

# WOMEN

Page 10 The Guardian, Friday, Oct. 21, 1955

## LET'S EAT

### Bride's Buffet Supper

By Ida Bailey Allen

Every bride wants to entertain at whole milk. Pour over 3 c. prepared and show off her new home. A dinner party may be too ambitious, perhaps, so why not invite your friends to a seven o'clock buffet supper instead?

If you're still a career girl, make it eight o'clock on a workday evening. Then you won't be rushed. Plan a menu that can be partly prepared ahead. And whatever your cooking limitations are, include a savory dish prepared by yourself.

#### BRIDE'S BUFFET SUPPER

**Appetizer of Your Choice**  
Salted Nuts  
Chef's Ham Salad Bowl  
Assorted Relish Tray  
Cheddar Cheese Bake  
Potato Chips  
Ice Cream Butterscotch  
Cake Slices  
Coffee

**Assorted Relish Tray:** Use black or stuffed green olives, bread and butter pickles, crisp celery and pepper relish.

**For the Cheese Bake,** you will need a large, low, 9" X 14" baking dish that can go-to-table. Colored heat-resistant glass ones are attractive. The filling can be made just before cooking time, or even 24 hours in advance if you have a really cold refrigerator to store it in.

**Cheddar CHEESE Bake:** Heat 1

#### COOK'S CORNER



#### CHOCOLATE PIE

1 cup white sugar  
4 tbsp. cocoa  
1 1/2 cups milk  
1 tsp. flour  
1 tsp. vanilla  
Boil milk.

Mix the rest of the ingredients with a little cold milk and add to boiled milk. Bake until thick. Cool, pour into baked pie shell, top with whipped cream or meringue.

2 cups butter or margarine, crumbed. Add 2 tbsp. butter or margarine, 1/2 tsp. salt, 1/2 tsp. paprika and 1/4 tsp. pepper. Stir well and let stand 10 min.

Then add 1 1/2 c. grated, sharp cheddar cheese, 1 minced seeded green pepper and 4 well-beaten eggs. Generously rub the baking dish with butter or margarine. Spoon in the cheese mixture; it should be about 1 1/2" deep.

Bake 35-40 min. in a moderate oven, 350 degrees F., or until firm in the center, puffy and golden brown. Serve hot, preferably as soon as baked.

**Ice Cream Butterscotch Cake Slices:** Top sliced bought pound cake with sliced bought vanilla ice cream. Spoon over bought butterscotch sauce. Garnish with crisp salad almonds.

#### CHEF'S HAM SALAD BOWL

Nothing makes such a hit with men at dinner as a good salad. I do not mean a sweet molded salad that some ladies like, but a fine tossed salad, that is not watery, is full of flavor, is crisp and made of super-fresh salad greens.

Use a variety. Be sure they are clean, dry, and crisp.

For example, for 6 persons, 1/4 bunch cress, cut in 1" pieces; 1 medium head lettuce cut up bite-size; 1/2 head romaine, also cut bite-size; 1 c. shredded young spinach or dandelion leaves; 2 tbsp. each sliced red radishes and scallions, 1 diced pimento and 3 tbsp. crumbled blue cheese.

Add 1 heaping c. julienne of ham (just cut in match-like pieces).

Mix into 1/2 c. olive or salad oil 1/2 tsp. salt, 1/4 tsp. pepper and 1/2 tsp. mustard.

Pour over the salad and toss with 2 big forks until the leaves shine. Then add 2 1/2 tbsp. cider vinegar, or use wine vinegar. Toss and serve.

#### Wife Preservers



Clean the "window" on the television set easily by dampening a clean, soft rag with rubbing alcohol. It will clean and shine without scratching.

## MARY HAWORTH'S MAIL

### Woman Uncertain About Encouraging Sister's Romance

DEAR MARY HAWORTH: My sister Dora is a widow in her early 60s, who was left quite comfortable, financially. She lives alone in a beautiful apartment, travels a lot, is always on the go, and looks and acts like a much younger woman. But she is very lonely.

In the later years of her marriage (which wasn't happy) she had several bad heart attacks, and sometimes stayed in bed several weeks. Her husband died suddenly four years ago, and after the shock was over, she pulled herself together very quickly. I think she now has peace of mind; she hasn't had any heart attacks since.

