know what causes the common cold. Even worse, we don't know how to cure a cold.

### Precautions to Take

We can, however, give you some pretty good advice on how to avoid catching more than your allotted share. And by adhering firmly to this advice, you will enhance your chances of escaping completely.

If you know a person has a cold, avoid him. It's really this easy to do. Say, and often difficult to do. Actually, you can catch a cold from a friend even before he knows he has one. It may be two days before he develops symptoms.

Don't worry.

Don't quarrel. If you are a warrior, or are upset emotionally, you're a likely candidate for a cold.

Stay out of drafts.

Don't become overtired. Get plenty of rest and avoid overwork.

Don't share drinking glasses or towels with other members of the family.

Get plenty of fresh air and outdoor exercise.

Wear adequate clothing. This means overclothing in wet or snowy weather.

Effect of Drafts

Now don't get the idea that such things as drafts or wet feet cause colds. In themselves, they don't. You can sit in a draft all day long without coming down with a cold. But you are more likely to catch cold if you do. It is believed that all these things — fatigue, wet feet, rapid change of temperatures — lower your resistance to the cold virus. Then, when you are struck by these germs, they take control.

Make the resistance to fight them off.

You get more colds in bad weather, but cold or nasty weather doesn't cause colds directly. So if you come down with a cold, blame a virus, not the weather.

### QUESTION AND ANSWER

R. H.: My doctor told me that I have a "dropped kidney." Would this have any influence on my becoming pregnant?

Answer: In most cases, pregnancy can occur in persons with a dropped kidney.

A supremely good New Year's treat is Beef Balls Cantonese, a favorite meat and rice concoction. Meat balls are smothered in a sweet-sour sauce, rich with pineapple and crisp, green vegetables and sprinkled with butter-sauteed almonds. Oriental Curry takes us over the mountains into India though we could stay in China for some curry is used there as well.

It is said that no true curry can ever be obtained outside India for the blending of the sixteen condiments in it is done daily in its native country. However, our curry, if bought in a store with quick turnover (so it's fresh as possible), can still perform meat magic.

Curry dishes, complete with accompaniments, shredded coconut, chutney, chopped peanuts, chopped hard cooked eggs and diced green pepper — and rice, need a little else to fill out the menu . . . perhaps a fruit or ice cream and tea. The third suggestion is of North American origin and therefore a little less exotic compared to the other two. It's Sausage Supper. Dish that looks like a cheese cake — a crushed corn flake and butter shell filled with a sausage, rice, celery soup and cheddar cheese combination, and baked to a golden crispness in a moderate oven.

You've never tried any international cooking why not delve into it a little. With these as starters, you'll find an exciting

### POP-CORN BALLS

5 quarts of popped corn  
2 cups of sugar  
1-2 cup light corn syrup  
1-2 cups water  
1-2 tsp. salt

1 tsp. vinegar 1 tsp. vanilla

After popping corn, keep hot and crisp in slow oven. Combine sugar, corn syrup, water, salt and vinegar. Cook to hard-ball stage. Add vanilla. Pour syrup slowly over popcorn; mix well to coat every kernel. Press in balls.

## Doreen Bowness and Lowell Huestis Wed

An unusually pretty December wedding was held in Montrose United Church on Monday afternoon at 2 o'clock when Doreen Frances, daughter of Mr. and Mrs. Howard Bowness, and Lowell Eugene Huestis, son of Mr. and Mrs. Albert Huestis, of Summerside, were united in the holy bonds of matrimony.

The Minister Rev. Alex MacDowell performed the double-ring ceremony. Mrs. Hazel Cameron was in charge of the wedding music and accompanied Mr. Robert Schurman as he sang "Because" during the signing of the register.

The church was attractively decorated for the occasion with an archway of spruce bows and Christmas trees on either side. The guest lists were marked with sprigs of spruce and white bows.

Given in marriage by her father, the bride was attended by a sister, Mrs. Clayton Travers, as matron-of-honor, and a maid, Miss Evelyn Bowness, as bridesmaid.

Mr. Neil MacLeod was best man, and Messrs. Derwin Huestis and Byron Bowness were the ushers.

The bride was lovely in her floor-length gown of white nylon net over taffeta, topped with a chantilly lace jacket with long lily-point sleeves and Queen Ann collar. Lace insets in diamond shape were interspersed in the full skirt. A tiara with seed pearl train held in place the fingertip veil.

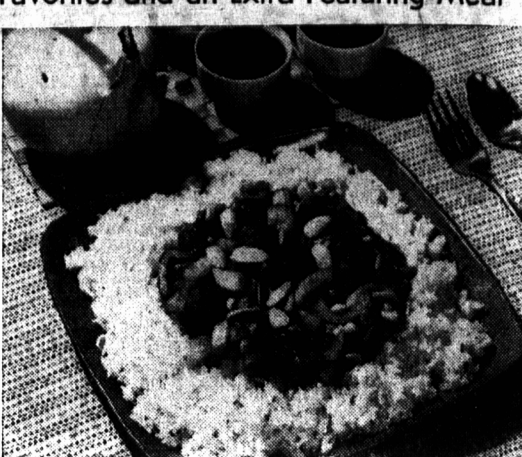
She carried a cascade bouquet of Bettertime roses.

