

# WOMEN

Page 8 The Guardian, Tuesday, June 28, 1955

## LET'S EAT

### July 4th, New England Favors Boiled Salmon

By Ida Bailey Allen

"In homes all over New England, a traditional boiled dinner will be served on the Fourth of July," I explained to the Chef. "What kind of meat will be used, Madame?" he asked.

#### Fresh Salmon

No meat, Chef. The main dish will be boiled fresh salmon, accompanied with garden-fresh vegetables.

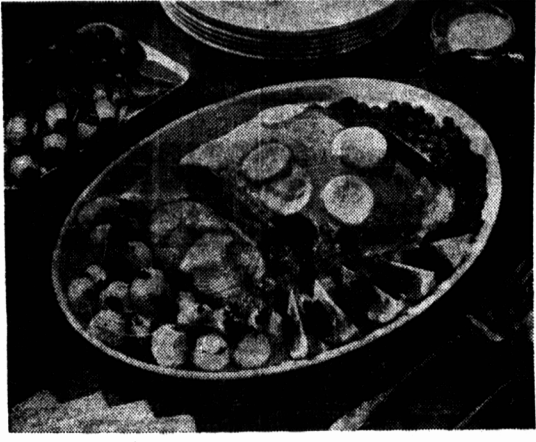
"Fish, you know, was a mainstay in the menu of the early days of this country; salmon was considered the finest fish of all. It was boiled, because in those days even-heat was not available at

the bottom of a good-sized shallow saucepan. Pour in water to the depth of 1 1/2". Add 1/4 tsp. pickling spice, 1/2 tsp. vinegar and 1/4 tsp. salt. Bring to a rapid boil.

Wrap a 3 lb. section of fresh salmon in cheesecloth. Lower it into the water. Cover and simmer for 20 min. Lift out the fish and transfer to a hot large platter. Pour over egg cream sauce. Garnish with the vegetables to be served with it.

Egg Cream Sauce: To 2 c. white or cream sauce add 1/4 tsp. table-mustard, 1 tbs. minced chives or tender portion scallion tops and 2 chopped hard-cooked eggs.

New England Strawberry Short-



BOILED SALMON, the traditional main course for a New England Fourth of July dinner, is served here with an Egg Cream Sauce.

the flick of a switch. But it was both easy and practical to put an impressive section of salmon as large as a pot roast of beef, into a kettle and swing it over the fire on the hearth to cook."

#### Typical Menu

Here is a menu typical of the meal that will be enjoyed on Monday in many New England homes.

#### FOURTH OF JULY DINNER

Frappe Tomato Juice  
Boiled Salmon Egg Cream Sauce  
Parried New Potatoes  
Green Peas  
New Lettuce Salad  
New England Strawberry Shortcake Cream

Recipes Proportioned to Serve 4 to 6

Boiled Salmon: Place a rack in

cake: Make 1 recipe for rich biscuit dough by a simple recipe: 1 1/2 cups flour, 1/2 cup shortening, 1/2 cup milk, 1/2 tsp. salt, 1/2 tsp. baking powder, 1/2 tsp. sugar, 1/2 tsp. vanilla. Spread the dough into an oiled 8" square pan. Bake about 25 min. in a hot oven. 400 degrees F. Cool slightly.

Then split and butter. Put together and top with plenty of sliced strawberries. Serve warm. Pass heavy cream.

#### FRAPPED TOMATO JUICE

To 1 (No. 3) can tomato juice add 1 tbs. vinegar, 1 tsp. sugar, 1/2 tsp. salt, 1/4 tsp. monosodium glutamate, 1/4 tsp. onion salt, 1 tsp. Worcestershire and 6 drops tabasco.

Turn into a freezer tray; freeze until crystals form around the edge; then stir and freeze about 15 min. longer, or until it begins to re-solidify.

Serve in cocktail glasses.

## It's A Slim New Look For Pretty Lingerie

By ELEANOR ROSS

mean, of course, that ribbons and ruffles have been discarded; but they have been used skilfully. A slip or nightgown may have underlayers of pastel net low on the skirt or about the hemline. Or the trim may be narrow blue velvet ribbons set between small ruffles of shirred net.

Some of the elegant touches are: embroidered net panels that underline the bust and form a deep torso silhouette, all-over embroidery on the bodice and scalloped lace at hemline or bust.