Two years ago she met a fine man older than herself, retired from business. They had a nice friendship and were planning to be married, but her doctor advised against it, citing her heart condition. I don't know if she relayed this to the man, but their friendship waned and she is alone again.

The problem is that a year ago, an acquaintance of mine died, and the widower is a man about Dora's age. He has asked to meet my sister, knowing she is a widow, and she wants to meet him. If they become friends I am confident she won't mention her heart condition, for fear of losing his interest, and I feel it would be unfair not to let him know.

#### A STICKLER

Truth and honesty are very important to me, and I've often wondered if that is an asset in this crazy, mixed-up world. I know I could have saved myself many a headache by covering up things with little white lies. I also wonder how many persons around the age of 60 are in good health? How do we know this widower isn't covering up some ailment too?

My husband says let well enough alone. He advises me to make excuses to both of them, and not get mixed into a mess that might cause me a lot of remorse later on. But as Dora is my sister, and the widower looks like a very good catch, I would like to give her a helping hand. What is your opinion? N. J.

#### WOMAN'S FRET

DEAR N. J.: You should be well disposed towards Dora, of course, eager to do anything constructive within your power, to add to her longevity and happiness. But on the other hand, it's not good to weigh yourself down with anxious supervisory concern, as regards her experiences and risks.

At present you are worried lest Dora meet and perchance marry the widower under pretense of good health, and thus take a chance on her life (from the heart angle)—and maybe put the widower through more sorrow too. Well, in my opinion, this is an example of worrying much too much. It is carrying concern over into the field of busyness. It verges on trying to play God in the lives of others, which is always a mistake.

If Dora and the widower want to meet each other, either with marriage in view, or because they have a common problem of loneliness that friendship might ease, I don't think you have a life-saving duty to try to prevent an introduction, or to keep them apart. Assuming they are of sound mind, they are quite old enough to know the relationship between cause-and-effect, and to take responsibility for the consequences of their risky actions or decisions. You aren't morally required to do their thinking and deciding for them; and you've no warrant for assuming that you know best what's good for them.

#### REFLECTS STATES

Dora's history as described suggests that she takes pretty shrewd care of herself. Notice she consulted her doctor when considering second marriage a few years ago. And apparently his counsel of discouragement prevailed, for the romance waned, you say. But I am not sure that a jury of heart specialists would endorse the implication that the tedium of self-centered living is easier on an ailing heart than the exertions of fond companionship.

Glen Clark discusses therapeutic techniques of living, in an interesting book "How to Find Health Through Prayer" (Harpers). And speaking of the heart (page 44) he says: "I have seen seemingly serious heart conditions righted in a marvelous way, when the one so afflicted learned how to love everyone without discrimination and without limit."

"Poets from time immemorial have associated the heart with the capacity to love," he explains. "Accepting this as our cue, let us look behind all troubles of the heart to see if we can remove any inhibitions of the affections or any limitations in one's capacity to love."

Doesn't this tie in with your observation—that your sister's heart attacks, coincidental with an unhappy marriage, ceased when the partnership ended? Maybe a happy marriage is just what she needs. In any case, my advice is to be relaxed, cooperative and non-interfering.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

## Montreal Vows For Happy Pair



Cutting their wedding cake at the reception which followed their recent marriage in Montreal are

Mr. and Mrs. W. H. Allen who were married at St. Kevin's Church. The bride is the former Miss Paula Arsenault, daughter of her brother, Mr. J. Cyril Arsenault. She wore a ballerina-length gown of white silk taffeta trimmed with Spanish lace. A Juliet cap held her chapel veil and she carried a bouquet of Sweetheart roses and white baby mums.

Miss Mary Patricia Arsenault, sister of the bride, was her only attendant. She chose a gown of bronze silk crystalite with matching accessories and a bouquet of

Mr. Justice A.E. Arsenault and Mrs. Arsenault, Charlotteville. The groom is the son of Mr. and Mrs. D. R. Allen.

White gladioli and mums decorated the chapel of St. Kevin's Church, Montreal, for the recent September marriage of Miss Mary Paula Arsenault, daughter of Mr. Justice A. E. Arsenault and Mrs. Arsenault, Charlotteville, and Mr. Wesley Harold Allen, son of Mr. and Mrs. D. R. Allen.