The matron of honor and bridesmaid were similarly attired in red waltz-length gowns with matching headpieces and mits. They wore silver slippers and carried bouquets of yellow 'mums.

Mrs. Bowness chose for her daughter's wedding a gown of iridescent taffeta with black accessories. The groom's mother was attired in navy with matching accessories. Their corsages were of Bettertime roses.

Following the ceremony a reception for 65 guests was held at the home of the bride's parents,

## Oriental Yours - Two Eastern Flavor Favorites and an Extra Featuring Meat



### BEEF BALLS CANTONESE

Resolve to go international in '55 . . . and what better plan to begin than with tiny meat balls in a ring of fluffy rice, served Cantonese style and topped with butter-sauteed almonds.

In the Orient, New Year's became one of the most colorful of all celebrations . . . and it falls as determined by the moon calendar, sometime between January and March. Festivities call for brilliant clothes, usually new and conspicuous; conscientiousness to debts clearing oneself of debts at the end of the year (rids the home of evil spirits) . . . or the only other alternative . . . cunning to avoid the debtor at the door. It's the time for celebrating children's birthdays too, for in the East all youngsters become one year older when the New Year arrives, no matter when the actual day of birth. There's wild hilarity in China for it's whole week to enable everyone to properly mark the occasion. Japan has official holidays on the first, third and fifth of January so that no business of any sort can take place for the entire week. In Korea, bonfires on the mountain tops indicate that sacrifices are being presented to the rising moon, the finale to the celebrations. Feasts in which meat — a luxury in densely populated countries — is featured are typical of all these festivities.

Most oriental dishes are exotic to our way of tasting . . . but nicely compatible when balanced with fluffy bland rice. And once we've acquired a taste for the out-of-the-ordinary there's no stopping our adventures into unexplored territory. Our appetite for things oriental becomes increasingly . . . more difficult to satisfy. And remember it's the blending of strange foods, fresh spices and the dairy food, butter, that makes curry parties, Chinese dinners, and feasts such enjoyable affairs. The butter picks up flavors (just as it does in the refrigerator if it's not well covered) and brings them subtly together to produce characteristic combinations, orientally yours.

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You've never tried any international cooking why not delve into it a little. With these as starters, you'll find an exciting

adventure awaiting you in the oriental realm of the culinary art.

### BEEF BALLS CANTONESE

1 pound ground beef  
1 tsp. salt  
Few grains of pepper  
1/4 cup minced onion  
3 cups evaporated milk  
3 cups hot cooked rice  
Sweet-Sour Sauce  
14 almonds, salted

the butter.

To meat in mixing bowl add salt, pepper, onion and milk. Mix gently until all ingredients are blended. Divide mixture into 20 portions. Moisten hands with cold water. Shape into balls and place in shallow baking pan. Bake in a moderate oven (350°F.) about 35 to 40 minutes. Place meat balls on hot fluffy rice and spoon Sweet-Sour Sauce over them. Garnish with almonds, sauteed in butter. One pound ground pork may be substituted for the ground beef, if desired. Makes 4 to 6 servings.

### SWEET-SOUR SAUCE

1 (14 ounce) can pineapple pieces  
1/4 cup vinegar  
1/4 cup sugar  
2 tsp. soy sauce  
2 tbs. water  
1 1/2 tbs. cornstarch  
1 tbs. butter

1 cup sliced celery  
1/2 cup sliced green onions  
1/2 cup green pepper, cut in 1/4" strips.

Drain and reserve juice from pineapple pieces into saucepan. Add vinegar, sugar and soy sauce. Blend water and cornstarch. Cook on pineapple juice. Cook over medium heat, stirring frequently until mixture is thick and clear. Stir in butter. About 10 minutes before serving, add drained pineapple, celery, onion and green pepper. Continue cooking over very low heat just until vegetables are heated through, about 5 to 7 minutes.

### ORIENTAL CURRY

1/4 cup butter  
6 medium onions, thinly sliced  
1 clove garlic  
1 1/2 cups peeled, dice apples  
1 cup diced celery  
3-4 tbs. curry powder  
1/2 tsp. marjoram (optional)  
1 tbs. desiccated coconut  
1/2 cup hot water  
2 cups stock or water  
2 cups whipping cream

4 cups diced cooked meat (chicken, turkey, lamb, veal, or shrimp).

