

# WOMEN

Page 10 The Guardian, Monday, May 30 1955

## LET'S EAT

### Eat and Grow Slimmer On Small Food Portions

"Madame, do you not think the delectable desserts in this column may be a great temptation to waistline-watchers?"

"Possibly, Chef. But really it's not necessary to go without desserts and other favorites, if one simple menu adjustment is made every food in the day's three meals. That cuts about 500 to 700 calories a day—enough for a reduction of 1 to 1½ pounds a week. You won't be hungry, because the foods in the diet are still balanced to meet all the needs of the body."

"The nice desserts need not be omitted."

"No, just use smaller servings. Make baked custards in small custard pans. Mold gelatines and other gelatin desserts in small paper cups. Cut 9" pies into 12 wedges instead of six. Use a pint of ice cream for six servings instead of four, and top with a spoonful of chilled fresh fruit or half-thawed frozen fruit. Use smaller dishes and plates for dessert to make the servings look big."

medium-thick white sauce seasoned with ¼ tsp. each monosodium glutamate and Worcestershire. Transfer to an oiled deep 9" pie-plate. Cover with 13 c. enriched bread crumbs mixed with 1 lbs. melted butter or margarine. Bake until browned in a hot oven 400 degrees F.

**Chocolate Fluff Pie:** Bake and cool a 9" pie-shell. Meantime make the filling as follows: In the top of a small double boiler, melt 2 squares (oz) bitter chocolate. Meantime, sprinkle 1 envelope unflavored gelatin over ¼ c. milk. Then add ¼ c. scalded milk ½ c. sugar, ¼ tsp. salt and 1 c. undiluted evaporated milk or light cream. Pour slowly into the melted chocolate. Beat with a rotary beater until well blended. Cook 5 min. Add ¼ tsp. vanilla. Refrigerate until beginning to thicken.

Then whip with a rotary or electric beater until very fluffy. Spoon into the cooled piecrust shell. Refrigerate about 4 hrs., or until firm. Garnish with a whipped topping or with an even layer of fine crumbs. Serve the day it is made.

## TOMORROW'S DINNER

- Broiled Fruit-Rhubarb Cup
  - Broiled Canadian Bacon
  - Mustard Sauce
  - Potato-Onion Casserole
  - Green Beans
  - Chocolate Fluff Pie
  - Coffee
  - Tea
  - Milk
- Potato-Onion Casserole: Steam-fry 2 c. sliced peeled onion in 3 tbs. butter or margarine. Add to 6 sliced cooked potatoes and 2 c.

## PIQUANT MUSTARD SAUCE FROM THE CHEF

Blend ¼ tsp. salt, 2 tbs. dry mustard, ¼ tsp. garlic salt, 1½ tbs. pepper, 1 tsp. flour, 2 tbs. honey and 2 tbs. applesauce. Stir in 3 tbs. cider vinegar and 1 tbs. water. Cook and stir until boiling. Serve cold.

## KEEP IN TRIM

### Recapture Your Slim, Supple Waist

By Ida Jean Kain

Slim the midriff and aim for flexibility — and the waist will not be a problem measurement.

Get off to the right start with a waist slimming routine. The waist can be cinched in by hewing to the line — but to achieve the desired willowy effect, both the criss-cross muscles banding the sides of the silhouette need toning. The laterals are the flexibility muscles which allow us to

move a natural to pull off the ounces — standing, feet slightly apart, arms down at sides.

**Movement:** As you swing right arm up, move right leg back, touch toes to floor, p-u-l through the midriff, and pull up strongly with the front muscles — hold. Do not arch small of back. Repeat with left arm and leg — again hold. Ease through 6 counts, alternating sides, always centering the pull through the entire midriff.

Now shift the line of pull to the bias muscles. Raise right arm and step back with left leg — hold, then left arm and right leg — hold. This slimming routine is so easy it can hardly be called calisthenics, but any stretch is streamlining, and holding is toning.

