

Foreign Foods At Home In American Kitchens

By Ida Bailey Allen

"American homemakers are certainly interested in many foreign foods," observed the Chef, as we milled along with the crowd at the International Food Show in New York City. "Right now the pizza is what is called high style."

"Look, Madame, at the number of people lined up at this exhibit for a sample taste of the pizza piccola, or little pizza, made with English muffins instead of regulation pizza dough."

"I think our homemakers would like to serve my new hurry-up pizza for Sunday brunch, Madame. It is quite glamorous."

"And good for a late Sunday supper, too, Chef. In this case, the pizza could be put together early in the day and refrigerated already to pop into the oven to bake and brown later."

Hurry-Up Olive Sauces Pizza (Makes two 9" pies): First start 1/2 lb. sausage meat to slow-fry in a skillet. Spread and stir with a fork for even cooking. When well-browned, drain off the fat.

Meantime, prepare 1 (12 1/2 oz.) pkg. pizza pie mix dough according to directions on the pkg. Divide, pat and stretch to cover the bottoms and part of the rims of two (9") slightly buttered pie plates.

Combine and mix the cooked sausage, pizza sauce from the pkg. and 1/2 c. sliced pimiento-stuffed green olives. Spread over the pizza dough.

Top with slices of mild Cheddar cheese. Sprinkle with 1 tsp. olive oil or melted butter. Bake 20 min. in a hot oven, 425 degrees F. or until golden brown.

Garnish and border the edge with additional sliced stuffed green olives.

HOLLAND HAMS

The next exhibit we visited was a display of Holland hams. I observed the Chef. "Some of the world's most satisfactory cooking is done in Holland. These hams come in five sizes from 1 pound up to 8 there's a size for every occasion."

"I've often bought a small size can, Chef; refrigerated the ham, then sliced it thin to top open sandwiches of enriched bread

spread with pineapple chutney. The garnish, lettuce on one side, cucumber slices opposite and on top of the ham, a sweet pickle cut like a fan."

"A decorative baked ham is appropriate for dinner or a party," continued the Chef.

"In Holland I tasted a fine cherry-baked ham, very impressive to see, very good to eat and almost no work to prepare."

"Stud a canned Holland ham of the size required with whole cloves. Cover with a thin layer of brown sugar moistened with a little pickled sweet cherry syrup. Bake 8 minutes to the pound at 375 degrees F. Garnish with whole pickled cherries stuck on with cloves."

Sunday Dinner: Straw-herb fruit cup; cherry-baked holland ham; potatoes rissolo; buttered fresh asparagus; griesmell pudding; hot or iced coffee or tea milk.

All measurements are level recipes proportioned to serve 4 to 6.

Griesmell Pudding (Netherlands Favorite): In a double boiler top, heat together 1 pt. whole milk and 3 tsp. sugar.

Mix together 1 c. enriched light farina mixed with 1/2 c. additional cold milk and stir into the heated milk. Cook-stir over hot water 15 min.

Then add 1/4 tsp. salt and 1 tsp. cornstarch with 1 additional tsp. milk and stir in. Cook 5 min. more, stir occasionally.

Remove from the hot water. Add 1/2 tsp. almost or pure vanilla extract. Beat 2 egg white stiff and fold in. Refrigerate in a sherbet glass with melted red currant jelly as a sauce.

Clam Chowder Two Ways: Clam chowder is easy to serve. Take your choice of creamed chowder, Manhattan style (with tomato), or fresh chowder, New England fashion (made with milk).

Tomorrow's Dinner: Clam chowder; escalloped haddock and potatoes; beefs and beet tops; malo-lettuce salad; canned corn, topped with sliced rhubarb; hot or iced coffee or tea, milk.

Trick of the Chef: Season canned Manhattan style clam chowder with a touch of oregano for that subtle flavor.

WOMEN

Page 8, The Guardian Tuesday, June 5 1956

HAPPENINGS

Princess Margaret is expected to begin her East African tour Sept. 18 at Mombasa, the deputy governor of Kenya, Sir Frederick Crawford, said Saturday.

The Princess will fly direct to Mombasa from Europe, spend a day there and then embark on the royal yacht "Britannia for Zanzibar and Mauritius, visiting Tanganyika and Kenya later.

Mr. and Mrs. Alfred Bagnall left Saturday for Quebec where they sail on the Empress of Scotland for Great Britain. They are thus covering another portion of their journey around the world. During their visit on Prince Edward Island they were enthusiastic and appreciative of the hospitality they have received from all relatives and friends. Their only regret was that their visit was so short.

