

WOMEN

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LET'S EAT

Dinner And TV Guests Enjoy A Chicken Curry

By Ida Bailey Allen

"I love the electric wheelchair grandpa gave us for a wedding present," chattered a young bride I met in Baltimore. "She read about it in your column."

Dinner Guests

"The other night," she continued, "Jim and I invited my maid-of-honor and his best man to dinner and to watch TV. I had whipped up a chicken curry from one of your recipes. So when our guests arrived, I put it on an electric heating unit on my wheelchair, gave the tray a whirl into the living room, plugged it in to keep the curry hot and then we had dinner. It was the nicest way to relax and serve; better than I had ever dreamed!"

Curried Chicken: In a saucepan, combine 1/4 c. not-sweet apple sauce and 2 c. chicken broth (or 1/2 c. water and 2 bouillon cubes);

gradually stir into the stock mixture. Cook and stir until thickened and boiling. Season to taste with salt and pepper. Add 4 c. diced cooked chicken; cook until well heated.

Serve over hot cooked rice, accompanied with shredded fresh coconut, chutney, small orange slices and fine-grated orange rind.

SUNDAY DINNER

Cucumber Salad
Sour Cream Dressing
Roast Leg of Lamb
Summer Squash
Swiss Chard
Caramel Custard
Hot or Iced Coffee or Tea Milk

Caramel Custard: Measure 1/4 c. granulated sugar into a small frying pan; stir over a low heat until melted and light brown. Measure 4 c. milk in a 2 qt. utensil. Gradually add the caramelized



Mr. and Mrs. J. A. Meko and Wedding Attendants

A pretty wedding took place Saturday afternoon, June 18, at 2 o'clock in the Zion Presbyterian Church, Charlottetown, when Emily Jean daughter of Mr. and Mrs. J. W. MacGregor, Kensington Road, became the bride of John Andrew Meko, son of Mr. and Mrs. J. S. Meko, Melville, Sask.

The church was attractively decorated with arrangements of roses, gladioli and apple blossoms, and the guest pews were traditionally marked with multi-colored ribbon bows, centered with lily of the valley. The double-ring ceremony was performed by the Rev. W. H. Brown, Mr. Lee Morgan, organist of the church, played the wedding music, and the soloist was Mr. Wendall Phillips.

The bride, who was given in marriage by her father, wore a strapless gown of white net over

broided lace, fastened with tiny covered buttons, and had long sleeves tapering to points over her finger tips. The Peter Pan collar of the jacket was trimmed with pearls and sequins, which trimming was also carried out on the full skirt of the dress. The bride chose for her head-dress a tiara made of white net trimmed with sequins from which fell her elbow-length veil of French illusion net finished with scalloped edge. Her only jewellery was a string of pearls with ear-rings to match, a gift from the groom. A bridal bouquet of roses and lily of the valley completed her wedding ensemble.

The attendants were Miss Eleanor Storey, maid of honor, and Miss Carol Clarke as bridesmaid. The bridesmaids wore white strapless gowns of nylon net over taffeta with boleros, in Nile green and

shrimp respectively, with matching headdress and mitts. Miss Storey carried a bouquet of yellow roses and fern with multi-colored ribbons, while Miss Clarke's bouquet was of white carnations centered with yellow roses with multi-colored ribbons.

The groom was attended by the bride's brother, William MacGregor, and the ushers were Allison and James MacGregor, also brothers of the bride.

The mother of the bride was attired in a street length dress of mid-night blue lace with navy and pink accessories. Her hat was of navy accordion pleated taffeta, and her corsage was pink roses. The reception for seventy guests was held at Villa Waters. The rooms were decorated with yellow roses, buttercups and lily of the valley. The bride's table was covered with a lovely lace cloth with yellow candles, yellow

roses, lily of the valley and a three tiered cake. The toast to the bride was proposed by Mr. Wendall Phillips, and replied to by the groom in a very fitting manner. The servers were Miss Norma Bell, Miss Anne Horne, Mrs. Sidney Stead, Mrs. Ralph McGuigan, Mrs. Daniel MacAskill and Mrs. Allison MacGregor. Miss Gloria Dartie, niece of the bride, was in charge of the Guest Book.

For travelling the bride wore a light blue dress with matching duster coat and navy accessories. She wore a corsage of pink roses.

The bride and groom left on a motor trip immediately after the reception through Nova Scotia and the Cabot Trail. On their return they will reside in Saint John, N.B. for a short period, and then in Halifax, N. S. where the groom is a member of the Royal Canadian

MARY AWORTH'S MAIL

Having Learned of Husband's Infidelity Feels Life is Empty

DEAR MARY HAWORTH: I need your advice very quickly and very badly, as I feel that life is empty and in vain. Mine is the tragedy of the other woman.

My husband was deeply involved with her when I learned of the sickening facts. He was deeply in love with her, and she with him; and she too was married, which presented a problem. Of course, I wasn't willing to let him go—and what a mistake I made, objecting with all my heart. Although I won, I also lost. The upshot is, he still loves her and our home is empty.

