

# WOMEN

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## LET'S EAT

### Cheddar Cheese Soup A Favorite At Old Inn

By Ida Bailey Allen

Open fires crackled cheerfully in fireplaces of the Cooper Inn at Cooperstown, New York. "You're just in time for lunch," greeted Innkeeper Skip Merrick. "And your favorite dish is on the menu, Cheddar cheese soup."

Later in the dining room, he remarked, "The idea of a soup and sandwich Travelers Lunch gets more popular all the time. Our Chef has to make two big pots of soup now, instead of one. We vary them from day to day."

#### POPULAR SOUPS

"The favorite soups are lentil garnished with shredded skinless 'franks'; cream of mushroom soup with plenty of fresh mushrooms; French onion, beef and vegetable; cream of celery; New England fish chowder; and, of course, Cheddar cheese soup."

"We try to select the right kind of filling for sandwiches to balance the soup."

"For example, we serve cream cheese and olive with beef and vegetable soup; minced ham salad with mushroom soup; egg celery and pickle relish with French onion; pimiento, olives and mayonnaise with lentil soup and tomato-lettuce with Cheddar cheese soup. For dessert we have fruit, ice cream, pie, or pudding."

"Just the kind of lunch our homemakers can serve their families," I observed, savoring my bowl of soup.

#### CHEESE SOUP COOPER INN

Peel and mince 2 medium-sized carrots, 1 medium-sized onion and

1 large stalk celery. In a 2 qt. saucepan, melt 3 tbs. butter. Add the vegetables. Sauté until they turn color. Stir in 2 c. enriched flour. Gradually, stir in 4 c. heated fresh-made or canned chicken broth, or use 4 c. hot water and 4 chicken bouillon cubes. When boiling, add 1 heaping cup grated sharp Cheddar cheese; stir until it melts. Then add 2 c. heated whole milk; season to taste with salt and pepper. Heat and stir until almost boiling. Garnish of minced parsley.

#### TOMORROW'S DINNER

Chilled Grapefruit Sections  
Beef Vegetable Pot Pie  
Mashed Potato Topping  
Chocolate Nut Fudge Pudding  
Coffee Tea Milk  
Chocolate Nut Fudge Pudding  
(Courtesy Cooper Inn: Mix 1 c. already-sifted enriched flour, 2 tsp. baking powder, ¼ tsp. salt, ¼ c. sugar, ¼ c. chopped nuts, ½ c. milk, 1 tsp. vanilla and 2 tbs. melted butter. Transfer to a buttered qt. baking dish. Then mix and pour over ¾ c. brown sugar, 4 tbs. cocoa powder and 1 ½ c. hot water. Bake 30 min. in a hot oven, 375 degrees F. Cut in squares; serve warm or cold. The chocolate sauce will go to the bottom of the pan and should be spooned over the squares.

#### TRICK OF THE CHEF

To mashed potato topping for beef-vegetable pie, beat in ½ tsp. poultry seasoning.

## MARY HAWORTH'S MAIL

### Resents Husband's Visits With Former Spouse

DEAR MARY HAWORTH: Dick is 44 and I am 38. We have been married three years and have a child, aged 2. The last several months have been full of bickering and fault finding, for which Dick blames me, but actually he is the most critical person I know.

He finds fault with my driving, with some of the ways I discipline our son, sees specks of dust on the furniture, etc. I am an experienced driver and love to drive, and I like housework and take pride in the results. In fact I do the best I can in everything—but it seems my husband expects perfection and regards himself as a model.

He says he is just trying to help me; but I feel that a bit of praise now and then would be more constructive. If I defend myself though I keep quiet mostly, he says I blow my top for no reason. On several such occasions, he has refused to speak for days afterwards—saying it is the only way to avoid trouble. Once he even walked out and stayed all night. Is that a fair way to act?