Embossed Batiste Two of the most outstanding lingerie fabrics for warm weather are embossed batiste and dactron-and-cotton blends, both easy to wash, both comfortable at all times. There's also a wide array of printed cottons, some with superimposed embroidery that makes the print pattern extra rich and dimension.

No Ironing While most lingerie fabrics require little or no ironing these days, there will always be women who are quite willing to spend a few minutes at the ironing board in order to get the kind of garments they prefer. For these perfectionists, there are lovely cottons, silks and crepes.

White invariably takes the lead in warm weather lingerie, but lemon, lime and lavender are coming along fast, beautiful additions to the blues and pinks in the lingerie wardrobe.

Even though these delicate colors are washable, it's just as well to launder them separately from your white garments. White nylon, remember, is apt to pick up a tinge from even the palest colors in the same wash water.

Cook's Corner

SPICE DROP COOKIES

1 cup brown sugar  
1/2 cup butter  
1 cup chopped raisins  
1 cup walnuts  
1 1/2 cups flour  
1/2 tsp. soda  
2 eggs  
1/2 tsp. vanilla  
Cream butter and sugar then add eggs (beaten well). Sift flour, soda and spices together, sifting part over flour and adding remainder to egg mixture, add vanilla and fruit and pour on greased pan. Bake in moderate oven

Wife Preservers

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MR. AND MRS. RAYMOND LARGE

On Saturday, June 11, 1955 a quiet wedding took place at Trinity United Church, when Rev. W. B. MacPhail united in marriage Elaine Christine, daughter of Mrs. Colin A. MacPhail and the late Mr. MacPhail, North River, and Raymond Campbell son of Mr. and Mrs. Eldon Large, Albany. The bride wore a light blue crepe dress, with white accessories and a corsage of white carnations and lilies of the valley. The bride and groom were attended by Mr. and Mrs. E. Philip Perry.

for relatives and friends of the bride and groom. The toast to the bride was proposed by Mr. Philip Perry to which the groom fittingly responded. The newly weds left by car on a short trip through the Maritimes. Prior to her marriage the bride was presented with two lovely gifts from the Department of Health and Welfare of which she is an employee. Also on June 8 a miscellaneous shower was held at her home in North River when she received many lovely gifts.

(Garnham Photo)

## ELLEN'S DIARY

by an Island Farmer's Wife

Today for Granddaughter, who managed nicely her grading tests, came the school closing, sealing the term with a shore-picnic to stamp the occasion indelibly in young memories. It is a happy day and time for the pupils. Vacation days come now a carefree, enjoyable period, in which to brown and strengthen young bodies, to rest and refresh young minds.

There was for her and her schoolmates the regret of their teacher's going, the second such parting for them within the past year of school. And we wondered if when relationships are as congenial as those which existed between our teachers and taught in that time, those leave-taking do not make certain scars in young hearts? Or has providence blessed them with forward-looking spirits which says "The best is yet to be?" We hope so. We owe to some concern ourself. We feel a community has lost much when a teacher well acquainted with the ways and abilities of her or his pupils must be up and away.

And the day was blue-skied, sunny and fair, such a summer day as lingers in the minds of Island-born abroad wherever they may be—such a one as calls them back to it in person across leagues of distance to vacation amid the loved scenes of the place that is "back home."

"I remember it all so well" an Island-lad of once wrote recently from a far California place, "though it has been many years since I left there and my visits home have been few and hurried

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## MARY HAWORTH'S MAIL

### Formerly Overweight Girl is Still Shy

DEAR MARY HAWORTH: I am a teen-age girl, a junior in high school, and until last summer I was very much overweight. I was nervous and abnormally shy, especially around boys.

Now, although I have lost 30 pounds, I still experience the same shyness, the same nervousness and the same feeling of discomfort around boys. Recently I turned down an offer to meet a boy who, in my estimation, is one of the finest and most decent boys in the city, merely because I was scared to death.

I am an honor student in high school and most of the boys think of my shyness as conceit. I would be most grateful if you can give me any helpful suggestions.

Also now that I have lost weight, I would like to know if you could advise me as to what styles would suit my particular figure. I am five feet, eight inches tall and my measurements are 35"-26"-38". I shall be very grateful for any guidance that you may offer.

