

WOMEN

Page 8 The Guardian, Friday, June 3, 1955

KEEP IN TRIM

Case of the Paradoxical Pounds

By Ida Jess Kahn

Everybody loves to solve a mystery. This one might be called "The Case of the Paradoxical Pounds." Just as in all exciting "whodunits," the bulk of the evidence in our story pointed away from possible offenders. But let's get along with the mystery . . . which, by the way, is a true account.

"I had a queer experience lately. At the beginning of the year I was put on a diet so that I might lose 20 pounds. In the next two months I lost only 4 pounds. Then

fat, the total result on the scales showed a loss of 6 pounds. This 6 pounds was lost due to previous dieting efforts, the registration of which was held up by water storage. Had this dieter during vacation switched to high protein without "eating like a horse," her loss in poundage would have been dramatic.

Back home and once again on the diet, she has regained the six pounds. She is again storing water. Being allergic to milk and cheese, this overweight follows a diet quite low in protein. The solution is to increase the protein in the diet and have a complete protein food at each of the three daily meals — an egg every morning; at lunch a second egg, a serving of fish or lean meat or a large serving of cottage cheese; and a serving of lean meat at the evening meal. Also it would be helpful for her to temporarily cut down on salt in order to combat water retention. Avoiding the use of salt at the table is usually sufficient.



Gained Pounds!

We went on our vacation and in the 18 days following, I lost 6 pounds. Now we've been home three weeks and I have gained the 6 pounds back.

"Here's the irony . . . on vacation I ate like a horse and just relaxed. Now I'm home, work like the dickens, diet strictly — and gain. What do you make of it?"

The solution is not so elementary, but here we go . . . In the 3 months on a diet, our overweight lost only 4 pounds. According to the diet she was following, she should have lost around 20 pounds. We feel sure this overweight stayed on the diet fairly well, else she would not have taken the trouble to write.

This being true, there can be only one explanation — water storage. As fat is removed from the cells, sometimes the cell membranes become distended with water, so registration of weight loss is postponed until the water is released. Obviously this dieter stores water as fat is lost.

While on vacation, even though she was overeating, the change in her diet plus increased protein caused the stored water to be released from the tissues. Since water actually weighs more than

Words Of The Wise

Avoid a questioner, for he is also a teller. —(Horace.)

STANHOPE W. I.

The Stanhope W. I. held their regular monthly meeting on May 18th, at the home of Mrs. Ray Carr. The president, Mrs. Horace Marshall opened the meeting by singing the Island Hymn, followed by the Collect. Roll call was answered by sixteen members and two visitors. Minutes of the previous meeting were read, approved and signed.

The Committee gave their report on calls made. School committees reported nothing needed for the school. New committees were appointed as follows:

School, Mrs. James MacLauchlan; sick, Mrs. Thomas MacCabe and Mrs. Horace Marshall; program, Mrs. Lloyd Bell and Mrs. Ray Carr; letter, Mrs. James MacLauchlan and Mrs. Malcolm MacLauchlan; lunch, Mrs. Walter Marshall, Mrs. Emmett Martin and Mrs. Reginald Ross.

Correspondence was read and discussed. A thank-you note was received from Joseph MacCabe. Plans were made for the District Convention at Marfield on May 21st. Mrs. Lloyd Bell, Mrs. Keith Douglas, Mrs. Horace Marshall, and Mrs. George MacMillan offered to take the cakes, and Mrs. Harry Lawson will reply to the Address of Welcome.

Mrs. Patrick Horgan kindly invited the members for the June meeting. Roll call to be answered with a "God-Will" or "Sympathy" Card. Collection amounted to \$1.40. The meeting closed by singing the "Gloria".

For program, Mrs. Rhodes Warren read a very interesting paper on the early days of Stanhope, followed by a label contest with Mrs. Harry MacLauchlan being the lucky lady.

A delicious lunch was served by the hostess, assisted by the lunch committee and a social hour enjoyed.



Engaged

Mr. and Mrs. John M. Aitken, Lower Montague, wish to announce the engagement of their daughter, Damerise Mary to Thomas MacLaren Notting, son of the late Dr. E. S. Notting and Mrs. Notting. The wedding will take place in June. —(Crawsell Photo).