"They have broken off the affair, because children and financial considerations ruled out divorce. But my husband is a changed man. His interest in home has waned; he stays away all he can and I am left alone.

Sees Mistake, Looking Back

Formerly we planned together and shared everything. Now there is only emptiness. When you have lived so closely with someone for 15 years, such loneliness as this seems almost unbearable. If only I could live the recent past over again, I never would put up the fight (mentally) that I did to save my home. My advice to all women would be—if he wants to go, let him go. Am I right?

Will the loss and the loneliness ever diminish? What can I do to help him, and to help myself? I haven't the heart to live; nor the interest. One person cannot make a home—and this is especially true when you have made it in the past. What advice can you offer to me, the unwanted wife? I have read other counsels you have given and they seem so right.

Angle Common To Middle Age

DEAR R. W.: It is a misnomer to call this a tragedy of the other woman, I think. Actually it is a tragedy common to middle age in the lives of married people.

When one or both parties to the twain become panicked by the notion that "the best years of



Engagement Announced

Mr. and Mrs. John J. Tubbs, Sussex, N. B., announce the engagement of their younger daughter, Brenda Mary to Wilmont Waldron Robertson, son of Fulton Robertson of Charlottetown, P. E. I. The wedding will take place July 23 in St. Paul's United Church, Sussex. (Craswell's Photo Studio)

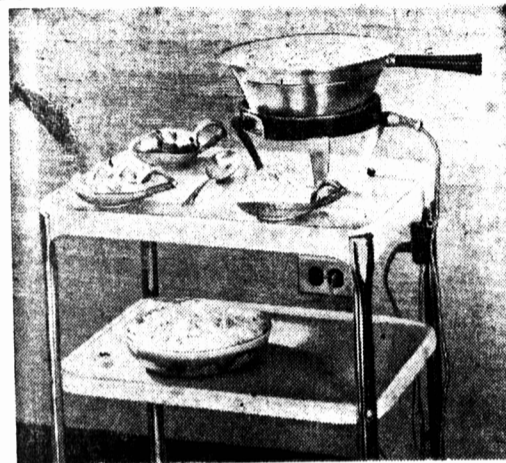
In an emotional fog of ignorance and fear, you and Henry (let's call him) are fighting in the dark, desperately and in a mood of hopelessness. Each is demoralized temporarily and holds the other to blame for it, not realizing that both have fallen into the same pit, figuratively speaking.

Henry was looking for some escape from his trapped feeling that time was running out—leaving him with busted dreams and blighted hopes, and with no solace in store in his regular routine, that he could see—and so he "fell in love" with the other woman. He was hankering for a magical second chance to prove himself in relation to life, not recognizing that "character is fate." And evidently the other woman was also trying to stop the clock, by reverting to pseudo adolescence, when she and Henry became sweethearts.

Surrendered Self Wins Full Peace And I have no doubt that you had ceased to rate Henry the notion that "the best years of

answer to prayer, long before you awakened to "the sickening fact" of the affair. Your marriage didn't become empty, lovely and void of sharing either because of the other woman, or because of your fierce struggle to hang on to Henry's coattails. Rather, your discovery of Henry's infidelity started a row that stripped the relationship of illusions and pretenses, and let you see how poverty-stricken it really is—on the score of understanding, affection, like interests, etc.

Had you been closely congenial all along, either there would have been no other woman, or you would have seen the crisis through together, with mutual sympathy and mutual appreciation strengthened.



FOR TV PARTIES, arrange the "fixings" for a chicken curry dinner, piping hot, on an electric serving cart and wheel into the living room.

Mix 2 tsp. curry powder and 1/4 c. flour, add 1/2 c. milk to make a smooth paste. Add 1 c. milk

sugar to the milk; be careful that the latter does not bubble up and overflow.

As soon as the caramel melts, pour the milk into 5 eggs slightly beaten with 1/3 c. sugar, 1/4 tsp. salt and 1 tsp. vanilla. Strain into a buttered 3-pt. baking dish (or use custard cups). Set in a pan; surround with boiling water; bake in a moderate oven, 375 degrees F., until a knife, inserted near the center, comes out clean.

Chill at once. Serve spread with whipped cream or a whipped topping. Dust with chopped toasted nuts for a luxury touch.

The salmon soufflé given below is from Sweden where soufflés are frequent foods.

TOMORROW'S DINNER

Vegetable Juice Cocktail
Salmon Soufflé
Potatoes Rissolée
Casserole Onions
Blackberries
Gingersnaps
Hot or Iced Coffee or Tea Milk

Salmon Soufflé: Melt 1/3 c. butter. Stir in 1/4 c. enriched flour. Cook and stir 2 min. over a low heat. Gradually stir in 2 c. milk. 1 tsp. mayonnaise, 1 tsp. lemon juice, 1 tsp. salt, 1/4 tsp. pepper and 1/2 tsp. monosodium glutamate. Cook 5 min. Then cool.

Add the contents of 1 lb. drained fine-flaked salmon and the well-beaten yolks of 4 eggs. Beat the whites stiff; add 1/4 tsp. baking powder and fold in gently. Transfer to a baking dish lined with 1/2 lbs. butter and lined with 2 lbs. bread crumbs. Place in a pan; surround with boiling water; bake about 35 min. in a moderate oven, 375 degrees F. Serve with lemon butter sauce.

