

WOMEN

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LET'S EAT

Hallowe'en Party Fare

By Ida Bailey Allen

"Hallowe'en is a holiday I like very much," observed the Chef. "It is so bewitching! The masques, the gay decorations—" "And out with it, Chef!" I interrupted, "the good food!" "The Chef patted his waistline. "Everybody can celebrate Hallowe'en if only with interesting food. For example, my latest glazed doughnuts and hot spiced pineapple juice."

Glazed Doughnuts: Brush doughnuts all over with a mixture of granulated sugar moistened with melted butter and flavored with a little cinnamon. Heat in a hot oven about 10 min., or until the sugar melts and forms a glaze. Serve warm.

Hot Spiced Pineapple Juice: Cream, with blended maple syrup.

TOMORROW'S DINNER

Cole Slaw with Pickled Beets
Spanish Steak
Whipped Potatoes
Green Peppers Saute
Apple Betty Lemon Hard Sauce
Coffee Tea Milk

Spanish Steak: Cut 1 1/2 lbs. tender beef steak in bite-sized pieces. Place in abowl, dd 1/4 c. olive oil and 2 peeled halved sections garlic. Cover; chill 1 hr. Dust with 1/2 tsp. each salt and monosodium glutamate and 1/4 tsp. pepper. Turn once so all sides of the meat are coated with the oil. Broil or pan-fry until browned.



Hot spiced pineapple juice and cider, with pineapple sticks as swizzlers, a perfect beverage to serve with doughnuts on Hallowe'en.

Heat canned pineapple juice with 6 whole cloves to the quart. Strain; pour into a jug. Keep hot over a candle warmer.

Serve in handled punch cups with a canned pineapple spear as a "swizzle stick", studded with 2 cloves at the handle end. Garnish with several sprigs of fresh mint.

A Hallowe'en supper would be fun. For teenagers I'd suggest broiled cheeseburgers, frankfurters in split rolls, cider, apples, popcorn balls and doughnut sundaes.

Doughnut Sundaes: Split doughnuts in halves crosswise and toast. Top each half with a ball of butter pecan or maple ice cream.

turning often. Allow 10 min. for rare, 12 min. for "medium well". For a garnish, border with sauteed green peppers dotted with green peas.

GREEN PEPPERS SAUTE FROM THE CHEF

Wash green peppers; cut in halves; remove seeds; cut peppers in lengthwise strips 1/2" wide. Sauté in just enough olive oil or butter to barely cover the bottom of the pan. Season with salt, pepper and a little monosodium glutamate.

If a garlic flavor is desired, first rub the frying pan with the cut side of a half section of garlic.

ELLEN'S DIARY

By An Island Farmer's Wife

Amber, gold, bronze—these now are the reigning shades on the countryside, the bright scarlet and crimson of recent weeks, having all but faded away. Yet beautiful still are the surroundings, so much that we wonder if there will ever again come an autumn as lovely. In the tomorrow of another year will this month of falling leaves show the color, the serenity and sweet peace of this? With no rough winds about the eaves, but as we have enjoyed, the gentle breezes or that breathless, reverent stillness which goes so well with the season at hand.

"It's been a great month, hasn't it?" a young farmwife with whom we chatted this evening smiled. "Great for the field-work and the farming. And," she chuckled happily at a thought, "a good one too for weddings, it would seem. How many there have been! October will be a cherished time for some folks I'm thinking. And the anniversaries! I love to look at the wedding-

groups and pairs in the paper, don't you, Ellen? The newly-weds so happy. "And the longer married", we offered, "the quarter and up to the half-century and longer wed!"

"Yes, aren't they lovely!" she nodded. "Just think of it—I can hardly imagine the extent of time—about fifty years married," she said gently. "It's a long, long time."

"You'll notice, she's always the better preserved", James commented with a chuckle in which we both joined.

"Well, to speak truthfully," she laughed, "I never noticed that... and they always look so happy and content as though they belong together. We know such couples have seen a lot of live and living," she continued, "they've had their happy days and their sad ones."

"Disappointments, it is likely," we agreed, "in plenty. But always they have seen some nice dream come true."

"I often wonder which year of their marriage they would consider



October Bridal At Summerside

St. Paul's Parochial House, Summerside, was the setting of a pretty wedding on Thursday, October 13, at 3 o'clock when Rev. Joseph MacLeod united in marriage Mary Bernadette Heckbert and Mr. Ronald Leslie MacArthur. The bride is the

daughter of Mr. and Mrs. John W. Farmer, Kinkora and the groom is the son of Mr. and Mrs. Roland MacArthur, Summerside.

The bride chose a two-piece dress of bronze taffeta with matching shoes and bag. Her hat and gloves were of misty pink. Her ensemble

was topped by a mink jacket with a corsage of pink carnations. She should mental deterioration strike with such a vengeance when there are no other signs of chance or aging?

Mr. Paul Schurman was best man. The couple left on a honeymoon trip to Boston, New York and Niagara Falls, and will visit Toronto on return. (Photo by Sears, the Read Studio.)