MARY HAWORTH'S MAIL

Doctor's Wife Hates His Office Helper

DEAR MARY HAWORTH: My husband is a physician, 37, in private practice. He is on the job every day and works until midnight several evenings a week. I am 30. We have been married 12 years and have four children.

Joe is a wonderful man and we've had a better than average relationship. I believe. It is only recently that I've felt more towards anyone he knows. But several months ago I realized that I am jealous of his latest office helper; and since then I've been experiencing very intense pangs, bordering on hate at times.

In his eight years' private practice, Joe has had four office girls. Two were with him only briefly, the third for several years, and now the latest has been with him for about a year. She is an attractive divorcee who has remarried, and she isn't very happy in her present union. When my husband merely mentions her name I become inwardly tense and strong jealousy flares. My contacts with her are limited, so I don't think she is aware of my feelings.

Is The Cause Within Herself?

Joe and I have discussed the problem, but we are reaching a point where we can't, as I believe, come very emotional and he gets very annoyed. I've suggested psychiatric treatment for myself but Joe says it isn't necessary; that my feelings are something I must learn to live with. I am amazed at my emotional intensity about this — my only experience of hatred of a person in my adult life.

I've tried praying for the girl, hoping I'd have a change of heart or gain understanding, but as of now I feel the same; and if I don't take corrective steps, it may grow worse. I fear. Also it is a tremendous waste of energy.

I believe Joe would discharge the girl if I asked him to; but this would solve nothing if the problem is within myself. Or is it? How can I determine? Can you suggest any constructive self-help steps to take? Many thanks; and keep up the good work. P. Y.

Respect Is Due Sound Intuition

DEAR P. Y.: In all probability the furious intensity of your distrust of the divorcee's caliber is justified. I am a great respecter of the soundness of a loving woman's intuition, when she is emotionally well-balanced as a rule, then suddenly roused to striking hostility by some person who seems to her, for no clear reason, a dangerous enemy of her happiness.

I impute sound intuitiveness to a loving woman because this kind of knowing is a "feeling in one's bones," as the saying goes. And to tune in physically, as it were, on hidden intentions or events that are affecting one's private life (for better or worse), one must have sensitivities keenly alive, in good working order. Which means that one must be a warmly actively loving individual, —psychologically open in dealing with people, and satisfactorily committed to a network of expressive inter-relationships.

In 12 years' marriage a wonderful man, you've never been jealous, really, until recently — about a half year after the divorcee entered your husband's employ. What you've gleaned of her history — that she is once

LET'S EAT

Lowly Lima Bean Stars In a Cornucopia Salad

"It is an established fact that the eye does half the eating," observed the Chef. "But, Madame, many good and attractive-looking foods fail in this purpose because they are served so often they look boring, and therefore create no appetite interest."

"Then it's time for a re-do, Chef. Change their flavor, arrangement, garnishes and sometimes their shape. Even small changes make a big difference."

"For dinner we have planned lima bean saladettes on sliced ham bologna; chopped spinach; and coconut bread pudding. How would you suggest changing the flavors and shapes of these everyday foods to make them more appetizing?"

TOMORROW'S DINNER
Lima Bean Cornucopia Salads
Baked Lamb Chops
Buttered Beans
Spinach Timbales
Coconut Bread Pudding-Pie
Coffee Tea Milk
Recipes Proportioned to Serve 4 to 6

Lima Bean Cornucopia Salads: Make a salad mixture by combining drained well-chilled canned or cooked dried lima beans, 1/4 c. non-sweet French dressing, 1 tbs. each table mustard, and mayonnaise. 2 tbs. minced onion, 1/2 c. small-diced celery or firm portion cucumber, 2 tsp. caraway seeds and 1 tsp. salt.

To serve, roll slices of plain or ham bologna into cornucopia shape, secure each with a wooden pic and chill. Fill with the bean

mixture. Serve on salad greens.
Coconut Bread Pudding-Pie — Part 1: Line a 9" pie plate with caramelized sugar made in the following way:
In a small frying pan, measure 1/2 c. fine granulated sugar. Place over a low heat and stir until the sugar melts and becomes the color of maple syrup. Turn at once into a deep 9" pie plate and tip quickly from side to side to line it with the caramel; it hardens almost at once.

Then spoon in the coconut bread custard filling. Place in a pan; pour in hot water to the depth of 1/2"; bake at 375 degrees F. for 30 min. or until a knife, inserted in the center, comes out clean. Cool and chill.