Draw a bead on the bulge at the waistline. But a warning — if there is anything wrong with your lower back, skip this twister.

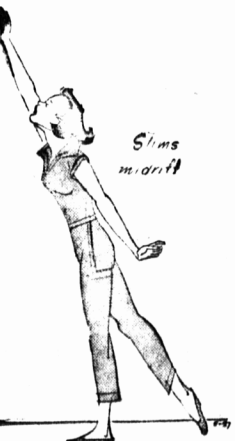
**Position:** Sitting on floor, legs straight out in front, elbows bent and hands clasped behind head.

**Movement:** Pull up with middle muscles, twist gently at the waist to the right, halfway around; and holding the up-pull, bend forward and touch left elbow to left knee. Come back, contract with the middle muscles, twist gently to the left and touch right elbow to right knee. Throughout the exercise be sure to keep pulling up with the girdle muscles, else half the slimming action is lost. Repeat 5 to 10 counts.

If you're in the habit of settling down in a lump, snap out of it. The only way to pull your figure out of the dumps is to pull the waist up out of the hips and the ribs up away from the waist. That's beautiful posture.

**Words Of The Wise**

Let men tremble to win the hand of woman, unless they win along with it the utmost passion of her heart. — Nathaniel Hawthorne.



bend and turn agilely. These "youth" muscles run from underarms to hipbones and diagonally up from the abdominals. When these muscles get flabby, fat settles in rolls, for this is one of those dead areas, muscularly speaking.

Exercise on the bias restores tone to lateral muscles — slimming the midriff and hitting the waistline muscles too. Warm up with easy suppling movements, touch toes to floor, p-u-l through the middle . . . then bend from side to side. Let each movement be natural and flowing — no jerking or straining.

## ANNE ADAMS PATTERNS

SLIM AND SMART!

Slim, trim lines from bodice to hemline — keep you looking slim and smart! New off-center interest with buttons and pleats — clever detail, flattering too! Quickly, sew this step-in dress in cotton, linen, silk. Wear it, love it — everywhere you go this summer!

Pattern 4674: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3½ yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.



PHYLLIS JEAN HOGG WILLIAM THANE BAGLOLE

## Engagement Announced

The engagement is announced of Phyllis Jean, only daughter of Mr. and Mrs. Darius Hogg, Wilmet Valley, to William Thane, son of Mr. and Mrs. William Baglole of Summerside. The wedding will take place the latter part of June in the United Church in Kensington. — (Photos by D. W. Sears).

## ELLEN'S DIARY

by an Island Farmer's Wife

Today at Alderlea, came the first of the sowing. In a far field it was, with as the Family would have it, James once more as the seedsman. . . . How many years has this been his task and his joy? So many we doubt if he remembers them all.

Team hitched to the old broadcast sower, a used but not worn machine when our particular star began its ascendancy on this farm, but still adequate, indeed surprising in the light of modern machinery in the returns of harvest it gives.

Mack accompanied his Grandfather to catch rides as his Dad and many another youngster had done, before him, back and forth along the field after the horses

in the clean warmth and charm of the day.

"Pretty nice to be on the old sower again, isn't it?" James told us he commented, "Good to get to the sowing. . . I'm afraid a kind of angel," he smiled on his perch, "somewhere between Heaven and earth. Do you believe in angels?"

And whether or not James took time to offer a reply we do not know. We know however that he believes in miracles on earth — that of the dead seed's present awakening to live nourished there against the bosom of Mother Earth.

## Cook's Corner



### CHOCOLATE COOKIES

(Uncooked)

- 2 cups white sugar
  - ¼ cup butter
  - ¼ cup milk, bring to boil
  - 3 cups oatmeal
  - 1 cup coconut
  - 2 tbs. cocoa
  - Vanilla
  - Salt
- Drop on waxed paper and let harden.

