

WOMEN

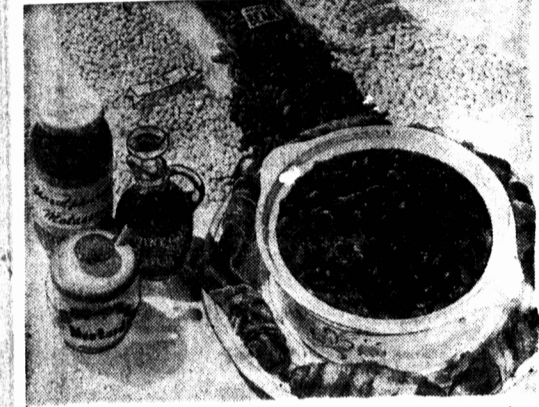
Page 8, The Guardian Thursday, Jan. 19, 1956

LET'S EAT

Steaming Hot Dishes For Blustery Weather

By Ida Bailey Allen

"Cold blustery weather calls for steaming hot food," said the Chief. For tomorrow's dinner, I suggest a choice of two tummy warmers, avoirdupois from our test-kitchen, F., or until the bacon is crisp.



Even hot kidney beans served with fanks that have been wrapped in a paper.

Madame Allen's Fish Chile or this chef's Hurry-Up Baked Kidney Beans.

TOMORROW'S DINNER
Clam-Vegetable Chowder
Pilot Crackers
Fish Chile or Hurry-Up Baked Kidney Beans with Baconized Franks
Pickled Beets on Lettuce
Deep Apple Pie

SUNDAY DINNER
Hot Vegetable uice
Crisp Beef Gravy
Roast Beef
Pan-Roast Potatoes, Onions, Squash
Spanish Cream Whipt Topping
Coffee Tea Milk

To Pan-Roast Vegetables with Beef: Place the meat on a rack in a baking pan. Season and roast as usual.

An hour before it will be done, arrange around it pared small white potatoes, peeled small onions and 3 in. squares winter squash or pumpkin, seeds and dust removed.

Add 1/2 c. water to the pan. Dust vegetables with salt and pepper. Dot with a little butter. Turn twice while cooking to absorb drippings from the roast.

TRICK OF THE CHEF
Combine 1 can each condensed clam chowder and meatless vegetable soup. Stir in 2 can-measures water and 1/2 tsp. oregano. Heat. When boiling add 2 can-measures milk; bring to boiling point and serve with pilot crackers.

ELLEN'S DIARY
By An Island Farmer's Wife

"Haven't you had your fill of farming? You should by this, for you've been at it a long time, I know." A salesman of a fellow, who had braved the thawed condition of drawbridge this afternoon, queried of James. "Why don't you travel, take it easy, travel, see the world and enjoy yourself? After all," he chuckled, "it's later than you think!"

"Did you ever see a farmer-I mean an interested in his occupation-happy away from it?" James asked seriously. "Or, man, have you ever seen one retired, away to a village or town, try to get in his time? And weren't you sorry for him? Aye, of course you were!"

"I told her about Blackie and the cats-not in school-time you know-and the foal. And she likes to hear about the farm-things. I know she does. You can tell by her eyes!"

How kindly remembered by the pupils are such understanding teachers. Not for a day or a year but looking back along our years it is to know that such pleasant memories last forever.

"This moon will likely clear the weather," a farmer smiled with a touch of whimsy today. "Oh it will, will it?" an older man commented. "Well, I hope so, I sincerely do for I'm weary of this drizzle and rain! They say they never saw a January thaw last as long as this. Well, I did! Yes, sir, I remember it well. And it lasted, do you know how long? For two whole weeks! And this could go longer. The swamps and wells and 'the cellars too will be well filled then-and winter can set in, in context."

Damp, dark-no star, no moon, no gay beacons of lights about to-night. And the wind "in that same old quarter!"

Until tomorrow—Diary—Good-night.....

LAUGHS Even at Teething Time
Baby's Own Tablets have long been a faithful standby—used consistently by mothers for over 50 years. They help during teething time because they give prompt, dependable, and effective relief from irritability, restlessness, tummy upsets, and other minor infant troubles resulting from irregularity of action. No "strong" stuff—no dulling effect. Easy to take, mild and they taste good! Help keep your baby happy. Get a package today.

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CLEARANCE!

DRESSES — \$19.95 to \$39.95 for \$13.00
ONE EACH DRESSES \$7.00
COATS, SUITS & HOUSECOATS 1/2 PRICE

Sunter's Ladies' Wear

KEEP IN TRIM Easy Streamliners For Working Wives

By Ida Jean Kala

The average working wife is quite likely to get the sitters' spread and complain bitterly about the injustice of it all. With two jobs to handle, she is not in the mood for vigorous calisthenics, of all things. All right, we'll streamline the session and slim the middle measurement in just six minutes a day of easy toneruppers.