One of their parting expressions of goodwill was: "It has been an unforgettable experience and we should like to have stayed longer to know you better." While in the Province, Mr. and Mrs. Bagnall were registered at the Queen Hotel.

Mr. and Mrs. W.R. LePage, of the River Road, entertained at a buffet supper the staff of the LePage Shoe Company last week at their residence. The guests of honour were Miss Florence MacLean, R.N., and Mr. Don Wonnacott whose marriage takes place this early summer.

The Presbyterian Record for June carries this item:

In Zion Church, Charlottetown, Prince Edward Island, on March 18, a sterling silver chalice and eight communion plates were presented to the congregation by Mrs. George Schleyer, in memory of her mother, Mrs. Murdoch MacKenzie. The Rev. William H. Brown, minister of Zion church, conducted the service of dedication.

BRACKLEY POINT W.I.

The May meeting was held in the hall on the evening of the 10th a week later than the regular date, due to the musical festival. Seven members and three visitors were in attendance and roll call was answered with household hints.

It was decided to send a shipment of goods to the Prudhoms are to be made at the next meeting. The directors were asked to engage a three act play or other entertainment, if possible, to be presented in the hall.

The sick committee sent a box of chocolates to a resident in hospital and a gift to a new baby in district. The school visitor reported the need of Ajax cleanser for wash room, and presented a bill of \$4.70 for school supplies. The Government grant of \$2.50 was received \$1.00 of which was sent to the Jubilee Endowment Fund.

Correspondence was read and given due consideration. Collection was \$2.90.

Mrs. George Shaw invited the meeting for June, where roll call will be answered by each member passing in the amount of double her shoe size.

Lunch was served, supplied by the members, the hall being conveniently equipped with dishes and their utensils. The meeting closed with the Queen.

The April meeting was also held in the hall on the 12th with a small attendance, due to poor travelling conditions.

LONG CREEK W.M.S.

The May meeting of the Long Creek W.M.S. met at the home of the secretary, Mrs. Reg. MacFadyen, fourteen members and two visitors present. Meeting opened by singing "Mothers prayers have followed me." Scripture reading was taken from John, chapter 15, verses 1-12, followed by the Lord's Prayer repeated in unison.

Mrs. George MacLean had charge of the devotional period, the theme being "Forgiveness." Hymn 400, "I am so glad" brought the devotional to a close. Minutes of previous meeting were read and adopted. Collection amounted to 5.65. One member paid dues.

Special collection for the "Academy Fund," amounted to \$7.00. Four members contributed to our "Birth-day Box." "A Thank you" note was read from Miss Grace Strang.

The members will meet with Mrs. Mal Jim MacNeil for their June meeting. Mrs. Tupper Strang devotion leader. Roll call next meeting to be answered by naming a missionary station where she is located. The Mizpah Benediction brought the meeting to a close. Lunch was served by the hostess and a social time spent.

Dr. Stanley Bagnall, former dean of dentistry at Dalhousie University, and Mrs. Bagnall entertained at the Royal Yacht Squadron Club, Halifax, in honour of Mr. and Mrs. Arthur Bagnall.

Mr. and Mrs. Manning Bagnall entertained at the Riverside Golf Club, Saint John, in honour of Mr. and Mrs. Arthur Bagnall.

"A man Called Peter," the book written about Dr. Peter Marshall by his wife has been read by millions.

At the recent 112th annual convocation Hall, University of Toronto, the graduating class was one of the largest of recent years.

It is of interest to hear that the convocation speaker was the Rev. Dr. George M. Docherty, formerly of North Church, Aberdeen, Scotland, and now successor to the late Dr. Peter Marshall in the New York Avenue, Presbyterian Church, Washington, D.C.

Mrs. Stanley Leftly, Toronto, who is visiting in Charlottetown entertained at a delightful dinner-party last week at the Charlottetown Hotel. Her guests of honour were the staff of the Fashion Shoppe, Great George Street.

Camp Keir, French River, Prince Edward Island has these dates reserved: Boys, July 4-13; Senior Girls, July 18-27; Junior Girls, August 1-8; Young People, August 25-September 3.



WILL VISIT ISLAND

Miss Doris B. Saunders, National President of the Canadian Federation of University Women will visit Charlottetown, June 17, and 18. She will be the guest of the Charlottetown Branch of the Federation. The branch will hold a luncheon in her honour on Monday the 18th.

visit to Prince Edward Island she will be taken on a motor trip to various points of interest on Monday afternoon.