The bride was given in marriage by her brother, Mr. J. Cyril Arsenault. She wore a ballerina-length gown of white silk taffeta trimmed with Spanish lace. A Juliet cap held her chapel veil and she carried a bouquet of Sweetheart roses and white baby mums.

Miss Mary Patricia Arsenault, sister of the bride, was her only attendant. She chose a gown of bronze silk crystalite with matching accessories and a bouquet of

## ELLEN'S DIARY

By An Island Farmer's Wife

How soon the Fridays come and go! In the endless weeks of the days of the week which has preceded one, another Friday appears, lingers briefly and passes into the River of Time, which bears its flow into the boundless ocean of its past.

Our helper who goes and comes and is especially an assistant to James at his endeavours, remarking about it this morning at breakfast . . . "Porridge? Aye, of 'the eaten meal!" ("We feed it to our horses," a scheming monarch out of history said. "We feed it to our men," a sovereign who believed that right was might replied quietly.) Velvet-smooth, nutty-flavored and warm, to stay the strength of the farmers in the field, to give spirits the will to do and dare—and see and know and enjoy the miracles of life and living about.

"I never saw the way the days slip away," he commented with obvious wonderment. "There's no last at all to a week! And, 'he smiled,' very little to a year. There's no need nowadays to search about for some entertainment to help a fellow to while away the time. It whittles away fast enough!"

And the sun was bright on the fields, and the breeze neither warm nor cold but pleasant and invigorating to encourage the farmers at their fields' work.

And one of ours was at the plowing, slicing the stubble in a trio of furrows to effect, like the days and the years, no last to the venture. We saw James in the yard look back not unfavorably to that place where the tractor drew the shining shares, but with evident regret glance toward the horses in the pasture by the barns. "They turn it over fast nowadays," the helper beside him remarked. "And it's done!"

"It's something I always enjoyed doing," James offered. "Yes! I always looked forward to it. It usually was the last work before the freeze-up and a farmer could come to it with an easy mind. His crop was all saved, there was nothing else calling him. And it's remarkable how much one could plow with a good team. It's not plowing now," he smiled wistfully. "I don't know what you'd call it—just something that has to be done for the spring-time ahead." "And the faster the better," the helper chuckled, "skelp her over, turn the ground red . . . hurry, hurry!"

#### Words Of The Wise

Our opinion of people depends less upon what we see in them than in what they make us see in ourselves.—(Sarah Grand)

## Islander Marries In Windsor, Ont.

The marriage of Miss Ina Beatrice MacRae, daughter of Mr. R. H. MacRae of Bury, Quebec, and the late Dr. R. H. MacRae to Mr. James Hector Stuart, son of Mr. and Mrs. J. H. Stuart of Wood Islands, P.E.I., took place recently in Calvary United Church, Windsor, Ontario. Rev. J. A. Walker performed the ceremony. White and pink gladioli decorated the church.

The bride was given in marriage by her brother, Mr. Gordon MacRae of Asbestos, Quebec. Her ballerina-length gown was of white silk taffeta and featured a scalloped neckline decorated with small pearls. She wore a small hat of white silk taffeta and a face veil, and carried an orchid surrounded by white carnations.

Attending the bride was Mrs. Harry Mason who was dressed in pink and carried a bouquet of pink and white carnations. She wore a white circlet hat with a face veil.

The groomsmen was Mr. Harry

## Maritime Trip Follows Vows In Dartmouth N.S.

A honeymoon trip through the Maritimes followed the marriage of Miss Catherine Dolores MacDonald, daughter of Mr. and Mrs. James F. MacDonald, Bristol, P.E.I., and Mr. Francis A. Clancey, son of Mr. and Mrs. Gerald V. Clancey, Westphal, N.S. The marriage took place on Saturday, Sept. 17, 1955 at St. Peter's Church, Dartmouth, N.S. at 9 a.m. Rev. Gerald Murphy officiated and performed the nuptial mass. White gladioli decorated the altar and lily-of-the-valley and white satin ribbon marked the guest pews.

The bride, given in marriage by her father, wore a gown of white nylon net and lace over taffeta with a bouffant skirt. Her lace bolero had a Peter Pan collar embroidered in tiny seed pearls and the long sleeves ended in points over the wrists. A flat headdress centred with pearls held her chapel-length veil and she carried a cascade bouquet of deep pink roses and stephanotis.