S. F.

She is Moving Toward Light

DEAR S. F.: It is good that you are beginning to work at reducing your social handicap, because only by tackling the problem somehow, can you locate and eliminate the overlapping causes. Having got rid of excess poundage, you now discover to your dismay that a lovely lithe figure doesn't automatically win friends and put you at ease. But there is progress in this recognition; if it jolts you into further effort to help yourself to happiness.

At this writing you are face-to-face with a fact that psychologists and diagnosticians have been emphasizing of recent years—namely that overweight isn't so much a cause of social maladjustment, as it is a symptom of perhaps a by-product of hidden difficulties. These difficulties may be neurotic or physical in nature, and sometimes physical causes of overweight tend to launch a chain reaction of neurotic upsets too.

Neurotic or emotional causes of overweight figure as follows: Ingrained timidity, excessive fear of failure or ridicule, undue self-contempt, feelings of discouragement, may impel a person to shrink from the risks of bidding for friendship and social acceptance. He falls back upon himself, becomes increasingly isolated from others, and attempts to assuage his hunger-for-life by eating excessively—as if food were the only safe consolation or pleasure confidentially available to him. Thus he gets fat, which adds to heaviness of spirit and leaves the original problem intact—or worsened perhaps.

Read To Ripen Understanding

The physical basis of false appetites and neurotic distress may have to do with "blood sugar starvation"—as told in Dr. E. M. Abrahamson's astonishing book, "Body, Mind and Sugar" (Holt), written in collaboration with W. Pezet, a journalist and grateful patient. I advise you to read the book, and discuss its theories with your parents and doctor. There is a possibility that your shyness, nervousness, etc., could be relieved by blood sugar therapy.

For guidance in getting along with boys, study Dr. Clifford Adams' book "How to Pick a Mate" (Dutton), and pay close attention to Chapter 8, titled "Attracting The One You Want."

How to dress? That depends upon so many things—your coloring, temperament, way-of-life; also upon the way you want to look. Today's long torso lines and graceful wide skirts should flatter your willowy figure. But then again you may be the shirtwaist type who looks most feminine in tailored things. To gain fashion know-how, follow a magazine—say Charm, or Mademoiselle—that fosters style sense in the young girl.

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

HOUSEHOLD HINT

Don't throw away the worn linoleum which you are replacing with new in the kitchen or bathroom. Cut the best parts into place mats, paint on both sides, and decorate with your monogram or any desired design.

Words Of The Wise

The men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces, and took the changes and chances of this mortal life like men, facing rough and smooth as it came.

ENTERTAINED AT SHOWERS

Before her marriage the bride was entertained at the home of Mrs. E. E. Clawson. About twenty-



## Notting-Aitken Wedding

The principals in the Notting-Aitken wedding, which took place on June 17 at Trinity United Church are, reading from left to right: Mr. Thomas M. Notting, groom; Mr. Joseph Notting, best man; Mrs. Thomas M. Notting, bride; Miss Laverne Aitken, bridesmaid; Mrs. Charles Aitken, matron of honor.

The marriage of Dameris Mary, daughter of Mr. and Mrs. John M. Aitken, Lower Montague, and Thomas MacLaren Notting, son of the late Dr. E. S. and Mrs. Notting, Charlottetown, was solemnized at 6:00 p.m. on Friday, June 17, at Trinity United Church, Charlottetown, which was tastefully decorated with apple blossoms and spring flowers.

The ceremony was performed by the Rev. A. F. MacLean. Miss Maida Rogerson rendered "The Lord's Prayer" during the signing of the register, and was accompanied by Mr. Thompson, organist of the church.

The bride, given in marriage by her father, was attended by Mrs. Charles Aitken, matron of honor and Miss Laverne Aitken, bridesmaid.

The bride wore a floor-length gown of white swiss-dot organdy, with Elizabethan collar and lily-point sleeves. Her shoulder-length veil, studded with rhinestones, fell from a Juliet cap. Her bouquet was a red sweetheart roses and white carnations.

The matron of honor and bridesmaid wore similar wait-length dresses of frosted blue organdy, with white moon-shell hats, and carried nosegays of pink, yellow sage of deep pink carnations.