Associate professor of English at the University of Manitoba, she received her education in the Winnipeg public schools, U. of M. and Oxford University, the last on a travelling fellowship of the C. F. U. W.

THE VACANT CHAIR

A Tribute to the late Leo Chaisson - Secretary of Education who passed away on April 13, 1956.

In the Education Office there is a vacant chair, A chair left vacant on a sunny April morn; A man who did his work with right good will Has left a chair which is very hard to fill.

Dear friend, you have served your Country well, The good you've done Eternity shall tell; When the murderous Hun came roaring on, The Khaki you did not hesitate to don.

But now you've answered to a higher call, In the early morning, as the sun-beams fall; Little did we think as five o'clock drew nigh That this was our last fond goodbye.

We, who knew and loved you, can ever tell You served your fellowmen, your church as well; Your pleasant smiles and blithe-some song Lightened other's burdens as they trudged along.

So now for one we held most dear



Korrey - Sheppard

Guests from several out of town centres were among those who witnessed the wedding in Stoney Creek United Church at three o'clock, Saturday afternoon, May 19, when Gwendolyn Ruth Sheppard R.N. became the bride of James S. Korrey of Oakville, Ont.

Before a white floral background of lilies and snapdragons arranged in tall standards, and Miss Catherine Jackson, Stoney Creek, and Miss Carla Kuchard of St. Catharines, junior bridesmaid wore apple green.

Each attendant carried a basket of daisy mums, sweet peas and stephanotis.

Mr. Harry Shama of Charlottetown, P.E.I., attended the groom and the Messrs. Robert Nicholson and Fred Weeks, both of Toronto, and Mr. Richard Kinsman of Binbrook, ushered the guests.

Organ music by the Harold Johnson accompanied the soloist Mr. Lloyd Oakes, cousin of the bride, as he sang "Because" and "The Lord's Prayer."

Receiving one hundred and fifty guests at a reception at Prudhoms' Garden Centre the bride's mother was wearing navy silk, with nylon net over dress, featuring a white pleated skirt panel. Her accessories were white and her corsage was of Better Times roses. The groom's mother assisted, attired in navy lace and crepe, with accessories in white and wearing a corsage of Talisman roses.

Following the reception the bride and groom left by plane for Miami, Florida; the bride wearing a mist blue fitted suit with pink accessories, and corsage of Sweetheart roses. The couple will reside on Riverside Drive, Oakville.

The monitor of an apartment house in Milwaukee, Wisconsin, set fire to the building because, he said, after 15 years the work was getting too much for him.

ELLEN'S DIARY

Seeds In The Kitchen

Despite the whims of this spring-time, now fretful and sullen and again cheerful and dimpling in lovely promise, a first patch of grainland was seeded this afternoon by our farmers.

Spared to it for still another seedtime after his lengthy and interrupted record, James himself performed this rite, loving it, we are sure, happy to be privileged to come once more to the singular joys of that office.

This year in a new departure from the expected, the old seeder of the place has been rested in favor of wider but nonetheless ancient machine. Hastened now by the passing season, this is the last time it is obvious later that the afternoon passed altogether pleasantly and with satisfying results for James in that distant quiet field of the farm. How gently at such times the peace and healing of the fields seep into the mind and heart of the worker, bringing to him a Balm-in-Gilead, unaware, until at length every "carking care" and trouble that had loomed largely and subtly back into perspective which all but wears them away.

With the sowing, the cultivation continues with the younger farmer and Rob and after school Jamie, C. of the grandchildren taking his turn too, on the tractors, turning up to new red the fields.

Now for us, the finches are back to the lawns in flashes of yellow and chartreuse to build again we hope in the Caragana hedge which thrives and grows quite prettily about the tiny front lawn of the house across the lane. Just beyond a window of that kitchen, a pair has been pleased to make their home in recent summers to let the children learn at first hand more about the interesting world of birds.

These days, after habits of years, the farmers bring in to this old kitchen the various seeds for the cropping, respected clover and alfalfa and timothy—and mangel, in sacks and in packets.

With the same words, James saying, "We'll just leave these here for now, Ellen. They won't be in your way" And not stopping to wait for a reply, knowing that these potentials of our harvest stand high in our regard. What in comparison are other furnishings of little value. Given favorable weather, these are our assurance of every material gift of the farm—nice meadowlands and pastures, replenished lofts and bins.