### Fish and Chips

- 8 medium size potatoes
  - Shortening for deep frying
  - 1½ lbs. fillets of haddock or other suitable fish
- Salt**
- 1½ cups once sifted pastry flour
  - 1 1/3 cups once sifted all purpose flour
  - 2 tsp. baking powder
  - ¼ cup ice cold water
- Peel potatoes and cut in ½ inch fingers, cover in the cold water and let stand for about one hour. In a deep fat frying kettle, heat about 2 inches of shortening to 370 degrees F. (or will brown a cube of bread in 60 seconds). Drain the potatoes thoroughly and dry. Cover bottom of frying basket generously with potatoes, lower them into the hot fat and cook until the potatoes are almost tender and lightly brown, drain thoroughly and place in a tray covered with absorbent paper and keep in a warm place. Continue cooking in this fashion until all are fried.

While the potatoes are cooking cut fillets (or other fish) into serving size pieces and sprinkle with salt (thawed or frozen). Sift together once then sift into a bowl the flour, baking powder and 1 tsp. salt. Mix to a smooth batter with cold water and beat vigorously for about 30 seconds. Dip pieces of the fish into the batter and deep fry until golden in shortening held at same temperature as for potatoes. Drain on absorbent paper and keep hot.

Bring shortening up to 390 degrees and complete the cooking of the potatoes a few at a time, drain on absorbent paper, sprinkle with salt and serve piping hot. Yields 6 servings.

It will take however only "forty winks" it would seem before the sunrise and our world's waking bring us once more to our round! Until tomorrow — — — Diary

— — — Good-night. . . .

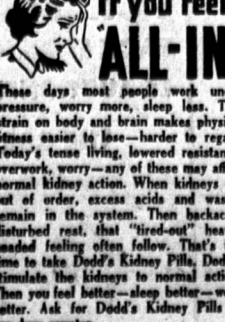
**HOUSEHOLD HINT**

It is best to launder cotton house dresses and children's clothes before you make any alterations. If you do this, the garments will fit right after later washings.

**You can't go ALL-OUT**

If you feel ALL-IN

These days, most people work under pressure, worry more, sleep less. This strain on body and brain makes physical fitness easier to lose — harder to regain. Today's tense living, lowered resistance, overwork, worry — any of these may affect normal kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest, that "tired-out" heavy-headed feeling often follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulates the kidneys to normal action. Then you feel better — sleep better — work better. Ask for Dodd's Kidney Pills at any drug counter.



MR. AND MRS. G. DOUGLAS DENNIS

The marriage was performed on May 23 at 12 o'clock at Trinity Church of Mildred Blanche, daughter of Mr. and Mrs. W. J. Cudmore, to Gene Douglas, son of Mr. and Mrs. J. G. Dennis both of Charlottetown. Rev. A. F. MacLean heard the nuptial vows. While mums and pink snapdragons provided the floral setting for the ceremony at which the Soloist was Mrs. Pauline Fear and the wedding music was played by organist, Mr. George Thompson.

The bride, given in marriage by her father, chose for her wedding a floor-length gown of white nylon tulle over brocaded taffeta featuring a tucked bodice and garlanded with lace flowers around the neckline and continuing down the front of the bodice, which gave way to a bouffant skirt. She wore a cap-shaped headdress and shoulder-length veil of silk illusion. Her bridal bouquet was of Pink Delight Roses.

The bride was attended by Mrs. Robert Gray, as matron-of-honour, who wore a three-quarter length aqua gown of brocaded satin of Dior line, bouffant skirt and V-neckline. She carried a cascade of pink carnations.

Bestman for the occasion was Mr. Lloyd MacLeod and ushers were Mr. Wilfred Cudmore and Mr. Robert Gray.