All interested tune in here—start with a smooth stretch. What do you want to get out of this movement? A slim middle measurement, to be sure. Then concentrate the action all through the middle of the figure and hold the stretch Here we go.....

From a standing position with feet apart, swing right arm forward and up, and move the right foot back, touching toes to floor. Now, stretch smoothly, pulling waist up away from hips and ribs up out of the waist, and hold for a slow count of six. Release the movement slowly. Repeat, this time with left arm and leg, and again, holding for six counts. The arm and leg movement is incidental—the holding action is through the middle measurement.

Progress by adding a smooth side-bend. Arch arms overhead, ballerina fashion, pull up and in firmly with the brace of abdom-

inal muscles and hold this pull as you slowly bend to the side. You will feel this stretch all along the lateral muscles which bound the silhouette at the sides, including the sides of the waistline. Repeat, bending to the opposite side, always holding the side-bend to a slow count of six. Continue for six times only.

Now to reach the big hip muscles... this swinging exercise can be done from a standing position, or from a lying down on side position, whichever seems easiest. The slimming action is to swing the leg past a 45-degree angle, so as to bring the massive hip muscle into the action.

Position: Lying on right side on floor, legs straight down. Have left hand braced on floor in front of chest for support.

Movement: Swing left leg forward and away back, holding the movement at the extreme of the backward swing. Swing again—hold. Continue for six times, reverse side and swing away.

This trio of exercises reaches the big muscles and helps to release tension as well as restore tone to the figure-controlling muscles. To relax, release the held movement slowly and smoothly, then ease into the next movement. Class dismissed.

Mary Haworth's Mail

Nice Looking Girl Has No Boy Friends So Asks advice

DEAR MARY HAWORTH: I am a girl 16, though I look a bit older. I am tall (5 feet 9) and dress as attractively as my family can afford. I also try to be as friendly as possible. My problem is that I don't ever have any dates or boy friends, although I am considered one of the nicest girls in the community and have been told I am very good looking. (I am enclosing a snapshot.)

I want to tell you about one boy I am interested in. Jack (I'll call him) was graduated from high school last June. He is in the Army at present and has finished basic training; but he hasn't written to me yet, and I doubt that he will. I still care for him though I don't know why I should, as he never has asked me for a date.

I have invited him to parties, and he came to my home only once. And that time he didn't meet my parents, as it was a party, and I just didn't introduce them. Should I have done so?

AREN'T IMPRESSED
I know he dates other girls when he comes home. I always said that he didn't date me because he didn't have a car when he was in high school. But he still doesn't have a car, and manages to see other girls.

In the past I was always asking him for his picture; and he kept saying he "forgot" to bring me one. Now I wonder, should I write him a letter, asking where I've failed? Or just write a friendly letter saying hello? Or never write or speak to him again?

Sometimes when I am with my girl friends we meet new boys, but they never seem to "go" for me. I believe all the boys I know, at school and church, think I am very nice; but they are all smaller than I.

Continued on page 11

COOK'S CORNER



FRITTERS
1 egg
1 cup milk
1 heaping tsp. baking powder
1/2 tsp. salt

Beat above ingredients until well blended. Sift in flour until batter is of consistency of a pancake batter. Fry in deep fat. Drain on brown paper and serve at once with corn or maple syrup.

Maritime Trip Follows Bridal

A trip through the Maritimes followed the marriage of Miss Lotie Amelia Parsons, daughter of Mr. and Mrs. Elmer Parsons, R.R. 2, Kensington, and Mr. Harry Erskine Locke, son of Mr. and Mrs. Charles Locke, New London, in St. Mary's Church, Summerside, at 2 o'clock on Dec. 2, 1955. Rev. G.R. Harrison officiated.

The bride chose a mauve dress with black accessories and a corsage of pink roses.

Mrs. Louis Adams, matron of honor, wore a red suit with black accessories and a corsage of yellow roses.

Mr. Louis Adams was best man. The couple will reside at French River.

HOUSEHOLD HINT

To prevent a bruised thumb when you drive in a nail or tack, coat the hammer head with soap. Press the nail or tack head against the soap and it will stay in position until the first blow is struck.

Words Of The Wise

A good listener is not only popular everywhere, but after a while he knows something. —(Wilson Mizner)

Baking's Easier, Speedier with Wonderful New Active Dry Yeast!

CINNAMON BUNS
Measure into large bowl, 1 c. lukewarm water, 2 tps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Active Dry Yeast. Let stand 10 min., THEN stir well. Scald 1 c. milk and stir in 1/2 c. granulated sugar, 1/4 tsp. salt, 6 tbs. shortening; cool to lukewarm. Add to yeast mixture and stir in 2 well-beaten eggs. Stir in 3 c. once-sifted bread flour; beat until smooth. Work in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl; brush top with melted butter or shortening. Cover and set in warm place, free from draft. Let rise until doubled in bulk. While dough is rising, combine 1/2 c. brown sugar (lightly pressed down), 1 tsp. ground cinnamon, 1 c. washed and dried seedless raisins. Punch down dough and divide into 2 equal portions; form into smooth balls. Roll each piece into an oblong 1/4" thick and 16" long; loosen dough. Brush with melted butter or margarine. Sprinkle with raisin mixture. Beginning at a long edge, roll up each piece loosely, like a jelly roll. Cut into 1" slices. Place just touching each other, a cut-side up, in greased 7" round layer-cake pans (or other shallow pans). Grease tops. Cover and let rise until doubled in bulk. Bake in moderate oven, 350°, 20-25 minutes. Serve hot, or reheated.