The bride's table was centered by a two-tier wedding cake, artistically decorated and topped with pink roses. The toast to the bride was proposed by Dr. Harold Stewart, and replied to by the groom.

The bride chose for her traveling costume a rust taffeta dress with white accessories and a corsage of yellow roses.

The newly-weds will reside in Montreal, where the groom is employed as a radio operator and technician.

Out-of-town guests included Mrs. George McCrae, Petawawa, Ont., and Mrs. Joseph Notting, daughter, Suzanne, Amherst, N. S.

Following the ceremony a reception was held at the home of Mrs. E. E. Clawson.

Gay tulips and potted plants provided a decorative setting at Sacred Heart Church, Borden, on June 15th, 1955, at 9 a. m. for the marriage of Mary Leona Gallant, daughter of Mr. and Mrs. Archie Gallant, son of Mrs. William Pickering, and the late Mr. Pickering of Borden. The nuptial vows were heard by Rev. Preston Hammill who also celebrated the nuptial Mass.

Wedding music was played by Mrs. Clinton Howatt, and the choir sang appropriate hymns.

Given in marriage by her father, the winsome bride was attired in a white floor-length gown of nylon net over taffeta, fashioned with strayless bodice and lace bolero. She had a shoulder length veil and carried a white prayer book with satin streamers.

The maid of honor, Miss Yvonne Gallant, sister of the bride, wore a blue strapless dress of nylon net over taffeta with lace bolero, and carried a nosegay of yellow roses.

The bridesmaid, Mrs. Gordon Woodman, wore a canary yellow dress of net over taffeta with matching headpiece and carried a nosegay of pink roses.

The best man was Mr. Gordon Woodman and ushering the guests was Mr. Melvin Arsenault.

Following the ceremony a reception was held at the home of Mrs. E. E. Clawson.

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## KEEP IN TRIM

### Shape-Ups For Upper Arms

Why do upper arms tend to take on flabby fat and what can be done to beautifully middle age arms? This is a frequent request, particularly at this season. The triceps muscles which flank the backs of the upper arms are one of those difficult-to-keep-in-tone areas, simply because they are used very little in everyday movements. Fat gravitates to the least used spots which makes matters worse. Also, anything that stimulates circulation in the upper arm is a beauty measure. When you



who takes off pounds and finds the triceps sagging sadly due to lack of tone. It takes a special exercise technique to tone the triceps. The routine can be simple, but the action must be in the groove. To find the position and the action that is most effective... bring both arms up about chest level, elbows bent. Then place left hand on the back of right upper arm, on the flabby spot. Now, vigorously thrust right arm forward. Feel the triceps go into action. From that position, and using the action thrust, you can work out any number of toners.

Clenching fists, strike out forcibly with alternate arms. Or a punch away at an old sofa pillow, suspended in the doorway. To add resistance, stand arms distance away from wall, palms of hands against wall, a bout chest level. Then resisting with

arm muscles, touch chest to wall and, pushing with arm muscles, push away from wall slowly. Another good resistance exercise is to place fist in palm of one hand and push hands forward as far as possible, then return, again resisting. At the height of the movement hold for a slow count of five—for hold increases tone.

Anything that stimulates circulation in the upper arm is a beauty measure. When you

take a shower, make a regular practice of letting the water beat directly on that flabby spot. Routinely rub backs of arms with figure salons, coarse wet salt is often used, and the technique is to rub the flabby area with wet salt. A routine way to help overcome flabbiness in this area is to always carry the arms with the inside of the elbows—the soft part at the bend of the elbow—TOWARD the body, with backs of hands forward. Field this way, the slight pull directed through the triceps helps to tone them.

The most popular summer exercise is swimming and that is a natural for beautifying upper arms—the water offers resistance. Fact is, swimming is such perfect exercise that you can skip all calisthenics if you swim regularly.

## ALICE BROOKS DESIGNS

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tion and wedding breakfast was held at the Red Rooster Restaurant in Craupud for the immediate families.

The newly-weds left on a honeymoon trip to Boston and on return will visit the Cabot Trail. The bride chose a pink gabbardine suit with white accessories for travelling.

On their return home Mr. and Mrs. Pickering will reside in Borden where the bride is a popular telephone operator and the groom is an employee of the M. V. Abegweit.—L.

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