London Restaurant Now Features Canadian Lobster

LONDON (CP)—A London restaurant now advertises lobster Canadienne, a delicacy which bears a Canadian name because royalty insisted upon it.

The dish was concocted by French chef Rene Roussin for a state banquet King George VI gave in 1939. Roussin recalls that Queen Elizabeth, now the Queen Mother, asked for a Canadian name because there were "some distinguished Canadian guests and anyway she was always very fond of Canada."

Roussin says his "secret recipe" includes mayonnaise and tomato ketchup, made to his own formula, cream, lobster and special seasonings. It will be among dishes served to gourmets in the 18th-century dining room of Sheppey's, a restaurant in Shepherd market.

Roussin, 60, left Buckingham Palace years ago and retired, but was lured to Sheppey's recently. His name was in the news after a television program in which a United States marine captain won \$4,000 for describing the 1939 state banquet prepared by Roussin.

Sheppey's restaurant was one of the first built on the site of the old May fair, an annual event started about 1,000 years ago and whose proceeds went to "virtuous chaste maidens" of St. James's Hospital. The Prince Regent, Beau Brummell, Charles II and Nell Gwynne were among Sheppey's customers along with Jack Shepherd, 18th-century highwayman who was hanged at Tyburn. Shepherd market was named for the bandit.

"His ghost is still with us and soon we will hold a ceremony to exorcise it in a suitable fashion," said a restaurant official.

to be the best of all?" "I'd say off hand, one before she began to ease back in the traces," James offered with a broad smile. But then earnestly, "If they both have had a fair measure of health, I'd reckon they were all good."

"As folks grow older together they become more understanding and...," we began.

"Wiser, you were going to say, Ellen," James queried. "Sometimes I think we were wiser in the young years. We remember that you have a wisdom of its own to meet its problems and cares. No, I couldn't settle on any one year as being the best. They were all, did I say good? Well, "he grinned happily, "at least bearable."

Stars tonight? Yes, And, "Did you not see it Ellen? Come then!" way to the front verandah. And James said at dusk leading the there above a quiet dim hill, against a silver sea of sky, was the bright and winsome sail of a young autumn moon.

Until tomorrow — Diary—Good-night....

ELEANOR ROSS How To Clean Awnings

Now that you're thinking of having the furnace checked and getting the blankets out of mothballs, the words "summer" and "sun" seem to have lost their meaning. They'll be here again, just the same, and you'll be happier if you prepare for them now.

CLEANING AWNINGS

Make sure your awnings are clean, whether they are to be used through the coming season or to be stored away for next summer.

Awnings have grown in popularity, along with air-conditioning, since they reduce the cost of operating air-conditioning units and make them more effective. With their increased use has come greater variety, so that you can now buy the type of awning that best suits your house—and without much searching.

The gay cotton awnings of duck, drill or canvas that come in bright stripes and solid colors have, more often than not, a coating of vinyl plastic which makes them safely washable. It's easier to suds an awning while it's in place—and safer, too, since it can't shrink while drying on the frame.

ASSEMBLY TOOLS

To wash a plastic-coated awning "on location," you'll need a stepladder, a long-handled cellulose sponge, a mop or a soft brush, plenty of big, absorbent wiping cloths, a double sectioned pair for warm suds and clear water and a garden hose.

The top side is the place to begin, first hosing off the surface dirt. Then, carefully scrub off all the dirt with a sponge or brush. It's better to suds one strip at a time, rinse it with sponge or cloth wrung out of clear water and wipe it dry with another cloth. Repeat this routine on adjacent areas until the entire surface is done. You'll be rewarded as the awning brightens magically, before your eyes.

If a vat-dyed cotton awning hasn't been allowed to get too dirty, it can also be improved with a careful washing. Follow the same general method but use dry soap suds and eliminate using the hose. You'll probably find a stiffer brush better than a soft brush or sponge, too.

If your awning is plastic-coated on top but not underneath, use this method for the underneath.

PAINTED AWNINGS

When bright colors are merely painted on both sides, and not plastic-coated, proceed with care. Aluminum awnings come with

extremely hard-baked finishes which wash very easily.

Hose the entire awning first, then wash it section by section with thick, warm suds. Rinse as you go with the garden hose or a medium wet sponge and warm water. If the louvers are movable, open them for washing and be sure to leave them open until entirely dry. A bottle brush or other small brush will make sure of getting every particle of dirt out of corners. Once dry, apply a thin coat of car wax and rub it to a polish.

The routine of sudsing, sponging, rinsing with a cloth wrung out in clear water and wiping dry with a cloth also goes for fiber-glass awnings. Be sure to leave them unfolded until thoroughly dry to prevent cracking.

Maritime Trip Follows Early October Marriage

A honeymoon trip through the Maritimes and along the Cabot Trail followed the marriage of Miss Doreen Elizabeth Howatt, daughter of Mr. and Mrs. Lloyd R. Howatt, North Tryon, and Mr. Alexander Matheson, son of Mr. and Mrs. Cuyler Matheson, Bradabane.

