

# WOMEN

Page 8 The Guardian Tuesday, October 12, 1954

## To Visit Canada In November



This photo of the Queen Mother was taken specially for her trip to Canada this fall. She will arrive in New York on Oct. 26, then come to Canada Nov. 7.

## Aluminum Furnishings Are a New Home Fashion

By ELEANOR ROSS

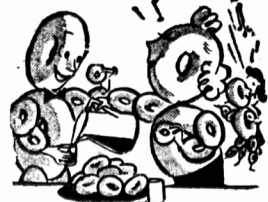
THE American woman is helped by more people than she realizes in making her home comfortable, beautiful and practical. Designers give the ideas and Mrs. America follows through.

Now the trend in easy-to-keep-clean materials is headed in the direction of metal—aluminum. Women have used it successfully in kitchens, and have discovered it is easy to care for, wears well, is lightweight and will remain shiny bright with soap and water.

### The Latest Thing

In a special display of a New

### AT PARTIES THEY SAY: "OH, DONUTS! HOORAY!"



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YOUR WONDER-BRA VISIT THE

FASHION SHOPPE

## MARY HAWORTH'S MAIL

### Feels Left Out When Mate Pursues Career

DEAR MARY HAWORTH: I am 31, happily married, the mother of four small children ranging in ages from one to seven years. We are city-bred, recently transplanted to a very small town, where my husband is in business for himself. It was an opportunity we wanted, the business is thriving and Tom loves his work.

I am comfortably situated, have joined some local clubs and made some good friends, and the children enjoy their small town life. It sounds ideal, and in many ways it is, but we have a problem that is making Tom and me miserable: and I feel I am at fault.

For a blend of reasons—business, a family illness, sometime pleasure—Tom must be away from home many evenings and some week-ends; and I can't take it in stride. When home, he is very helpful and enjoys the children; but a telephone call from a prospective client may take him away any minute. There seems so little time for us as a family group; and practically none for us as husband and wife.

#### SELF-CONTROL ALWAYS BREAKS

In fairness to Tom, I know he must meet his clients on their terms; and his industry and aggression are traits that make him successful. I've learned to count on his being out some evenings; but when he has to leave suddenly, for a meeting or overnight trip, I am so bitterly disappointed that I nearly always make a scene. I try to control myself and take things as they are—but I CANNOT. I feel lonesome, left-out and second best.

Yet even when angry, I know I shouldn't be; and I feel sorry for Tom, as the scenes make us both unhappy. But I can't stop. However, I am always over it and contrite by the time he gets home; but when the next occasion arises, I am upset as before. When he is gone I try to keep busy—picnics with the children, sewing, reading, watching television. But some of the fun is gone and I am lonely. Can you help me find peace of mind? — E. D.

#### INNER UNITY IS SUSPENDED

DEAR E. D.: This is a poignant problem for you, for the reason that psychologically, you and Tom are living in different worlds for the most part nowadays. And though he may drop into your world at will, you cannot follow him into his—his imbalance that causes you unconscious tension, anxiety and heartache. When he is home in brief snatches of leisure, he is somewhat like a visitor from Mars, who may vanish back into his other world any minute.

The essence of your distress is told in Paragraph 4, wherein you speak of your emotional resistance to Tom's exits: "I feel lonesome, left-out and second best." Precisely. Your cumulative distress, which flares in scenes you can't prevent, is caused by something intangible, something deeper than the unpredictability of Tom's take-offs. I think that intuitively you are aware of being temporarily displaced, in Tom's imagination, by a more compelling interest (from his view) at present.

Tom hasn't stopped loving you; that's not it. But he takes you for granted, as the children's mother, while his experience ranges elsewhere, excitedly—in pursuit of business, recreation and new friendships. As it happens, he is still the central interest in your life, the archstone of your domestic regime; and that's why you are thrown so badly off stride, as you sensitively feel the shift in his overall attitude—as if he were turning a shoulder to you.

#### LEARN TO LOVE CREATIVELY

Granted that a new business venture necessarily absorbs a great deal of a man's time, thought and energy if he is to succeed, still that sacrificial investment wouldn't upset a good marriage, if the man's personality were stable—if his inner self stayed true to his

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## PETAL BURST

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## Bridal Party at Charlottetown



The wedding of Miss Mary MacMillan, R.N., daughter of Mr. and Mrs. Ambrose MacMillan of Pownal, to Mr. Ralph Carragher, son of Mr. and Mrs. Thomas Carragher, took place at St. Dunstan's Basilica on Wednesday morning, September 29. From left to right are: Mr. Leo Carragher, groomsmen; Mr. and Mrs. Ralph Carragher, the groom and bride; Miss Evelyn MacMillan, bridesmaid; Mr. Joseph MacMillan, usher; Mr. Gerald P. Murtagh, usher.—(Photo by Garnham).

## MRS. GORDON MACMILLAN

### A COUNTRY GARDEN

#### Autumn Secret

When I behold the secret That lurks in every leaf That it can so transfigure An elemental grief.