"Tired" James repeats our comment, coming now after long hours in the field to the comfort of the old armchair. "Oh, I guess a little. But the time's slipping by, and it was good to get a bit of grain in and covered, not much to be sure, but it's a start anyway. Nor if tomorrow, is fine," he smiles commencing to unlace the work-boots that today walked many a mile.

Until tomorrow ——— Diary ——— Good-night.

MORNING SMILE

He: "Can I turn off the hall light?" She: "You may."

He: "Can I turn off the ceiling light?" She: "Sure James."

He: "Can I turn out the bridge lamp?" She: "Why, Yes, Jimmy."

He: "Now that it's dark in here, can I ask you a question?" She: "Yes, dear."

He: "Do you think this luminous necktie is worth two bucks?"

She: "I'm in lipstick on the back door of a tavern in Peoria, Ill., which had been robbed of \$175 was a message from the thieves advising that the tavern doors be kept locked."

ALICE BROOKS DESIGNS



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HOUSEHOLD HINT

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Words Of The Wise

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COOK'S CORNER KEEP IN TRIM



BAKED RHUBARB BUTTER CRUNCH

Mix: 3 cups fresh rhubarb 1 tbs. flour 1/2 cup sugar 1/2 tsp. nutmeg

Put in greased pan, 10x6x1 1/2, approximately. Set aside.

Mix: 1 cup brown sugar 1 cup rolled oats 1/2 cups sifted flour 1 tsp. salt

1-3 cup shortening, as you would in making pastry.

Sprinkle this mixture over the top of rhubarb in pan and bake 30 to 40 minutes until crisp and brown in 375 deg. oven.

We breathe a sigh, we shed a tear; Although on earth we shall meet no more, We shall meet in Heaven on the Golden Shore.

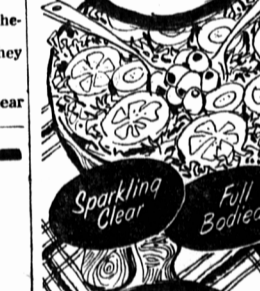
Your life has been a glowing light For all who wish to tread the paths of right, You are free from worry, free from harm, Around you is a protecting arm, We, to whom you've always been true.

We, your colleagues shall miss you, Memories now are all that we have left, May God bless all you've left behind.

Millar MacFadyen.

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Will - Power Wanes Under "Sweet" Habit

By Ida Joan Kala

When it comes to the "sweet" habit, will power wanes, many of you lament, and ask how to deal with the overpowering cravings. The way to break any undesirable habit is to put a good habit in its place, and this most certainly applies to food habits. Nutrition knowledge can help you to deal effectively with the sweet habit.

First, understand that the craving is not based on a true physiological need. Rather, it is a craving you have created by habitually eating too many sweets. Sweets furnish quickly absorbable sugar which rapidly forces the blood sugar level high, stimulating insulin production.

Sweets satisfy hunger for the time being—but, since they are quickly burned, they do not sustain the blood sugar level and hunger reappears.

PROTEIN STAYS LONGER

There is evidence that hunger is linked to blood sugar, and that protein foods—lean meat, fish, fowl, eggs, milk and cheese—maintain the blood sugar level and control hunger. In other words a meal that contains protein stays with you longer. Having a protein food at breakfast is a help in breaking the sweet roll or toast, jelly and coffee, leaves the stomach quickly, say in a little over an hour, and in the middle of the morning you feel all-gone and in need of a pick-up.

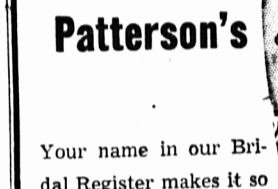
When you curtail sweets, you will crave them for a time, for the mechanism which the body has set up to handle the accustomed inflow of carbohydrate is still in full force. The hankering is only temporary, and high protein, low-calorie meals will not only enable you to lose weight, but will help you to break the sweet habit. Realizing this, you will want to say "No, thank you" to rich desserts.

When breakfast includes an egg or two, or an egg and a strip of lean bacon, plus a thin slice of toast with 1/2 pat of butter, fruit juice and coffee, you will not feel hungry until lunch time. Calories: From 250 to 300, little more than a sweet roll and coffee breakfast.

BUTTERMILK FILLING

The actual bulk of the meal contributes to satisfaction, therefore add a crisp, chewy salad with limited dressing. A glass of buttermilk is filling and furnishes needed nutrition. If you do not like buttermilk, you might prefer hot soup prepared with skim milk. With that milk you will not feel the need of a sweet.

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