#### HOW GAIN INSIGHT AND EASE STRAIN?

Recently he charged me with trying to get him to do everything my way, not considering his feelings. This is absolutely not true, as he knows, I merely suggest, as any wife has a right to do. There is one thing I strongly object to—he spends an occasional weekend with his former wife and teenage daughter in another city. He certainly isn't considering my feelings in that, and he argues the visits are perfectly logical. He flatly denies any intimacy, and I believe him; but what do other people think? To me it just isn't ethical.

However, in general he does have good morals. He doesn't drink, smoke, run around or use bad language. So maybe I am making much ado about nothing. But it is very trying on my nerves, which are frayed. Is there anything I might do to ease the strain? Or something I might read, to gain helpful understanding? B.M.

#### MAN SQUANDERS HIS INTEGRITY

DEAR B.M.: In running back and forth between two camps, Dick has lost a sense of companionable unity with you, and is seeing you through critical eyes, in a spirit of moody dissatisfaction with the new marriage he has made.

In figuratively rejecting you, (which is the inner significance of his fault-finding) he is unconsciously (or symbolically) acting out a wish to be rid of the duty relationships. He just happens to make you the scapegoat for his emotional instability. And I imagine these moods are strongest with him, on the heels of his return from visits to his former wife.

Not that he loves her more than he loves you. Rather, these visits develop him in the negative elements of his past failure in the relationship—so that heavy guilt feelings are reactivated. And possibly the lady fans this backward-looking bias, either with a view to remarrying him, or just to "make him sorry" or to take the joy out of your life, maybe.

#### ISLANDER WEDS IN TORONTO AT ST. ANTHONY'S CHURCH

St. Anthony's Roman Catholic Church, Toronto, was the setting for the wedding of Marion Evelyn, daughter of Mr. and Mrs. Larence Smith, Tracadie Cross, P.E.I., and John Stanley, son of Mr. and Mrs. John Gilbert of Toronto. Rev. E. McTague officiated at the double ring ceremony and performed the nuptial mass.

The bride given in marriage by Mr. Norman Barker, wore a floor-length gown of French illusion over tulle, featuring a sequined bodice and bouffant skirt. Her fingertip veil was held in place by a coronet jewelled in sequins and pearls and she carried a cascade of red roses and mums.

She was attended by her two sisters, Mrs. Melvin Dalton, and Miss Mary Smith, and Miss Mary MacDonald, who were attired in matching gowns of tulle over satin in pastel shades of green, yellow and mauve, and carried nosegays of roses and carnation petals.

#### WORDS OF THE WISE

How can you have friends if you don't let people impose upon you? —(C. R. Callahan)

#### MARITIME SQUARE DANCING CHAMPIONS

The Holy Redeemer Junior Square Dancers, winners of the Maritime Junior Square Dancing Championship at the Amherst Winter Fair on last Saturday are pictured above. From left to right they are Ethel McWade and Charis Smith, Helena Dowling and Michael Blanchard, Mary Smith and Brian Morris, Mildred Roberts and Kimball Blanchard.

The Holy Redeemer dancers competed against ten sets from other Maritime centres to win the Maritime championship on Saturday afternoon. That night they were a feature of the Saturday Night show at the Winter Fair. They won top honors at the Musical Festival here last spring and gave an outstanding performance at the Centennial Pageant last summer.

They have been taking dancing instructions from their director, Mr. Ivan Berrigan since last January. Barter's Film Lab



### MARRIED AT MILTON

Gladioli and dahlias adorned the chancel of St. John's Anglican Church, Milton, for the marriage at 3 p.m. on October 1 of Miss Reta Alvina MacNeill, only daughter of Mr. and Mrs. Cyrus MacNeill, Milton, and Mr. Douglas Matheson MacDonald, son of Mr. and Mrs. John A. MacDonald, Glasgow Road, Rev. A. E. Piercey performed the ceremony.

The best man was Alfred MacDonald, brother of the groom. Ushers were Ivan Trainor, brother-in-law of the groom, and Wendall MacKenzie, cousin of the bride. Mrs. Stanley Yunker was organist. The ceremony was performed beneath an arch of pink and white dahlias and the guest pews were marked by large satin bows and red carnations.