Unmold on a deep, round dessert platter. Serve cut in pie-shaped pieces with a little of the caramel, which will melt to form a sauce.

Coconut Bread Custard Filling— Part 2: To 2 c. hot milk add 1/4 c. fine granulated sugar and 1 1/2 tbs. butter; let stand 10 min. Beat 2 eggs; add 1/4 c. sugar, 1/4 tsp. salt, 1/2 tsp. vanilla and 1/2 tbs. lemon juice. Stir in 1/2 c. shredded coconut. Combine with the milk mixture. Pour into the caramel-lined pie plate; finish as directed above.

SPINACH TIMBALES FROM THE CHEF

Season chopped cooked spinach with celery salt. Pack into buttered custard cups. Bake 5 min. at 375 degrees F. Unmold. Garnish with sliced radishes.

ELLEN'S DIARY

by an Island Farmer's Wife

"Well, Ellen, how are times?" That was the greeting of the trim purposeful sparrow, one of a pair that with much industry and perseverance is building a nest in a high nook of the back veranda, out of sight but still not far from the door. We had been sweeping there, brushing up the clay of entering feet and the whittlings and string which are ever the tokens of a little boy's pastimes. This has always been a favorite place for young and older of the Family to bring such interests.

Through the years since we have known it, many a piece of juvenile carpentry has taken form there; many an axe been edged or new handle inserted, as well as harness riveted or other works of repair. And now a sparrow of that busy company which sees us through the bleak wintry days rested the hen's feather, about to be door-post or lintel or hearthstone of his home, a moment up there on the plate of the roof to make conversation.

We chuckled over the old-time greeting. "Good, good!" we said. "I see you have the screen doors cleaned? . . . all done the house cleaning?"

"No-o-o! There's the kitchen-cleaning 'n' paint the back stairs-steps too. And odds and ends of things to be done yet. It would be nice to have it all over before the lilacs and apple blossoms come, so as to have time to enjoy them," we offered.

"Aren't you funny!" he tittered. "But," he shook his head "you're not alone at all in that belief. When you get everything in order,

every last item, then you are going to enjoy things, eh? You should have learned the fallacy of that notion long ago. In this world, if we don't enjoy ourselves as we go about our work — if we hope for some great idle day to come, we're apt to be sadly disappointed. We have to mix the lilacs and apple blossoms in with the duties that are ours . . ."

Along the stream beyond the orchard the Alders were in pretty new leaf with here and there between them the shining bole of a white birch, and here and there the soft-flame of maple or the bright lace of poplar-green. Back in the patch of stunted land the farmers hope soon to clear, we caught the colors of the young cattle browsing there. The clear blue sky rested on the strip of woodland behind them, beautiful now in the deepening spring-shades.

"And that's the truth!" he nodded. "Tell me, are you women-kind to yourselves again? Men away?"

"There won't be too much smoke from the chimneys today," he chuckled. "When the cat's away you know . . ."

"If this nice weather holds, the cats will be at home tomorrow — all but James. He is still at the sowing at Rob's and at 'the other farm'. There are some done seeding by this."

"So I hear, potatoes, roots and all. But there's plenty of time yet."

"Hen-ry!" a querulous voice called from that nook in the veranda heights.

"Those women!" he grinned ruefully. "But no work, no home" he added soberly turning to pick up the feather.

Now Night, a charming woman clad in soft flowing gray, sows the sky with star-gold.

Until tomorrow . . . Diary
— Good-night —

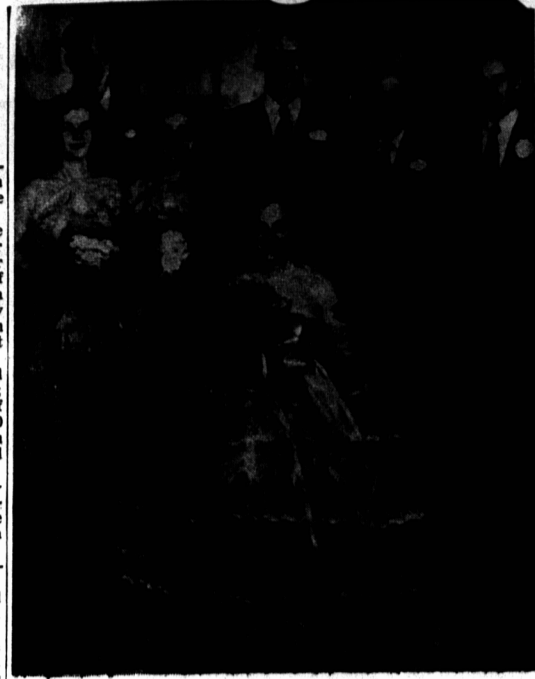
divorced, twice married, and not happy in her present union — suggests emotional instability and a remarkable lack of dignity and reserve as regards her wifehood.