Mrs. Allison Conrad, matron of honor for her sister, wore a gown of Nile green lace and net over taffeta with matching bandeau of net. She carried yellow Shasta daisies. Miss Teresa MacDonal, sister of the bride, was bridesmaid in a yellow net and lace gown of yellow with matching headdress and a bouquet of bronze mums.

Mr. Arthur Clancey, brother of the groom, was best man and Mr. F. Regis Arsenault was usher. The groom's mother was gowned in a cocoa brown and gold ensemble with matching accessories. Following the ceremony, a reception was held at the home of the bride's brother and sister-in-law, Mr. and Mrs. J. Cyril Arsenault.

The mother of the bride chose a navy blue dress and dusty rose coat with blue hat and a corsage of blue carnations. Mrs. Clancey was attired in navy blue with an American Beauty hat and a corsage of pink carnations.

Mr. John Martin was at the organ and sang during the mass and at the conclusion of the service.

Following a reception at the Dartmouth Service Centre, the bride donned a light wood dress of rose with navy accessories and a fur neck-piece for travelling. Her corsage was of yellow roses. The couple will reside in Dartmouth.

#### HOUSEHOLD HINT

Paint spots should be scraped off a fabric and then it should be washed in hot warm suds. If the paint stain has dried, soften it with oil or lard, then sponge with turpentine or banana oil before washing it.

Mason, and Mr. Robert Stuart of Halifax, brother of the groom, acted as usher.

During the ceremony Mrs. Walter Williams sang "The Wedding Prayer" and "With This Ring", accompanied by Mrs. H. Sutherland at the organ.

A dinner for the guests was held at Marlo's, following which Mr. and Mrs. Stuart left on a trip through the New England States and Maritime Provinces. The bride's going away costume was a brown silk print dress and aquamarine duster coat.

They will reside in Riverside, Ontario. Mr. Stuart, a graduate of Acadia University and The Nova Scotia Technical College, is an engineer employed with Canada Bridge Co.

Out of town guests were Mrs. R. H. MacRae, Mr. Gordon MacRae of Bury and Asbestos, Quebec; Mr. and Mrs. Murray MacRae of Montreal; F.L. and Mrs. Gordon F. Sage of Ottawa, and Mr. Robert Stuart of Halifax.



## To Reside In Halifax

Halifax will be the home of Mr. and Mrs. Austin Joseph McKenna who were married at St. Patrick's Church, Fort Augustus, P.E.I. The bride is the former Miss Mary Angelina Coyle, daughter of Mr. and Mrs. Maurice Coyle, Fort Augustus, and the groom is the son of Mr. and Mrs. John F. McKenna, Central Bedouque.

The altar was decorated with multi-colored gladioli. Rev. Leonard McKenna, brother of the groom, performed the ceremony. Present in the sanctuary was Rev. T. P. Butler, P.P. Also present were Rev. Vincent Murnaghan and Rev. Allan MacDonald. Miss Eleanor MacDonald was organist and the soloists were Misses Catherine and Genevieve MacDonald.

Given in marriage by her father, the bride wore a floor-length gown of white tulle and lace over satin. It featured a high neckline, long sleeves tapering to points at the wrists and tiny self-covered buttons extending to the waist in the back. Her fingertip veil of embroidered tulle illusion fell from

a Juliet cap and she carried a cascade of pink roses.

Miss Helen Coyle, sister of the bride, wore a strapless gown of pink net over taffeta with a pink lace bolero. She carried a bouquet of yellow and white carnations.

Mr. Maurice McKenna was best man and Mr. Charles McKenna was usher. Both are brothers of the groom.

Mrs. Coyle chose for her daughter's wedding, a suit of Blossom blue with accessories of American Beauty rose. Her corsage was of yellow and white carnations. The groom's mother wore a street length dress of Dresden blue with blue accessories and a corsage of mauve and yellow carnations.

A reception followed at Villa Waters, Charlottetown. The toast to the bride was proposed by Rev. McKenna.

For travelling to Boston, Mass. the bride donned a cocoa brown suit with aqua and brown accessories. Her corsage was of pink roses.

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