

WOMEN

Page 8 The Guardian, Thursday, July 21, 1955

LET'S EAT

Summer Dining Means Cool, Simple Meals

By Ida Bailey Allen

"SUMMER is an easy time to entertain. Formality vanishes with the warm days of June; simple meals, casually served, are really smart. Perhaps a bridge game is on for the afternoon. A luncheon of one course and a beverage is ample to precede it. Any suggestions, Chef?"

"Oui, Madame. The food must not only be well-chilled, but it must look cool."

ONE COURSE BRIDGE LUNCHEON

Frozen Chicken Almond Salad in Tomato Aspic Rings
Buttered Egg Rolls
Pickled Peaches
Hot or Iced Coffee

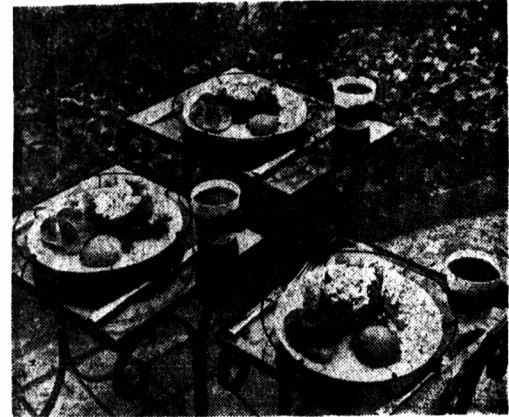
"It is no more trouble to make frozen chicken almond salad than

lime or lemon shade. If a glass-topped table is available, it looks and feels cool. If no doilies are used, stage this luncheon on a vine-shaded verandah, on the terrace, in the garden, or in the grape arbor and it's sure to be a success."

Now let's talk about the weekend meal.

SUNDAY DINNER

Chilled Grape Fruit Cup
Roast Beef Pan Gravy
Potatoes Roasted in Pan
String Beans
Lemon Chiffon Pie
Hot or Iced Coffee or Tea
Milk
Fifth Avenue Gelatin: One of New York's swankiest Fifth Avenue restaurants always includes a fruit juice gelatin on the menu; orange, lemon, apricot, pine-



FORMALITY VANISHES on hot to serve light, easy-to-fix one-

course luncheons on paper plates.

apples, and grape juice are very popular. These gelatines are rarely solidified and are served with a half scoop of unsweetened whipped cream at the side, to be eaten or not.

TOMORROW'S DINNER

Chilled Vegetable Juice
Broiled Haddock Paprika Butter
Tossed Green Pea Salad
Apricot-Orange Gelatin
Hot or Iced Coffee or Tea
Milk
Apricot-Orange Gelatin: Prepare 1 pkg. orange-flavored gelatin dessert adding 1 1/2 c. hot water. Stir until dissolved. Then mix in 1/2 tsp. lemon juice and 1/4 c. apricot nectar. Refrigerate hrs., or until it barely holds its shape.

PAPRIKA BUTTER FROM THE CHEF

Melt 3 tbsp. butter. Do not brown it. Stir in 1/2 tsp. onion salt and 2 tsp. paprika. Pour over broiled fish, burgers or steak.

Words Of The Wise

The only place a new hat can be carried into with safety is a church, for there is plenty of room there.—(Leigh Hunt)

M - M SEWING CLUB

As the result of happy and industrious effort, the members of the 4 H Sewing Club of Greenvale School received their prizes, certificates, and 4-H Club pins on June 8, 1955. The work was judged by Mrs. Maylea Manning, Director of Girls Work, P. E. I. W. I. Mrs. Manning complimented the ten girls; their leader, Mrs. David Andrews, and assistant leaders Mrs. Bernsley Wonnacott and Mrs. Samuel Silliphant on the fine quality of the work judged. It is a creditable fact that each girl was awarded a prize for her

ANNE ADAMS PATTERNS

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Wife Preservers

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Adams-Bryant Wedding

Wed on June 25 at Victoria West United Church are Mr. and Mrs. Glen Irving Adams. The bride is the daughter of Mr.

and Mrs. William E. Bryant and the groom is the son of Mr. and Mrs. Edward Adams, Arlington. The bridal party are, from left to right: Mr. Edmund Birch,

best man; Mr. and Mrs. Adams, the groom and bride; Mr. Winston Adams, usher; Mr. Robert Grindley, usher; Mr. Edwin Heckbert Studio

Callbeck-Small Wedding

A pretty wedding was solemnized on July 15 at 3 o'clock in St. John's Anglican Church, St. Eleanor's when Olga Mable, daughter of Mr. and Mrs. John E. Small, Miscouche became the bride of Marshall Colin Callbeck, son of Mr. and Mrs. Ernest Callbeck, Linkletter Road. The double-ring ceremony was performed by Rev. Ernest McEachern, brother-in-law of the bride. Ven. Archdeacon Harrison, rector, assisted in the ceremony.