A floor-length gown of white net over satin fashioned with a strapless bodice of lace was chosen by the bride who was given in marriage by her father. Iridescent sequins trimmed the skirt and the short bolero which had long sleeves coming to points over the hands. Her fingertip veil of tulle illusion was held by a close fitting cap of white nylon petals trimmed with seed pearls. Her single strand of pearls and earrings were the gift of the groom. American Beauty roses fashioned her cascade bridal bouquets.

The attendants were gowned alike in floor-length models of net over taffeta with short boleros. Mrs. Heath Houston, cousin of the bride, matron of honor, wore turquoise with matching headdress and she carried a nosegay of pink carnations. Miss Audrey Coles, bridesmaid, wore yellow with matching headdress and a nosegay of mauve mums. Miss Roberta Turner, niece of the groom, flower girl, wore a floor-length dress of pink sheer over taffeta and she carried a crocheted basket of mixed flowers.

The mother of the bride chose a light navy dress with navy and white accessories and a corsage of pink roses. The groom's mother wore a dress of beige crepe with brown and pink accessories and a corsage of pink roses.

Mr. Melvin Dalton was best man and the ushers were Mr. Reginald Smith and Mr. Gordon Purchase. The mother of the bride chose a becoming dress of powder blue tulle crepe with matching accessories and a corsage of pink roses. The groom's mother wore a dress of romance blue crystallite fabric with pink accessories and her corsage was also of pink roses.

The reception for over seventy-five guests, was held in the Pyramid Room at the St. Regis Hotel. The couple left on a honeymoon trip to Niagara Falls and a tour of the mid-eastern states. For travelling, the bride chose a white boucle suit with navy accessories and a corsage of deep pink roses.

Out-of-town guests were Mr. and Mrs. J. S. Gilbert of Montreal, Mrs. J. Gilbert of Hamilton and Mr. and Mrs. Herbert Gilbert of Hamilton.

BRIDE HONORED  
Previous to her marriage the bride was tendered two miscellaneous showers by her friends and a kitchen shower by her fellow workers at Canadian Industries Limited where she is employed as a secretary.

## KEEP IN TRIM

### Where Fat Tends To Park

By Ida Jean Kala

Which measurement widens most with overweight? It is not the waist nor the hips, but the measurement between—the abdomen. Place hands on waist, with thumbs back and forefingers touching in front. Now spread the other fingers out below the waistline, fan-shaped. That's the part of the anatomy most folks call the stomach. Technically it's the abdomen. Under any name, this area is one of nature's favorite parking places for fat.

Alas, when the abdominal muscles lose tone, the middle spread is inevitable. The waist slips its moorings and widens. The term "Waistline" might lead one to suppose circular bands of muscle control this area. The waist is bounded on the sides by the bias muscles of the abdomen—the external and internal obliques which insert saw-tooth fashion around the sides of the waist.

Here are two tests which give important clues to the cause of middle spread. First, the measurement test indicates the amount of fat. With a tape measure, encircle the abdomen at the level of greatest protuberance as viewed from the side. The abdomen should measure from one-half to two and one-half inches smaller than the bust circumference. If the abdomen exceeds the bust measurement—the

spread is on thick. It is quite likely that you have piled on too many excess pounds. The second test has to do with strength of muscle in this area. Try it...lie down on back, legs straight down. Have hands folded and placed in back of neck. Have your feet anchored under a heavy piece of furniture, or have someone hold your feet securely. The test is whether or not you can curl up to a sitting position. There is an even harder test...but that is for a later day.

If you cannot come up to a sitting position, the muscles of the abdominal wall are lacking in tone. These two exercises are for the purpose of restoring tone... Position: On hands and knees, with back straight, parallel to floor. Movement: Round your back and pull up and in firmly with the abdominal muscles. Hold this for a count of 5. Relax, letting stomach muscles go soft... then pull up and in forcibly again, and repeat 3 or 4 times.

In this same position, but this time with elbows bent and head resting on folded forearms, extend one leg high up rearward. Return to position and extend other leg upwards. Hold and lower. Repeat 4 times with each leg.