Following the ceremony a reception for one hundred guests was held at the Charlottetown Hotel, which was decorated with white mums. Donna Cudmore was in charge of the guest book. Mrs. Cudmore received the guests in a pink and blue dress, with which she wore navy accessories and a pink scarf. Her corsage was of pink roses. Mrs. Dennis

The marriage of Rita Emily LeClair, daughter of Mr. and Mrs. Wilfred LeClair, Charlottetown, and Charles Reginald Longaphie, son of Mr. and Mrs. Frank Longaphie, Charlottetown, took place at St. Dunstan's Basilica, on Saturday, May 7, 1955 at 8:15 a.m. The Right Rev. Monsignor Patrick McMahon performed the Nuptial Mass. The bride, given in marriage, by her father wore a floor-length gown of white Chantilly lace with a billowing underskirt of nylon tulle over satin. The lace-trimmed bodice was held with tiny shoulder straps. Her lace jacket had long sleeves which came to points over her wrists. Her finger-tip length veil was held with a wreath of flowers, and she carried a bouquet of pink roses.

The bridesmaid was Miss Pamela Gaudet who wore a floor-length gown of pale green embroidered nylon net, over a ruffled taffeta underskirt and a matching bolero. She carried a nosegay of yellow mums and white carnations.

Mr. Alan Longaphie, brother of the groom was best man.

The bride's mother, Mrs. LeClair, chose a dusky pink suit, with white accessories, and wore a corsage of pink carnations.

Mrs. Longaphie, mother of the groom, was attired in a navy blue dress with matching accessories. Her corsage was also of pink carnations.

Following the wedding a reception was held at the Queen Hotel for members of the immediate families, after which Mr. and Mrs. Longaphie left by car on a short honeymoon.



**Draped And Dramatic**

By TRACY ADRIAN

Charles James, one of our most exciting young American designers, showed this beautiful ballgown in a collection which he presented for a most worthy cause — The Children's Memorial Cancer Fund.

Though all the costumes were outstanding we thought this dress a particularly glamorous model. It is made of yellow silk chiffon over satin with a back sweep of silk faille and paradise colored tulle which features a long line from under the bust to the waist. A really wonderful choice for a grand entrance.

## MARY HAWORTH'S MAIL

### Girl Is Concerned About Co-Worker

DEAR MARY HAWORTH: There are four of us girls who work in the same office. One of the girls (I'll call her Jane) needs help; but I just don't know how to go about helping her.

Jane is a very likeable girl, has many friends and is a very efficient worker. I know she loves her job and likes us girls, but there is definitely something wrong with her. She is always by herself and goes out alone instead of taking her coffee break with the girls.

At times she appears all right, but other times she seems so strange and different. When she has these spells she seems an entirely different person. On two occasions I have found her crying in the rest room. When I asked her what was wrong she said she didn't know, and that things didn't seem real. Her eyes become glassy and she often speaks of suicide.

I want to help her, but just how can I do it? I know she has got to have some kind of help. Please advise.

E. G.

### Figuratively Alone In Dark

DEAR E. G.: Your sympathetic disposition towards Jane's private distress speaks well for your spiritual health. A less generous less right-minded co-worker might be snide about her disturbed behavior with carelessly chatting about her spells in a carping or superior tone.

It appears that Jane is struggling alone, in the dark as it were, with emotional illness; and that she has her worse and her better days. On her better days she is able to keep her symptoms under control, at least on the job. Other times, as when you find her crying in the rest room, illness has the upper hand (temporarily).

As to the significance of her more acute symptoms which you describe: 1. The fact that "her eyes become glassy" suggests a person painfully preoccupied with profound anxieties and panicky fantasies that momentarily flood her consciousness.

2. This inner turmoil, which absorbs so much of her thought and energy, would explain her recurrent feeling that "things don't seem real" — i.e., a feeling that the real world is somehow sensational maladjustment to the natural flow of life.

3. The fact that "she often speaks of suicide" refers to a rather critical phase of emotional depression, probably — to a mood of bleak despair brought on by fear — because of a conflict that she some objectively understand, hence doesn't know how to remedy.

### Personality Fights Self

Such conflict on the unconscious level is a fairly common cause of dire discouragement in individuals. It usually develops when certain dynamic drives of personality say the drive for love security and/or sex satisfaction — are symbolized or thrown off course, by equally powerful forces of obstruction.