Don't Let Things Drift

It seems she talks too much — and what's worse, about herself as her principal interest — to be a first rate doctor's helper. Also I gather she plays for sympathy, in ways that enlist the male's patronage (or defender instinct), if not his respect. And as you sense these (and possibly other) misleading influences beating on Joe, that are dropping veils between you and him, you burn with anger and want to fire her. But because you aren't clear about what you feel, or why, you just keep yourself and him upset, waiting for him to propound a solution.

Frankly, I think he's wrong to advise you against psychiatric help. Further, I think he's afraid you might come to understand the divorcee's game too well. My advice is to get her out of the office and out of his life if you can — stoutly standing on your passionate conviction that she is a bad apple — bad for him.

M. Mary Haworth counsels through our column, not by mail or personal interview. Write to her in care of The Guardian, Charlotte town.



May Wedding

Pictured above are the members of the Brehaut-MacFarlane bridal party. Reading from left to right they are: Miss Jeanette Ladner, bridesmaid; Mr. Keith Brehaut, usher; Miss Ena MacEachern, maid-of-honor; Mr. and Mrs. Windsor Brehaut, the groom and bride; Mr. Gordon MacFarlane, groomsmen; Mr. Kenneth Yeo, usher. —(Photo by Margaret Mallet).

The Tryon Baptist Church was the scene of a pretty wedding on Saturday, May 7, 1955, at 1:30 p.m. when Rev. H. L. Milton, assisted by Rev. E. J. Barass, united in marriage Kathryn Lucy, daughter of Mr. and Mrs. Harry B. MacFarlane, Augustine Cove, and Gordon Windsor, son of Mrs. Chester Brehaut, and the late Mr. Brehaut, Charlottetown.

Miss Mary Morrison was organist and accompanied Mr. W. S. McMurtry who sang, "O Perfect Love," before the ceremony and "My World" during the signing of the register.

Given in marriage by her father, the bride chose for her wedding a floor-length gown of ivory satin with a tiered overskirt of nylon lace, and a lace jacket with long sleeves which came to a point over her hands. Her shoulder-length veil was of tulle illusion. She carried a cascade bouquet of American Beauty Roses.

Miss Ena MacEachern, as maid-of-honor, wore a coral corded tulle dress with net overskirt and matching lace jacket. Miss Jeanette Ladner as bridesmaid wore a similar dress in turquoise. Both attendants carried nosegays of yellow and white mums.

Mr. Gordon MacFarlane, brother of the bride, acted as groomsmen, and Mr. Keith Brehaut, brother of the groom, and Mr. Kenneth Yeo, usher.

The bride's mother chose for her daughter's wedding a two-piece navy dress with white accessories and wore a corsage of white mums. The groom's mother chose a navy dress with navy and white accessories, and wore a corsage of white mums.

Following the ceremony a reception was held in the church hall for fifty guests. The bride's table was centered with a three-tier wedding cake and arranged with white tapers. Dr. L. W. Shaw proposed the toast to the bride to which the groom fittingly responded.

The newly-weds left on a honeymoon trip through New Brunswick. The bride's travelling costume was a navy tailored suit with navy and white accessories.

Cook's Corner



HOLLANDAISE SAUCE

1/2 cup butter
2 beaten egg yolks
1 tbs. lemon juice
Salt
Cayenne
1/2 cup boiling water

Cream butter; add gradually, stirring well, egg yolks, lemon juice, salt and cayenne; add boiling water slowly. Stir over boiling water till thick as boiled custard. Serve immediately.