Tone in these important muscles can quicken energy and bring a feeling of fitness.

### A Trim Look In "Pants" Calls For Figure Control

Dungarees seem to be going out and are being replaced by "pants"—long, short or crazy. The vogue is all right for the gal with the right figure, but the gal with a less perfect figure should don a pantie girdle in order to present a trim line to the world.

We know one mother who took some movie pictures of her unsuspecting, ungrudging daughters. When they saw the pictures, they were something more than mortified. Now, when they wear pants, they are trimly girdled.

#### A POPULAR FASHION

The sheath is another popular style among teen-agers. But any girl who is old enough to wear a sheath and go to dances—even if only to school "hops"—is old

enough to know the facts about figure control, which, of course, is what we are leading up to.

Juniors and college girls who have been hiding in dirndl skirts or running around in pants all summer should give serious thought to bras and girdles. They will be happy to learn that the foundation garments designed specifically for their young figures are easier than ever to wear. What's more, they're pretty, too. With everything to match, they give a girl the same secret feeling she has when wearing a flouncy, but unseen, petticoat.

Bras can simply give regular control or they can extend to flatten the midriff—and don't think that the midriff bulge is just a misery that plagues the more mature figure.

Girls who are figure-conscious like these long bras, especially since they are so daintily made. The wise ones are choosing long bras that even curve on down to flatten the hipline, without ever actually turning into girdles. They take nursing, too, and are made of everything from cotton and synthetic fibers to nylon lace and satin for that party best.

Below-the-waist control can be taken in the smallest possible dose, by wearing a nylon stretch pantie with front and back panels of satin elastic. Both panties and girdles, even for gay young things, are available this year in longer lengths to give the smooth hipline that is needed with the long-torso effect.

A girl can build her foundation wardrobe in one of the new brighter shades of pink, blue or tawny beige. Whatever the color or style, it's wise to whisk these garments frequently through suds. They're all quick-drying and so easy to do.

#### Sherren - Molyneux

At a quiet ceremony in Dorchester Rd. United Church in Toronto, Ontario, Elsie May eldest daughter of Mr. and Mrs. Arthur Sherren, Westmoreland, P. E. I., exchanged vows with Alvin Nelson eldest son of Mr. and Mrs. Archie Molyneux of Inkerman P. E. I. Rev. Levi Hussey officiated.

The bride chose for her wedding a light blue wool suit and light blue jacket with a white hat to match. Her flowers were white and pink carnations with pink roses and yellow mums.

The bride's only attendant, Miss Juanita Wilson, wore a two-colored suit (black skirt and a tweed jacket) with a white hat and handbag to match. Her flowers were the same as the bride's.

Ray Sherren brother of the bride was best man.

Upon return from a honeymoon trip to Niagara Falls the couple plan to reside in Toronto.

#### COOK'S CORNER

8 peeled white potatoes  
4 medium sized onions  
8 strips bacon  
salt and pepper

Boil the potatoes and onions together in salted water to cover until tender. Drain off the water. Rub a shallow baking dish with butter. Place the potatoes and onions alternating in the baking dish and dust with salt and pepper. Place the bacon on top and bake until the bacon is crisp and the potatoes brown.

#### TAKING LAXATIVES?

Try this safe, natural way to relieve irregularity. Writes Mrs. E. Pulley of Ottawa, Ont.: "Taking laxatives for months made me tired and nervous. Kellogg's All-Bran helped me to feel like myself again." People of all ages find All-Bran an aid to regularity. The great advantage of All-Bran is that it corrects the cause of irregularity due to insufficient bulk. All-Bran, made from the whole wheat kernel, supplies natural food bulk. It is a good-tasting cereal that has helped millions. All-Bran will give gentle, effective relief from constipation within 10 days or double your money back. Get Kellogg's, the one and only All-Bran. Kellogg's, London, Ont.