THE CHEF'S LEMON BUTTER SAUCE

Melt 1/2 c. butter but do not brown. Add the juice 1/2 lemon and 1 lb. minced parsley.

Cook's Corner



The following recipe is supplied by the Consumer Section—Marketing Service, Canada Department of Agriculture.

RASPBERRY SPONGE

1 lbs. gelatine
2 cup cold water
2 cup raspberries
1/4 cup water
1/4 cup sugar
Dash of salt
2 the lemon juice
2 egg whites
3 lbs. sugar

Soak gelatine in the 1/4 cup cold water for five minutes then dissolve over hot water. Crush raspberries, add water, sugar, salt and lemon juice, stirring until sugar is dissolved. Add dissolved gelatine, blending thoroughly. Chill and when mixture begins to thicken, fold in stiffly beaten egg whites to which the 3 tablespoons sugar have been added. Pour into one large or six individual moulds. Chill until firm. Serve with a custard sauce made with 2 egg yolks. Yield: Six servings.

KEEP IN TRIM

Proof It Pays To Exercise

By Ida Jean Kain

Glamour has backbone—it's all those leaflets (yellowed with age) and after each baby, in between times too. I've made them a part of my pattern. Now I have loaned them to my younger sister, who just recently had a baby. She's done you and me proud...she looks wonderful.

"How do you do it?" I'm asked constantly. I always tell them it was with your column and my will power. Often they refuse to believe that a mother of five children could keep trim by so simple a means. They would rather think it some magic endowment—but it just isn't that way. I believe it is wanting to—when you really want to, you can do anything."

Enclosed with the letter was a newspaper feature story of Charlotte and I thought perhaps you'd like to know we've played a most important part in my life and my new found career. I'm positive that without help via your newspaper column I would never have been able to appear before the public as I do now.

"In 1944 when I married I was slim, as most brides are. With my first baby I gained far too much weight, and after she was born I was 35 pounds overweight! At that time we were living in Syracuse, New York. I started reading your column for all your diet and exercise leaflets, and followed through. At the end of seven months, I looked and felt better than I ever had. "Now for TEN YEARS I've kept

trim."

Wishing won't make dreams come true...but the will-to-do can achieve almost anything. If your mothers would be alert to the importance of restoring tone to stretched muscles and getting back to normal weight, this could go a long way toward helping them to live happily, healthfully slim ever after.

ELLEN'S DIARY

by an Island Farmer's Wife

And still the days come weather-fair to these farmers of ours at Alderlea who cultivate the patch of new land and smooth it and clear away stubborn rootlets and late outcroppings of fieldstone, and thus bring it up to the hours. And along the drills, in the root-filled the mangels and turnips appearing in lengthy ribbons of green remind them that the time of wedding is near.

"When do you plan to start the hay?" we overheard a visiting farmer ask one of ours today. "Oh one of these times!" he replied. "We always like to get the wedding all straightened away first."

So for a while yet we can enjoy the fulness of the summer—the delight of the green fields where happy little winds of the west still blow. When the hay is gathered, we fancy it carries a different sound—a note of sadness—"like Rachael for her children crying" which can no more be comforted.

"Now, Father, don't you fuss so!" That was Mamma's robin in the lawn-birch today. "Busy broodery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!"

gone! Hush yo' whimpering children, he'll be back in no time with a nice fat w'om.

New greens we bring to dinner from Jeanie's garden these days: lettuce, radish, chard—and the onion-tops, James enjoys, especially like today, as an accompaniment to a slice of fried ham. For dessert there was a fruit-cup of orange pieces and grapefruit sweetened; and poured over and all chilled a mixture of quick pudding—the uncooked, which prove their worth to the housewife who like we entertain the true or false notion that she is quite busy!

"What are you doing there?" That was Mack calling to us between lawns.

"Smelling a rose!" "What for?" "To have Roses in December!"

A summer night we have now. And the moon nearing full spanning the mill-pond with a sparkling bridge o' dreams.

Until tomorrow— -- Diary

Good-night....

Wife Preservers



It is suggested that school children who are constantly on the go should have a few minutes of rest or quiet before a meal. Overly tired, hungry children do not enjoy their food, and may get indigestion.



MR. AND MRS. N. A. ROGERS

Mr. and Mrs. Norman Allen Rogers were married at the R. C. A. F. Roman Catholic Chapel on June 18. The bride was the former Mary Theresa, daughter of Mr. and Mrs. William McCormick, Ebbfleet, and the groom is the son of Mr. and Mrs. Stan Rogers, Boston, Mass. Also in the photograph are Mr. Martin Healey, best man, and Miss Shirley Clow, bridesmaid. Edwin Heckbert Studio.

HOUSEHOLD HINT

Don't give a puppy a bath until the animal is past the three-month stage. Up to that time, a good daily brushing will keep him

some what odor-free. Exercise care and patience during your dog's first bath. See that suds don't bother him around his face. Stuff his ears with cotton wads to protect them from water.

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