

# WOMEN

Page 8 The Guardian Tuesday, May 3, 1955

## LET'S EAT

### An Avocado Topping For A Gourmet Dish

By Ida Bailey Allen

"The end of the entertaining season is almost here, Madame," said the Chef. "What do you suggest as a deluxe touch for a final company dinner?"

"Something made with avocado," I answered. "They always give a luxury touch, whether sliced in crescents to top a big tossed salad bowl, or chilled and filled with crab or shrimp and olive salad as a first course, or whipped up into a dip to enjoy



WHEN COMPANY COMES to us Chicken Avocado Casserole.

with cornmeal crackers or potato chips.

**Avocado Dip:** Fine-chop 1 small peeled tomato and 1 small onion. Add 1/4 tbs. lemon juice and 2 oz. cream cheese. Beat until light with a work. Add 2 tbs. crushed crisp sliced cooked bacon, 1 mashed large ripe avocado and minced canned green chili to taste, about 1 tbs. Stir in 3 tbs. milk or enough to make a good dipping consistency. Season to taste with salt and pepper.

**Chicken Avocado Casserole:** In a paper bag, combine 1/8 c. sifted enriched flour, 2 tsp. salt and 1 tsp. paprika. Add 6 raw chicken breasts, one at a time, shake until well floured.

Brown lightly all over in 1/3 c. shortening. Add liquid from 1 (4 oz.) can whole mushrooms. Cover and simmer 30 min., or until fork-tender.

In a 2-qt. casserole, place 6 portion-slices cooked ham cut 1/4" thick. Add 1 tsp. savory and 2 tbs. minced celery leaves. Place chicken breasts on top. Add

canned mushrooms. Pour 1/2 c. boiling water into skillet in which chicken was browned and stir well. Blend 2 tbs. flour with 2 tbs. cold water. Stir into boiling water. When bubbling, stir in 1 c. commercial soured cream. Pour over chicken. Cover and bake 1 hr., or until tender, in moderate oven, 350 degrees F.

Just before serving, peel, halve and seed 1 large avocado. Shape

dinner, make a hit with this delicately baked with mushrooms and ham into balls with cutter teaspoon or cut into 1" cubes. Arrange on top of chicken.

#### PARTY DINNER

**Fresh Fruit Cocktails**  
**Chicken Avocado Casserole**  
**Spiced Peaches**  
**Tossed Green Salad with Asparagus**  
**Coconut Strawberry Ice Cream Balls**  
**Coffee**

**Coconut Strawberry Ice Cream Balls:** Shape strawberry ice cream into balls with an ice cream scoop. Roll in shredded coconut; re-freeze until very hard in ice chamber of refrigerator, or in food freezer. Serve in serving, 1/4 c. chilled, sweetened, sliced fresh strawberries, or almost-thawed frozen strawberries.

#### TRICK OF THE CHEF

Fruit chilled canned passion fruit juice over fresh fruit cocktails.

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### by Alice Brooks Cook's Corner



#### CALIFORNIA CHICKEN PIE

1 1/2 cups carrots, diced  
 1 1/2 cups potatoes, diced  
 1/2 cup onion, chopped  
 1 cup peas  
 1 small can tuna fish  
 White sauce — 1 cup milk, 4 tbs. flour, 1/2 tsp. salt, 1/2 tsp. butter.  
 Method — Boil carrots and onions 15 minutes and boil till tender. Make a white sauce of milk, flour and butter. Remove fish from can and pour hot water over fish to remove oil. Break into small pieces. Butter baking dish, put in by layers of vegetables, white sauce and fish. Cover with buttered crumbs or dough made of 1 cup flour, 2 tsp. baking powder, 1/2 tsp. salt, 2 tbs. shortening, 1 egg, 1/4 cup milk.  
 Roll out and put on top of pie. Bake in 400 degrees F. oven until heated through and crust is browned.

## MARY HAWORTH'S MAIL

### Divorced Mother, 44, Yearns Companion

DEAR MARY HAWORTH: I am a divorcee, 44, personable and well educated. I have three children — a son 22, now in engineering school, and two daughters, 10 and 13. I have a fairly responsible merchandising job and a modest home in a nice neighborhood, where the children attend church and school.