Melt butter in large, heavy kettle or frying pan. Add onions, garlic, apples and celery. Cover and cook on low heat, stirring occasionally, until onions are tender. Stir in curry powder and marjoram. Cook over low heat 15 minutes. While this cooks, combine coconut and 1/4 cup hot water; let stand 15 minutes. Then add coconut mixture and 2 cups stock or water to curry mixture; combine well. Bring to boiling point, then lower heat, cover and simmer for 30 to 45 minutes. Stir occasionally. Add cream. Continue cooking over low heat for half an hour, stirring occasionally. Season with salt. Add diced meat and cook until heated through. Serve over hot cooked rice with assorted relishes; shredded coconut, chutney, chopped peanuts.

Continued on page 9

## ELLEN'S DIARY

by an Island Farmer's Wife

There was, we could fancy, a new year's brightness in the sunset this evening, when the day banked its fires against the interval of night, the dusk showed presently lead into our valley. Beautifully the flames glowed in a last colorful display . . . crimson and orange, cease and heavily purple before it faded away to edgings of rose and yellow. And the dark came in on quiet feet over the tree-crowned hills.

How very friendly and altogether dependable, staunch and true, are these hills — these that have witnessed, indeed assisted in our maturing, the Hills of Home!

For once in that all in its own time, we have come Home again. We left another farmwife in our stead at that place "in the road" that is Rob's, to pick up there, those threads of living which in their entirety serve to make of a house a pleasant and contented home.

And came to spend another Christmas season with James at Alderlea. Returned we, not only a little older but a little more mature, from the varied experiences the years away have given more understanding of others, and tolerant, it may well be. And no wish regretful over that interval of absence which had deprived us of more than one delight of this place that is Alderlea, we being well repaid for our losses by the knowledge that in that time we had seen two boys learn to laugh again and be less lonely during our spell of grandmothering there.

James in from the barns, to which now is no distance, looked across from his old place at the table during our first meal at Home, smiling happily. "This is better, isn't it, Ellen?" he said. "Why?" "That's not a tear in your eye, is it, Ellen?" It was! A happy one. It was so good to be Home.

It was indeed most satisfying, despite in some respects, the superior comforts and conveniences of

that more compact house in the road, to be back once more to the old loved rooms and the surroundings, so long, had known.

Here was the old house, built well back in the years; and there not a stone's throw away the House across the Lane. Both sitting content against a background of barns and buildings. To the rear, on either side of the farm-lane, up the rise and beyond spread the old fields. To the left, the Alders and neighboring trees marked the course of the millstream; to the right, tops hooded in the soft haze of the mild winter day and well back, paced the dark reach of the woodlands.

Below the front meadow, touched lovingly by a little wandering breeze, and guided by the ambered sunlight was the open millpond to be as of old a weather-vane for James. Near, fetching against its evergreens, sat the gray-gabled mill, and there topping the rise above was the house on the Hill. A truck turned in the mill-road. And bringing many an expression of affection and goodwill to the mailbox on his route, the mailman's team was nearing the Public Bridge of the stream. How good to look out upon these familiar scenes — how exceedingly pleasant for the "exile" from it to be at home again!

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

### SHEEP ARRIVE

KARACHI (CP) — Ninety-eight corriedale sheep, a gift of the government of Australia under the technical co-operation scheme, arrived here. They are the first part of a sheep shipment for trial and experimental work on the Commonwealth livestock farm.

### MORE VACANCIES

SYDNEY, Australia (CP) — The federal employment bureau has announced it has more than 70,000 vacant jobs on its books compared to 40,000 at the start of 1954. Employment has expanded in almost all industries.

## HOUSEHOLD HINT

If only one of your traverse draperies draws properly, the cord has probably slipped out from under the lock in the back of the master slide. Re-attach it with the draperies in the open position.

## MORNING SMILE

Little Willie rushed breathlessly into the drug store.

"Quick!" he panted. "My father's hanging by his pants from a barbed wire fence."

"What can I do?" asked the drug clerk.

"Put a new roll in my camera," said Willie.

## Montreal doctor discovers how you may live longer

Is stress the cause of all disease? Research by the University of Montreal's Dr. Hans Selye indicates nearly all disease — whether a heart attack, a mild case of asthma, or just that "sick" feeling — is due to chemical imbalance brought on by worry, other stresses.

January Reader's Digest brings news of a theory which may prove one of the most significant medical advances of the century, may help you live longer. Get January Reader's Digest today: 37 articles of lasting interest, including the best from leading magazines and current books, in condensed form.



## Time Off in Hollywood

By TRACY ADRIAN

Peggy Castle, talented young movie starlet, believes in spending her leisure time in the great outdoors even though her last picture, "Tall Man Riding" gave her plenty of opportunity to get out in the fresh air.

Here she is seen wearing a colorful sports outfit. It consists of a pair of bright orange slacks and a brilliant orange and white striped blouse that continues over her blond curls into a hood. A wide patent leather belt nips the waist.



### Cook's Corner

### POP-CORN BALLS

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1-2 cups water  
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