Rev. Lawrence Blakie, Brookfield, officiated at the ceremony at 3 o'clock in North Tryon Presbyterian Church on October 8, 1955. Miss Dorothy Matheson, sister of the groom, sang "The Wedding Prayer" before the ceremony and "I'll Walk Beside You" during the signing of the register. Mrs. Leroy Howatt, aunt of the bride, played the wedding music. The church was decorated with gladioli and mixed flowers, and the guest favors were marked with small flowers in lace avilles.

Given in marriage by her father, the bride wore a waltzlength gown of nylon over satin top ped by a jacket of Chantilly lace styled with long tapered sleeves and Peter Pan collar with seed pearl trim. A coronet of pleated nylon and pearls held her fingertip veil and she carried a bouquet of red roses.

Mrs. Lloyd Harvey was matron of honor, and Misses Elaine Chisholm and Marlene Peters were bridesmaids. Mrs. Harvey was gowned in a lavender blue waltz length dress of nylon over taffeta with matching halo and silver mitts. She carried a bouquet of yellow Aluminum awnings come with

HOUSEHOLD HINT

A touch of wax on the zipper of a ski suit will keep the zipper working smoothly and will retard corrosion from wet snow.

wore identical gowns of shrimp and yellow nylon over satin with ing halo headresses and mitts. Small bolero jackets with matching halo headresses and mitts. They carried bouquets of yellow and blue mums.

Mr. James Cummings, Emerald, was groomsmen, and Mr. James Howatt, brother of the bride, and Mr. James Snowie, Bradabane, were ushers.

A reception followed at Birch-hill Tourist Home for 75 guests where the bride's table was catered with a three-tiered wedding cake. Rev. Lawrence Blakie proposed the toast to the bride. Mrs. Bertram Thomson received the guests and Miss Mary Davison was in charge of the guest book.

The bride's mother wore a teal blue dress with light blue velvet hat and black accessories. Her corsage was of pink roses. The mother of the groom chose a light navy two-piece dress with navy accessories and a corsage of white roses.

For travelling the bride donned a charcoal suit with pink and black accessories and a corsage of pink roses.

Words Of The Wise

He is not laughed at that laughs at himself first. —(Thomas Fuller)

MARY HAWORTH'S MAIL

How To Keep The Mind Alert After Forty

DEAR MARY HAWORTH: I am writing about a problem that may concern others of your readers in my age group. The question—how can a person of 40 keep his (or her) mind alert and keen? Is there any publication outlining exercises in memory and concentration, that have proved markedly effective?

For the past year, approximately, I have grown painfully aware of a slowing-down of my mental processes—even though I am in the business world and have plenty of opportunity (and need) to keep active.

I abide by the rules of good health. I don't drink or smoke, and I supplement a good diet with vitamins. After a complete physical check-up, with blood tests, etc., my doctor says I am in excellent condition; so my complaint can't have an organic basis. Also I have no personal unhappiness from which I might be trying to "escape into a mental fog. My life has been extraordinarily free of "unhappy situations."

SELF CONFIDENCE

It is common knowledge that older persons think and learn more slowly; but what is "older" age? Should mental deterioration strike with such a vengeance when there are no other signs of chance or aging?

I was planning to return to the university for some postgraduate work; but have almost lost the self-confidence it takes to compete with the keen minds of the younger students. In fact my fuzzy brain is undermining my self-confidence in many respects....

Your column represents an amazing cross-cut of humanity and we are continuously impressed by your penetrating but sympathetic insight. We often wonder if your "patients" have the strength of character to abide by your advice. But alas, the last chapter of the story is never divulged.

SENSE OF FAILURE

DEAR R.S.: Assuming your diagnostician finds no organic disorder to account for your mental dullness this past year, then the cause, very likely, is emotional or neurotic.

You, age, 40, would not of itself bring a sudden dip in the ability to concentrate, learn and think. However, an undertow of unconscious fears of social failure, loneliness, old age, death, etc., and a complex of untaught frustrations, that were newly agitated by your reaching 40—which may be a turning-point age to you—could be clouding your faculties nowadays.

Your tentative idea of returning to college for postgraduate study suggests time on your hands, and nothing resolved thus far, as regards your life work. It also suggests a backward-turning grope, towards what you may feel were "the best years of your life"—namely, the college-age years of looking ahead, blindly optimistic that the future would surely turn out for the best.

From which I infer that your



Gallant—Gallant Vows

Mr. and Mrs. Alphonse Gallant are pictured following their recent marriage in St. Paul's Church Summerside, on October 8. The groom is the son of Mr. Auben Gallant, Mt. Carmel, and the late Mrs. Gallant. (Photo by D. W. Sears).



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Continued on page 9

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1 cup Kellogg's All-Bran 1 cup sifted flour
1/2 cup milk 2/3 teaspoons salt
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1/2 cup soft shortening 1/2 cup sugar

Combine All-Bran and milk. Let stand until most of moisture is taken up. Add egg and shortening; beat 1 min.

Mix together: flour, baking powder, salt and sugar. Add to first mixture, stirring only until combined.

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