Best liked by millions

Best liked by millions

Best liked by millions

#### Bring Up Baby

Hints Collected by Mrs. Dan Gordon (Mother of 5)

Even the best-natured babies suffer out-of-sorts spells from time to time, for no apparent reason. A few "fried and true" ways to switch baby from crankiness to good humor:

- A short social session in a room other than his own usually works wonders.
- A spot of soft radio music will often lull a baby into sweet tranquility.
- A bit of play exercise often helps baby exchange whimpers for gurgles of glee.
- A playful splash in a tepid bath usually inspires smiles.

Growing babies need "growing tools" to help Mother Nature do her best. Important "growing tools" are complete proteins... best-known source is meat. Gerber's Strained Meat is specially prepared to remove nearly all the fat and fiber for extra-easy digestibility. Made of selected cuts, they're cooked with eagle-eye care to preserve natural true-meat flavors and a high proportion of nutritional food values. All 6 varieties are 100% meat, with just enough broth for the smooth texture that feels pleasant on baby's tongue, so easy on baby's delicate digestive tract.

Left or right? Easy to determine which hand your baby is handiest with. Offer objects to baby at his middle-most point. Natural grasping instinct will soon show which hand will take the lead.

For a good source of vitamin A and blood-building iron, you'll want to try Gerber's Strained Egg Yolks. A delicate, fresh-egg flavor coupled with a creamy-smooth, custard-like texture make Gerber's Egg Yolks ideal for the crib set. Serve by the spoonful—mix with cereal, vegetables or milk. Gerber-Ogilvie Baby Foods Ltd., Niagara Falls, Canada.

There's instant liquid fruit flavor in this bud!

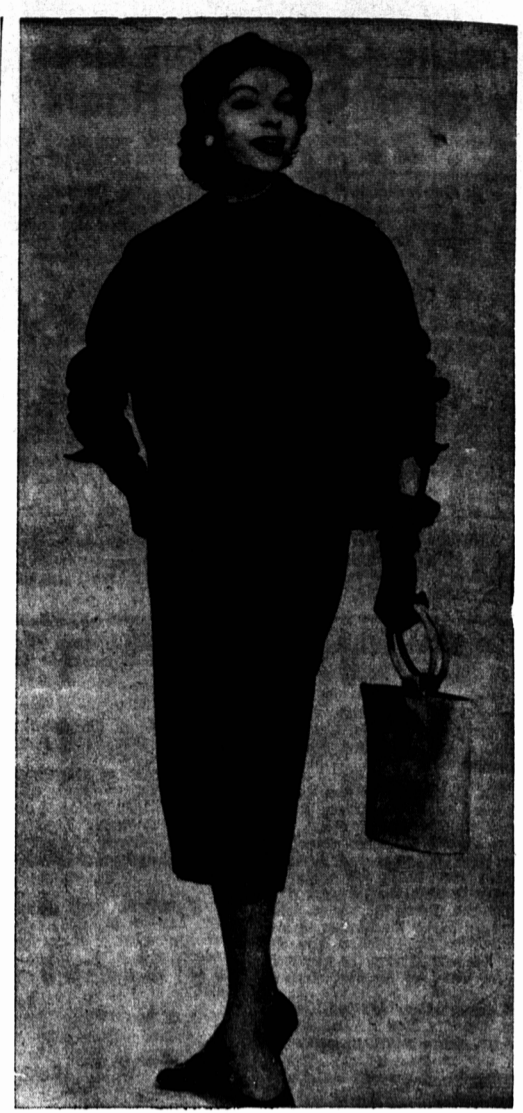
QUICK! No other jelly powder beat New-Pack LUSHUS for speedy preparation!

Golden Glow!

LUSHUS JELLY

Golden Glow!

Golden Glow!



### NEW FALL FABRIC

This co-ordinated ensemble of wool and viscose features the suit and sweater for fall. The short-sleeve sweater is trimmed with matching suit fabric at the yoke and cuffs. It was displayed at the fashion show held in Toronto by the Canadian Association of Consumers to demonstrate new fabrics, their characteristics and advantages of fabric mixtures. (CP Photo)

#### HOUSEHOLD HINT

It's usually best not to mix different types of paint formulas. For example, combine latex paint only with latex paint, mix oil alkyd semi-gloss or gloss with the same type, mix four hour enamel only with other four hour enamels.