I have been divorced five years, and I try to be happy and content, but I am lonesome for the companionship of persons my age. I know I have a great capacity for love, consideration and comradeship, but I don't know what to do about it. I know there must be hundreds of others in the same fix, but how does one make contacts? I can't go out alone.

Business acquaintances say to me time and again, "Why don't you find yourself a nice husband?" Sure, I even admit I should like that — but where? And how? The few unattached persons I meet, I become self-conscious with, as I feel they might think because I am a divorcee that I am looking for just such a man.

**Man Ignores Friendly Bid**

So many times I say to myself in lonely hours, "There must be many persons as lonely as I, where and how can I find them?" Must I resign myself to the fact that my life is finished? I don't want to cling to my children because I am lonely. People say, "You are fortunate to have them," which is true; but they aren't enough.

Also people say, "If you marry again, look for money." To which I reply, "There are lots of things money can't buy." What can I do to solve my problem? L. D. Deeply Study Laws of Life

DEAR L. D.: The kingdom of heaven is within the self, as Jesus taught. And now that you have many hours of leisure, unshared with others, you might profitably apply yourself to a study of the laws of life — to learn why, and the how, of creative thinking and constructive behavior. For these endeavors produce the substance of happiness.

Seek we first the kingdom of God and His righteousness. Scripture says, and all things necessary to your welfare will materialize. The kingdom of God, in this sense, is the clear knowing of one's direct relationship to the Father-Creator of the universe; and "His righteousness" applied to your life means getting (consciously) on the beam of God's will for humanity, including His will for you individually — which assuredly contains all the good you could possibly experience.

**For guidance along these lines — to rescue yourself from the wilderness of superficial thinking about life — study "The Sermon on the Mount" (Harper & Brothers) by Emmet Fox, one of the epochal textbooks of our time. Another guide to abundant living is a pamphlet titled "Instructions in the Life of Prayer" — issued by the Forward Movement Publications, 412 Sycamore Street, Cincinnati 2, Ohio.**

**Prepare Way For True Love**

The lonesome widow, divorcee or spinster of mature age, who pines for marriage or social companions, as the supposed solution of her loneliness, is doomed to frustration, until she changes her slant on her problem. The isolationist spirit, occupied with grabby getting rather than giving, usually envelopes, and accounts for, a dismal solitary private routine.

The person who has most life is the one who lives zealously in his (or her) circumstances, whatever they are. And it is the function of womankind to be Joy-giver and comfort-giver, wherever she is. Thus, instead of looking for husband-material in the market place, you ought to be making your home a distributing center of kindness to any and all who are at hand. Thus will your light begin to shine, and your self-centered anxiety begin to dissolve. Then true love may germinate in your life, as it cannot in your

present state of mind. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.



### Represents Canada

Cathy Diggles, attractive 20-year-old model, has been named Canada's representative to the Miss Universe beauty pageant at Long Beach, Calif., July 14-24. A native of North Bay, Ont., Cathy will compete with beauty contestants from all over the world. She was named Miss Toronto in 1954 and Miss By-Line in 1953. (CP Photo).

### Spring Cleaning Time

By ELEANOR ROSS

Housecleaning is no longer the hectic attic-to-attic scrubbing and renovating that it once was. Many things which used to be part of the seasonal changeover schedule are taken care of by year-round periodic cleaning.

However, there's still plenty to do in the seasonal change-over from winter to summer living.

#### From Winter to Summer

When, for instance, winter clothes are washed or dry cleaned for storage, closets and drawers need to be scrubbed and reorganized to hold warm weather wear. Taking down the storm windows is the cue for fresh curtains, clean screens and blinds, and sparkling window panes.

Warmer nights mean lighter bed covers, and to give new freshness to beds, mattress covers, pads and bedspreads should be laundered and sunned.

The secret of efficient change-over is system, just as it is in every job of work. No one goes through the house taking down curtains and whipping off slip-covers, creating the atmosphere, if not of a tornado, then of turmoil, at least.

#### One at a Time

Far better to do a room at a time, and have all the soaps, clean rags, dust cloths, sponges, brushes, dust cloths, and other equipment assembled before you start.