Sun-Time SPECIALS

In Full Flare—Plain or Print Cotton—
Ladies' Cotton SKIRTS . . . 1.95 to 3.95
Ladies' Jersey or Terry Cloth T-SHIRTS . . . 1.49 to 2.79
Ladies' BATHING SUITS, all sizes . . . 2.95 to 15.95
Just Arrived—in White, Pink or Blue—
NYLON SHORTIES . . . 12.95 and 16.95
In Cotton, Linen, Nylon, etc.
LADIES' BLOUSES . . . 1.00 to 4.95
Children's JERSEY SWEATERS . . . 89c to 1.19
SIZES 2 to 6—BOYS' WASH SUITS—Special Price . . . 1.79
SIZES 2 to 14—Children's BLOUSES, priced from . . . 1.00 up
In Red or Navy
PLAY SUITS—Shorts and Tops . . . 1.95
ANKLE SOCKS—Extra Special . . . 19c
SIZES 1, 2, 3—Striped Pique SUN DRESSES . . . 1.00

ALL LADIES' SUITS, COATS and SHORTIES greatly reduced in price—Come and select yours today.

We also carry Shorts, Slacks, Pedal Pushers, Jeans, Blazers, etc., for both Ladies and Children.

FOR FRIDAY & SATURDAY TOWELS (20 by 40) Regular 89c SPECIAL 69c each

OPEN ALL DAY TODAY AND TONIGHT Use Our Lay-Away Plan. A Deposit will hold any garment until needed.

The GREENDAL CO. LTD.

LADIES' STORE 150 ST. GEO. ST.

MORNING SMILE

Writer—How much board will you charge me for a few weeks while I gather material for my new country novel?
Hiram—Five dollars a week unless we have to talk dialect. That's 5" extra.

Wife Preserves



HOUSEHOLD HINT

If you find spots on suede shoes or bags that ordinary brushing won't remove, try the following: Lightly rub each spot with an emery board, then steam over a boiling kettle.



No matter how you squeeze it Nothing can match the flavor of a Blue Goose California Orange . . . selected from the very finest of the crop! For the plump, juiciest oranges, always look for the sign of the Blue Goose.

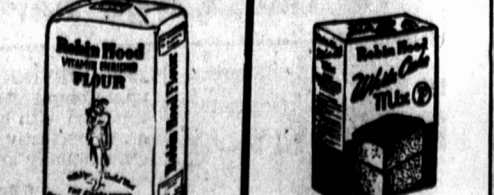
TO CLEAR WALLPAPER ALL 1955 STOCK 33 1-3% OFF SHERWIN WILLIAMS "Charlottetown's House of Color"

Food Values

BACON, sliced, lb. 49c
JEWEL SHORTENING, 2 lbs. 49c
PERFECTION CAN MILK, 6 tins 85c
BROKEN PEKOE TEA, lb. . . \$1.09
LIPTON'S REGULAR TEA, lb. \$1.19
RAGGEDY ANN PEACHES, 2 tins 39c
PEARS, 15 oz. tins, 2 for . . . 39c
TOMATO SOUP, 2 tins 25c
PLANTERS PEANUT BUTTER, 16 oz. bot. 39c
PICTOU PEAS, 2 tins 39c
TOMATOES, pkg. 25c
GRAPEFRUIT, 3 for 25c
SPORK, tin 39c
PEAMEAL BACON, lb. 59c



5 lb. Bag 49c
3 for 63c



24 lb. Bag 1.49
2 for 49c

OPEN FRIDAY and SATURDAY NIGHTS

MICHAEL'S GROCERY

Longworth Ave. Dial 6421

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY
A Wrapon for your daughter! Just sew two or three, mother, and RELAX for the season! As you see, it has FEW pattern parts, whips up in a jiffy, opens out to iron and a child can dress herself so easily! Make it of cotton in flower-fresh pastel colors!
Pattern 6434: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 3 1/2-inch fabric.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
Send THIRTY-FIVE CENTS (\$3c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.
Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.

Happy Holidays!
IF YOU DRIVE . . .
Stop for TEA

KENNEDY'S LADIES' WEAR
166 QUEEN STREET
BALANCE OF SPRING COATS, SUITS & SHORTIES — GOING AT 1-3 OFF.
FRIDAY NIGHT SPECIAL—7 O'CLOCK
ONE RACK OF SUMMER DRESSES GOING AT \$4.88

HOT WEATHER Values!

240 Pairs of Children's brown or blue and white lace sneakers. Sizes small 4 to 2. 99c

WRIGHT SHOE CO.

PHONE 9521 SUNNYSIDE PHONE 9521