#### AIR STUDENTS

Foreign exchange students ride for half fare on West German federal railroads.

Golden ring of fresh orange segments, glowing through a glass fruit nappy; and sparkling with the true-to-life colour and flavour of Shirriff's Orange Lushus... the jelly with the Flavour "Bud" which actually contains pure liquid orange. When you have your fresh orange segments arranged inside your dishes, carefully fill them up with an almost-set Orange Lushus, then chill and decorate with more fresh orange sections. Remember, only Shirriff's Orange Lushus gives you the perfect match for fresh oranges both in flavour and colour.

QUICK! No other jelly powder beat New-Pack LUSHUS for speedy preparation!

Golden Glow!

LUSHUS JELLY

Golden Glow!

Golden Glow!

Golden Glow!

### ELLEN'S DIARY

By An Island Farmer's Wife

So to the turnip field James went this morning not to the patch on this farm, but along the fields and skirting a woodland to Rob's. Alone, as it happened, because those next in line were engaged in shingling a roof today, this time that of a house, fitting it newly with asphalt in a pleasing shade of red. They would be losing no time at the chore, anxious now to be with James gathering in the last harvest of the year, before a snap of "hard" frost should come some night to put an end to such field-work.

In the method adopted by them in recent years, the turnip tops are severed with a hoe, along some extent of drills, the roots then lifted by the potato-digger and preferably after a spell of drying, gathered in the barn-cellars.

It was a pleasant day for the work, cool and sunny; the sun encouraged James and also blessed his blessing on the young bride who vowed her vows this afternoon in the "Old Kirk" at the corner. To granddaughters' great delight, she on her way home from classes in school was able to be among the number present to witness the ceremony and to admire with little wonder and approval the bridal party, the pretty towns and flowers and setting, and all the charm and reverence which goes with the marriage service. Much happiness, we hope will follow the couples who exchange blessed loyalties on these still-golden autumnal days.

To our good fortune, it was a bride of an autumn month, we entertained this afternoon at Alderlea, one with many a high hope at heart for continuing happy days.

Two Brides—Grand-daughter, smiled tonight pleased to remark, "It's not always that folks can get two brides in one day... if I see married..." she began with a touch of whimsy.

"Ha, ha, ha!" Mack laughed, isn't that funny you married?"

"If I said, Mack, remember?" she reminded him loftily. "You'll notice that I didn't say, I would be."

"But you will," he said with a chuckle, "girls always do!"

The "ivy" on the walls about, lately so beautiful in its rich autumn shades is now bare. But not without charm in its gray traceries. Pretty too when a bouquet of sparrows drifts in from the everywhere to arrange themselves in a living posy there. And maintain their pose, still and silent. Until at a whim or the appearance of a cat, they are suddenly as one, up and away.

Now the green of the oak leaves take on autumn shadings, neither gold nor orange nor yet another green but a pleasing mixture... lovely as is the barberry bush which glows brightly against the white of the House across the Lane, when many of the shrubs are bedraggled and bare.

Yes, turnip-harvesting today... and now a showery Fall-night at the windows!

Until tomorrow—Diary—Good-night.....

#### Wife Preservers

Before putting a shirt into the household washer, button the cuffs to the front. This prevents the sleeves from knotting or winding around other clothes while they are being washed.

ANNE ADAMS PATTERNS

PARTY-PRETTY

Lovely cover-up when company comes—this apron puts you right in the party mood! Graceful curving lines, accented by dainty ruffles—flower embroidery for the gay pocket! Make one for yourself—others for gifts, bazaars!

Pattern 4624. Misses Sizes Small (14,16); Medium (18, 20); Large (40, 42). Small size 1 7/8 yards 35-inch. Transfer included.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS, (35 c.) in coin (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

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