I think for what great triumph Do maples match arrayed With spectacle of yellow To herald a prairie?

With such emblazoned glory As trees in Autumn hold May I, too move toward death With such pageantry of gold.

Ginsley.

Beautiful autumn trees were seen last week in sheltered places and it is a delight to drive through a woody road at this time, and in the garden there are lovely sunny mornings to do garden work. October is a glorious month, a month of final growth and gain. She is an artist in every way. She paints the woodlands, the skies, the fields, restful to the eye and an inspiration to the mind. I have seen October sunsets that would be hard to describe and harder to put on canvas in all their glory of mingled radiance. Vines are as attractive now as when in blossom in the summer with their red and gold leaves, and of course the late blooming annuals, dahlias, and begonias are colorful and lovely because of the absence of frost.

Visitors come to the garden this month and enjoy seeing these plants as well as the roses including the Tree-Rose, a bright crimson in color and long-lasting. It has been a very satisfactory rose and will be very carefully wintered by laying down and covering with soil. Some years ago several tree roses were wintered satisfactorily in this way.

It is a floribunda rose but no name was given so it will be difficult to order more of them and certainly they would be an addition to any garden.

October is a month to square up the garden past and the garden to come with progress and prospects. We can see where we have made mistakes and can plan to remedy them. Some barberry bushes that have grown too large for their corner have been pruned and moved to a more suitable location. Such thorny branches they have. The storm scattered a good many of the lovely scarlet fruit and because of this it was easier to move them, if they had been as usual this month, the gardener would never have had courage to disturb them. It is necessary to move large shrubs when they take up too much room in the garden or spoil the view or symmetry of the garden.

The garden plans that we have made through the year, or a number of years maybe, can be carried out now if there are a few days

that can be spared from the more urgent farm work. Stone, soil, manure and mulches of all kinds, also sand from the shore can be hauled to a convenient place near the garden so a woman can use it at her convenience. Indeed, it is possible for the woman to do this herself if it is necessary and I know many farm women who make their flower gardens in this way.

Perennials that were sown in the vegetable garden should be moved to permanent places this month if possible. Some Hollyhocks, Anemones, and many violas were transplanted last week and soon they will be finished.

There is abundant moisture in the soil and it is a splendid time to transplant plants and shrubs. Plant firmly, this is very important as the roots must come in contact with the soil and especially in the fall it is necessary to have firm planting.

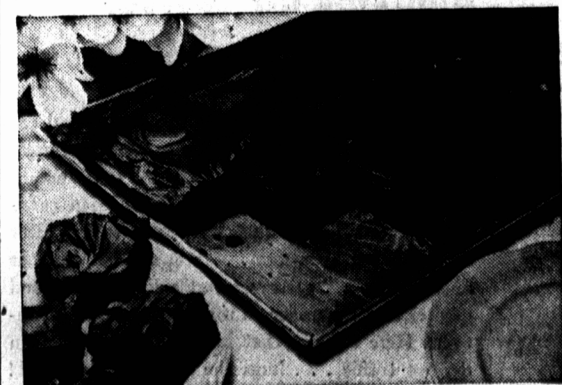
Several new annuals were sown in open ground last spring and their markets were lost, now I am looking through catalogs trying to locate the name and the plant illustrations, sometimes with little success. This is not good gardening but it can be interesting. Early blooming perennials that were cut back immediately after blooming are now making a lovely showing.

In the garden here that good rock plant (Nepeta mussini) in a soft blue shade is covered with flowers and also with bees. Long spikes of Delphinium were seen in another garden as lovely as when blooming in June and many other plants will respond to this culture without any ill effects if grown in good rich soil. Certainly it makes a full garden season of many months.

Michaelmas daisies are, I think, essentially flowers for massing when making arrangements for decoration in the home and when doors they seem to me to have something of the quality of wood smoke on the autumn air, although this quality is lost if distinguished varieties are dotted among other plants in the border. Every autumn I wish for long borders of these lovely late perennial flowers.

Now is the time to plant for Nature's coloring in the garden next year. There are many trees and shrubs valuable for their color, and some have fruits and colored foliage at the same time. The many shrub roses have such lovely haws and it is wise to note all of these berries and order some for next autumn's beauty. There are dozens of quince on the small tree and some preserve will be tried this fall.

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### COOKIE SHEET CHOCOLATE CAKE

HEAT... 1 cup milk  
2 tablespoons FRY'S COCOA  
STIR until mixture begins to thicken  
REMOVE from heat.  
ADD and beat... 1/2 cup shortening (or butter) and 1 egg  
ADD... 1 cup brown sugar, well packed  
1/2 teaspoon vanilla  
1 cup all-purpose flour  
1/2 teaspoon baking powder  
MIX... 1 teaspoon baking soda  
IN... 1 tablespoon milk

ADD soda mixture to cocoa-flour mixture. Beat well.  
USE shallow cake pan or cookie sheet, 15" x 10 1/2".  
BAKE 12-15 minutes in moderate oven (350° F.).  
ICE with... FUDGE ICING  
SOIL slowly until soft ball is formed in cold water  
1 1/2 cups white sugar  
2 tablespoons FRY'S COCOA  
1/2 cup milk (scant)  
pinch of salt  
1 teaspoon butter  
REMOVE from heat.  
BEAT until thick but still soft  
SPREAD on cake.