● No more taking chances with perishable yeast cakes that have lost their leavening power! New Fleischmann's Active Dry Yeast keeps full-strength and active right till the moment you use it. Needs NO refrigeration — keeps safely in your cupboard. Try its marvelous results in your next baking.

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S. A. McDONALD



Rose - Keus

The home of the bride's parents, Mr. and Mrs. Michael Keus, Souris, was the setting on Monday afternoon, Dec. 26, 1955 for the marriage of their daughter, Greta, and Mr. Huntley Roger Rose, RCN, son of Mr. and Mrs. Wallace Rose, East Ball's Bay. Rev. D. A. Sharpe officiated at the double ring ceremony.

The bride was gowned in a floor-length dress of nylon net over satin styled with fitted lace jacket which featured a Peter Pan collar trimmed with sequins and pearls. Her bouffant skirt was of rows of shirred net. The fingertip veiled crown was bordered with tulle illusion mistletoe and sequin studded coronet and she carried a nosegay of pink and white roses.

Mrs. Kryne Keus, sister-in-law of the bride, was her only attendant. She wore a floor-length gown of ivory lace and carried a nosegay of mixed flowers.

Mr. Toos Vanhet Veld was groomsmen. For her daughter's wedding Mrs. Keus chose a grey suit with pink accessories and a corsage of carnations.

For the reception the bride's table was decorated with Christmas candles and centred with a three-tiered wedding cake topped by a miniature bride and groom. Rev. Sharpe proposed the toast to the bride.

HONORED
Prior to her marriage the bride was honored at a miscellaneous shower at her home where she received many lovely gifts.

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TRINITY SENIOR W. A.
The Bunnys Group of the St. W.A. Trinity Church, held their December meeting at the home of Mrs. W. T.

ELEANOR ROSS Make Teen-Ager's Room A Place To Grow Up In

One way to keep a teen-age girl happy is to give her a room of her own. If it is at all possible, and to give it a living-room look. Then it becomes her sanctuary, study, lounge, where she can be alone with her dreams as well as with her activities. When it has a living-room look, it also is a delightful place for entertaining her friends, as well as the ideal retreat for study or just for quiet relaxation.

LIVING QUARTERS

Since high school is a growing up time, the transition from "child" to "young lady" should be reflected in her living quarters. Most budgets these days don't allow for re-furnishing overnight, but mother and daughter should make a long-range plan for piece-by-piece buying. With wise selection, the room should still be suitable when she steps out into the care world.

GOOD QUALITY
By selecting good quality and attractive furnishings during her school days, the teen-ager will find she has a wonderful heritage with which to set up housekeeping—and to build on when wedding bells eventually ring. Tricky originality should not be substituted for furniture devoid of gingerbread and whatever dood-dads are current. Clean, pleasing lines and good construction will stay fashionable and give wonderful service.

A day bed is always right, but even smarter is the convertible sofa if a real living room look is desired. There are many makes, many styles, most of them excellent. The new convertibles come in a variety of beautiful coverings so that it should be easy to work out any type of color scheme.

STUDY TABLE

Provide a good table for study. If space is restricted, choose a folding or a drop leaf style. A small desk is an incentive for letter writing and for keeping personal papers in proper order. Make sure that study and reading lamps are properly placed. A mirrored shelf or two for holding those precious souvenirs is standard equipment. Of course, daughter should know that dusting it is her job.

Though may the minds of men divide, Love makes the heart of nations one. And so, thy soldier grave beside, We honor thee, Virginia's Son." Julia Ward Howe.

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Princess Has New Escort

Princess Margaret of Britain, attending a London theatre premiere, turns to chat with her escort, Lord Patrick Terence Plunket, 32, a guardsman who possesses a title that goes back 129 years. He has been steadily "dating" Margaret since she gave up Capt. Peter Townsend, and is also a palace equerry.

MORNING SMILE

He—"So you played a game of golf today. What did you go around in?" She—"Oh, a cute little sweater with a matching blouse and skirt. Christmas gifts were exchanged and refreshments were served by the hostess.

There was a Christmas box sent to a needy family. The treasurer brought in a report of \$132.55 on hand and the president introduced the new officers for the coming year. At the close of the meeting

Hambly. After the meeting was over the events of the year were discussed. An afternoon tea and a rummage were held and fourteen pair of pillow slips were contributed to St. Vincent's Orphanage.

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