Given in marriage by her father, the bride wore an ankle length gown of white chantilly lace over satin with matching bolero and mits. A shoulder-length veil fell from a headpiece of seed-ed pearls, and she carried a bouquet of American Beauty Roses, George Mills, Moncton, N.B. She wore a gown of yellow nylon net over taffeta with matching head-dress and mits, and carried a nose-gay of yellow chrysanthemums.

Miss Belle Small, sister of the bride, was bridesmaid. Her gown was of pale blue nylon net over taffeta with matching head-dress and mits; she carried a nose-gay of blue chrysanthemums.

Little Darra Gae MacEachern, niece of the bride, was her flower-girl, wearing pink and white embroidered nylon. She carried a nose-gay of pink and white baby mums and snapdragons.

Ronald Leard supported the groom, and Keith Callbeck and Bruce Small were ushers. Mrs. Edward MacPhail, Mahone Bay, N.S. sang "O Perfect Love" accompanied by Mrs. Horace Andrew, organist.

The mother of the bride wore misty-grey with pink accessories, and a corsage of Pink Delight Roses. Mrs. Callbeck, the groom's mother, wore a two-piece dress of powder blue with white accessories and a corsage of white chrysanthemums.

Following the ceremony a reception was held at Birch Hill Tourist Home where over seventy guests were present. The toast to the bride was proposed by Ven. Archdeacon Harrison and fittingly responded to by the groom. Telegrams were received from Mahone Bay, Labrador, Newfoundland, Buffalo and New York

ELLEN'S DIARY

By An Island Farmer's Wife

The colors of these summer days—how striking and beautiful. The massed and single lane and wayside blossoms, the garden-flowers so lovely... the rosy dawns, the violet-gray of the shimmering lengths of silent heat of mid-day, the double-dye and pastel of the sunset.

It was after sunset this evening, when the milking had been done and the last load of hay of the day was being brought down the farm-lane to the barns that, after an old liking of ours, we stole away to walk the mile to the store at the corner.

The evening coolness was spreading then, bathing the farmlands refreshingly after the warmth of the day. Down the shortcut of front meadow we went, along dam and spillway where the falling water played a nice old melody for our ears, and across the dark depths of a leisurely way along smiling farmlands. We had time on our hands, time perhaps to drop by and visit with this and that farm wife on our way. But right at the hilltop we were caught up in a fine car and whisked the remaining

where the bride has many friends. The happy couple left on a motor trip to Nova Scotia, for travelling the bride chose navy with pink and white accessories.

Out-of-town guests were Mr. and Mrs. Keith Callbeck and Betty of Calgary, Alberta; Mr. Joseph W. Sheen, Calgary; Mr. and Mrs. Blyce Carter, Vernon River; Mr. Milton Carter, Charlottetown; Miss Carla Lewin, Mass.; Mrs. Gene Bab, Cleveland, Ohio; Mrs. Colin Phillips, Colleen and Gregory, Dartmouth, N.S.; Rev. and Mrs. Cecil Hebb, Pugwash, N.S.; Mr. and Mrs. Edward MacPhail, Mahone Bay, N.S.; N.S. and Rev. and Mrs. Ernest MacEachern and Darra Gae from Buffalo, N.Y.

Other folks came to their evening-buyings: young heads of families, some of whom the war years took away to far places to mature and grow up "the hard way," but to us still remain the little country lads we always knew. And older folk came, those who have gained a serenity in their years and much wisdom in their words which accompany them everywhere much and visit with this and that farm wife on our way. But right at the hilltop we were caught up in a fine car and whisked the remaining

It is restful to walk in the cool of a summer evening, to take one's leisurely way along smiling farmlands. We had time on our hands, time perhaps to drop by and visit with this and that farm wife on our way. But right at the hilltop we were caught up in a fine car and whisked the remaining

It was, as it happened, Rob who picked us up there, and soon, with dusk at our elbow, set down at lane's end... To add to our cherished jewels we stopped on the bridge to gather in a mirrored diamond of star from the mirroring alder shadows, to wear in our heart. And then along the scented lane of the haying-time, we followed first lights to this place that is home.

Last lights now. And stars, and night-angles, to keep watch and ward over hushed resting rural places.

Until tomorrow Diary Good Night.

SUMMER SLIMMING

Mr. and Mrs. Style

Know Your Calorie Count

Grab hold of this refreshing new idea. You can reduce without being "pushed around" on a diet. As soon as you are alert to the pattern by which all scientific reducing menus are planned and know the calorie score on foods, you are free to plan your own diet within your reducing calorie limits.