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## LET'S EAT

### Tough Cuts Of Meat Can be Cooked Tender

By IDA BAILEY ALLEN

"THE reason so many families eat so many steaks, chops, and roasts," I said to the Chef, "is because other cuts of meat often turn out to be tough, which spoils eating enjoyment."

"But there is no excuse for serving any kind of meat that is not enjoyable, whatever the cut may be," he replied. "The secret of making tender the so-called 'tough' cuts of meat is to tenderize them."

#### Old-Fashioned Method

"The old-fashioned way is to cook these cuts a long time, until fork-tender, in moist heat; that is, in a prescribed amount of liquid. This method includes braising, casseroling, stewing and pot-roasting.

"When the meat once starts to cook, the stove takes over, and the homemaker can do whatever she likes during the 2 to 4 hours it may take for the meat to cook tender."

#### Less Expensive Meats

"Business homemakers tell me they could not manage to get the family dinners, and still keep the meat budget under control without using a pressure-cooker to prepare the less expensive meats, such as the grass-fed beef now so plentiful."

"And, Madame, for cuts of round steak, veal, pork or lamb steak sliced up to 2-in. thickness, I like to use the meat-mallet vigorously. It certainly helps to break down tough fibers. Then brush the meat with plenty of not-sweet French dressing and let it marinate for 30 minutes. The meat will usually be tender, however it is cooked."

#### TOMORROW'S DINNER

Vegetable Juice Cocktail  
Round Steak and

180 in men and 185 in women, and still be within normal limits. Perhaps the main thing to keep in mind is that whether or not blood pressure should be considered abnormal depends upon the symptom present, if any.

It is not wise to classify a person as having high blood pressure when there are no symptoms or any disturbances that can be detected by physical and laboratory examinations.

For a person to believe that he has high blood pressure, when his blood pressure is not really abnormal, at all, will only lead to disruption of his activities and economic loss to himself and his family.

Persons past 45 should, of course, have their blood pressure taken during the course of a physical examination once, or better twice a year, and the doctor will decide whether the pressure is abnormal and what treatment, if any, is needed.

#### QUESTION AND ANSWER

D. D.: Is it true that a person has sex hormones of both sexes?  
Answer: Yes, everyone has hormones of both sexes within his body.

Potato Skillet Dinner  
Brussels Sprouts in Cheese Sauce  
Browned Stuffed Peaches  
Coffee Tea Milk

Round Steak and Potato Skillet Dinner: Mix together 3 tbsp. flour and 3/4 tsp. salt; pound into 1 1/4 lbs. round steak sliced 1/4-in. thick. Brown in 1 tsp. fat in a large skillet that can go-to-table. Add 3 tbsp. each chopped onion, celery and green pepper, and 1 c. canned tomato. Border with 6 halved peeled medium-sized white potatoes and dust them with salt and pepper. Cover and slow-bake about 2 hrs., or until fork-tender, in moderate oven, 350 degrees F.

Browned Stuffed Peaches: Combine 1/2 c. canned crushed pineapple and 2 tbsp. lemon juice and all the centers of 6 canned peach halves. Top each with 1 tsp. cherry preserve. Slow-broil about 5 min., or until the preserve is bubbly. Serve warm.

#### THE CHEF'S BRUSSELS SPROUTS IN CHEESE SAUCE

Add 3 c. cooked fresh or frozen Brussels sprouts to 1 c. of my special deviled-cheese sauce made as follows: To 1 c. medium-thick white sauce, add 1/2 c. grated sharp American cheese, 1/4 tsp. Worcestershire sauce and 1/2 tsp. table mustard. Simmer until the cheese melts.



What to have for supper is always a problem, but this recipe from Hunter River W. I., may solve it often. It will hit the spot on many a cold evening.

#### CREAMED MUSHROOMS AND EGGS

4 tbs. butter  
1/2 cup flour  
1/4 tsp. dry mustard  
1 can evaporated milk  
1 cup water (same amount of whole milk may be used)  
1 cup cooked, sliced mushrooms or 1 can of cream of mushroom soup  
5 hard boiled eggs, quartered  
1 cup of grated cheese.  
Melt butter, add flour, salt, mustard, blend until smooth. Stir in milk and water. Cook over boiling water, stirring until thickened. Add mushrooms, cheese and eggs. Serve hot on toast or in centre of a rice ring. Makes about six servings.

—Mrs. Reagh Bagnall, Hunter River, W. I.



She's the envy of her friends..

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