These obstructions may consist of frightened distorted moral attitudes that blindly say "No, No" to the person's urgent needs. Or they may be imposed by outer circumstances of hardships and deprivations. Or a stressful blend of neurotic complexes, aggravated by pernicious social frustrations and environmental handicaps, may finally "crack" the person's emotional health.

Your vignette of Jane's behavior leads me to think she feels lost in the midst of living — unknown to herself and a stranger to others (who don't understand her, just as she doesn't understand herself). She avoids co-workers partly to hide her bleak bewilderment; and partly because she just doesn't feel up to group pleasantries during social breaks.

What Jane most needs is understanding; and all things considered, I believe a specialist in psychology, psychiatry or psychoanalysis ought to lend a hand with her problem. Try to persuade her to get such help immediately.

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



## Seashore Accessories

By TRACY ADRIAN

When we mentioned accessories for the beach we definitely didn't mean the pretty young girl, no matter how cute — but what she is wearing top and toe.

On her head is a swim cap that is as practical as it is attractive with a nylon flower applique and a chin strap for diving. The bathing suit is of woven latex and has bloomer panties. On her feet are flattering, high heeled mules that are an easy to slip in and out of style. So we think the whole ensemble certainly adds up to glamor on the beach.

**HAMILTON W. I.**

The monthly meeting of Hamilton W. I. was held at the home of Mrs. Everett and Mrs. Alton Ramsay, May 3rd with an attendance of 12 members and two visitors. The meeting opened by singing Home Sweet Home and repeating the Creed in unison. Minutes were read and approved. Sick committee reported five treats sent.

Correspondence was read by the Secretary; two thank-you notes; Red Cross annual report; a letter of thanks from Unitarian Service Committee of Canada.

Mrs. James A. Ramsay and Mrs. James M. Ramsay were appointed to purchase a gift for a number who has moved to another community. It was moved by Mrs. James A. Ramsay, seconded by Mrs. Heber Picking that a sick member be remembered by a treat. It was moved by Mrs. James M. Ramsay seconded by Miss Erma Stewart that children's dresses be sent to the Orphanage. Bills of \$2.50 were presented and on motion ordered paid. Meeting adjourned. Program consisted of contests and games; collection

**Beware of Hitchhikers!**

Before summer is over you are sure to see a hitchhiker, thumb aloft. Is he a college boy? Is he a serviceman trying to get home quickly? Or is he a vicious thug, an invitation to disaster?

June Reader's Digest brings you actual case histories of innocent-looking hitchhikers and how they robbed, knifed, shot, killed their unsuspecting victims. Get June Reader's Digest today: 40 articles of 'astounding interest, including the best from current books and leading magazines, in condensed form.

Constitution and by-laws were distributed. Next meeting is to be held at the home of Mrs. Leslie Ramsay. Lunch was served by committee in charge.



## Good Travel Choice

By TRACY ADRIAN

This handsome suit is just perfect for a summer trip whether it's to Europe, South America or other spots on the globe. It is a good traveler since it is made of lightweight wool tweed and will stand a lot of activity without showing the wear and wrinkles.

The suit is designed with a new longer jacket with a gently fitted waistline and low set tab pockets. A scooped out neckline, one of the latest styles, is finished by a portrait collar. The skirt is slim.

## ALICE BROOKS DESIGNS

**SMART TV SQUARE**

Beautiful your TV set with this smart new cover — easy to crochet in any size! Favorite pineapples and mesh form the pretty pattern!

Pattern 7363: Crochet TV square 24-inches in No. 30 mercerized cotton; smaller in No. 30; larger in bedspread cotton. Easy, lovely!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — Knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

**MORNING SMILE**

An old lady on her way home on a very dark night bumped into an old man, and both fell to the ground. The old man couldn't apologize.

"That's all right," said the old lady. "But will you please tell me which way I was facing before I was knocked down?"