This diettian honestly believes that faddy diets, restricted to monotonous fare, have done incalculable harm. Such diets do nothing to change your regular pattern of eating, nor help you to regulate your daily meals so as to control weight when the period of diet is over.

The backbone of protective meals, regardless of calories, is built on the Basic 7: Lean meat, fish or fowl; milk, skim milk or buttermilk or cheese; eggs; green leafy or yellow vegetable plus 2 others; a citrus fruit or juice, plus 1 or 2 other fruits; whole grain or enriched bread or cereal—amount depending on calorie restrictions; and butter or margarine. Those protective foods furnish protein, minerals, and vitamins which nourish the tissues and keep the body in a fine state of repair.

In the Daily Double Diet the calories are lowered by curbing fats and by leaving out rich desserts. The main calorie difference in the two menus is that Mr. gets a second egg, whole milk, and a larger serving of lean meat or more of the starchy vegetable.

Fats are trimmed all along the line, for that's the fastest way to curb calories. Butter, margarine, cream, mayonnaise, French Dressing and cream sauces are kept to a minimum. It's deceptively easy to pile up fuel calories in "light" summer dishes. Cold foods seem lighter. For example, potato salad is a summertime favorite. But a half cup of potato salad furnishes 200 calories.

To adjust menus for normal weight members of the family, and for children, merely add bread and butter, more milk and a nourishing dessert. It's easy to add calories!

But once you get the knack, calorie curbing is easy too.

DAILY DOUBLE DIET

Breakfast	Calories
Tomato juice with lemon edge	25 25
Crisp bacon	50
Mrs. 1 strip	100
Mr. 2 strips	100 100
High protein bread,	25 25
2 thin slices	0 0
Butter, 1/2 pat	200 250
Coffee, black	

Note: If black coffee gives you a bitter outlook on life, add cream and sugar to the first cup.

Luncheon	Calories
Omelet	125
Mrs. 1 egg - 1 tbsp. milk	75 75
1 tsp. fat	
Mr. 2 eggs	
Thin slice bread, lightly buttered	25 25
Sliced tomatoes (vinegar and seasoning)	25 25
Melon	40 40
Iced Tea	0 0
	265390

Note: Beverages may be sweetened with non-nutritive sweetener if desired. 4:00 Energy Pick-Up—80 calories. Choice of skim milk or buttermilk.

Dinner	Calories
Meat Loaf (Beef, veal, pork ground together)	210
Mrs. 1 slice 1/4 inch thick	280
Mr. 1 slice 1/2 inch thick	50 100
Baked potato (Mrs. 1/2)	25 25
Butter, 1/2 pag	35 35
String beans with mushrooms	40 40
Melon ball cup topped with blue berries	0 0
Iced tea with mint and lemon	360 480
Total Calories	905 1200

Evening beverage: No calorie soft drink. Note: Alcohol contains 75 to 85 calories per ounce. One cocktail furnishes 135 to 160 calories.

MORNING SMILE

Missionary: I suppose tonight's banquet will be quite thrilling." Cannibal king: "You've no idea how you'll be stirred."

Cook's Corner



MARSHMALLOW BALLS

14 graham wafers 1/4 cup butter, 1 cup nuts, 1/2 cup cream, 1/2 cup white sugar, 1 cup dates (chopped small), 1/2 cup coconut, 14 marsh-mallows, (cut in quarters).

Mix all ingredients together leaving a little of the crushed wafers on wax paper. Crush the wafers with a rolling pin. Make into small balls and roll in the wafer crumbs. No cooking necessary.



Mr. and Mrs. R. K. Fraser

The marriage of Ruby Florence Adams, daughter of Mr. and Mrs. John W. Adams of Elmsdale, P. E. I. to Ray Kennedy Fraser, son of Mr. and Mrs. Herbert Fraser of Alberton, P. E. I. took place on July 2 in the Elmsdale United Church, Rev. Alexander MacDowell officiated.

The bride chose for her wedding a white ballerina-length gown of lace over net and satin, a matching lace jacket with a peter pan collar and matching accessories. She carried a bouquet of red roses.

Miss June Fraser, sister of the groom, was bridesmaid, and wore blue nylon over taffeta with matching accessories, and carried a bouquet of pink roses. The best man was Alvin Adams, brother of the bride. The reception was held in the home of the bride's parents. For her travelling costume the bride wore a pink nylon dress with white accessories and a corsage of American Beauty Roses, and the newly-weds went to New Brunswick for their

Wife Preservers



While jewelry should be washed at regular intervals to keep it fresh and lovely, if emulsified soaps or detergents are used in the pieces, do not put them in water. Use a soaped soft brush or sponge to clean beads, prongs or burlins.

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