Shake curtains out of doors to get rid of any loose dust before laundering. If window dimensions permit, change them around, when they go back, to even out the wear from different sunlight exposures or radiator heat. Rags and window moldings must be wiped off with a soapy sponge or cloth to avoid any smudges on the clean curtains.

#### For Shining Woodwork

A couple of tablespoons of turpentine added to soapy water will give woodwork a nice shine. And after the window sills are rinsed and dry, apply a coating of wax to help keep the dampness from open windows from damaging the paint. Helps keep dust off, too.

Before the screens go up, use a stiff brush and soapy water to clear away any dust. Keeping the screens clean can save sills and curtains from dirty splattering in a windstorm or sudden shower.

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## ELLEN'S DIARY

by an Island Farmer's Wife

So this was the very morning at Alderlea, that stovepipes and chimneys received their spring-cleaning, pleasing Janie who had been awaiting the services of the senior member of the place whose special province such chores are, so that the might house-clean without later sooty aftermath her kitchen-pleasing this housewife too though today in a reconciled way.

"Oh dear. Not this morning!" we sighed into the dough we were mixing, having caught sight of tokens about of the chore to come. We saw James settle the extension ladder, which is one of the farm's treasured possessions, against a roof of the House across the Lane and turn then to dispatch a young tricycle-rider on a mission. He appeared at our door.

"Gran'daddy says not to put any more sticks on your fire. You didn't just put new ones in, did you? I hope not, for he's going to clean the stovepipes and chimneys, ours first" he nodded "and then these."

That then was the task ("It's a chore I dislike" James said) which kept the housewives at the alert, scuffed and jacketed against the coolness outdoors and in, for the duration. They, and Mack who by holding a light beyond an opening in the chimneys progressed the direction and progress of the work. Again accumulations of soot were removed and carried to a near furrowed field in a twofold purpose: to safe guard our homes from fire and to grow us a bigger and better crop there.

We think of the number and variety of cleaning rags sometimes left about, maybe overnight or longer at this season, inflammable pieces that should be every respect: the wax-spreader; and those saturated with cleaning fluids which when used should be disposed of at once and not left about to become disastrous breeders of flame.

"There!" we said with relief sweeping up the last traces of soot. "That's done for the summer!"

"For the summer, Ellen!" James chuckled. "Let's say for a month."

"And now" we suggested, "let's take off the last of the storm-windows."

"What!" he exclaimed "after all I've done for you women this morning! There are only those on the kitchen and pantry—they're not hard to take down . . . you'll find a hammer in the piggery."

These days they must plan to sandwich in pieces of field-work—the fencing or manure-spreading, with the choring which now occupies so much of their time.

"There's something else we'll need to look out for now" James said at supper "the lambing-season is due to start shortly." And Mack born to the light of modern days offered with a wide smile: "And kittens! I'm thinking they'll be here before too long. We'll likely have some fun finding them" he nodded "because you never know where mother-cats take a notion to hide them."

A nice day this—and these well-doing at seasonal affairs. They renew strength and hope our beds. Every dawn, and bring us content and a little weary in our — — — Good-night . . . . . Diary

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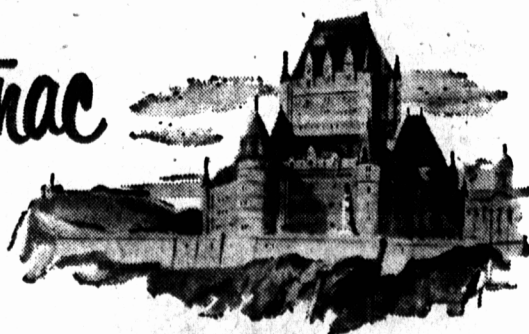


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## appetizing!

### Tomato Aspic Salad

Here's a tomato aspic with personality—a wonderful Jell-O recipe that's so easy, easy to make!

2 cups tomato juice 1/2 teaspoon salt  
 1 bay leaf 1 package Lemon Jell-O  
 1/2 small onion, sliced 2 tablespoons vinegar  
 dash of pepper 1 to 2 cups diced cooked vegetables

Combine 1 cup of the tomato juice, bay leaf, onion, pepper and salt. Heat to boiling. Strain.

Dissolve Jell-O in the hot liquid. Then add remaining tomato juice and vinegar. Chill until slightly thickened. Fold in vegetables. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Makes 6 servings.

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