

Women

6 The Guardian, Charlottetown, Wed., Dec. 21, 1966.

IDA BAILEY ALLEN

Living Within Budget? Liver Holds Price Line

BY IDA BAILEY ALLEN

Throughout the country, food markets offer the red meat liver — calf, beef, lamb, and sometimes pork, as well as chicken livers. All these liver prices are reasonable. Any calves liver is in the luxury class. Liver is a budgetwise buy for it is not only reasonable in price but contains no bone, has

little waste and does not shrink much when cooked. Fresh liver yields about 5 servings per lb.; or from 9 to 14 cents a serving. Beef liver costs the least.

Protein Sources
All kinds of liver are excellent sources of protein, and of vitamins, and contain more iron and riboflavin than any other meats. Today we are menusing Liver Lyonnaise.

Measurements level

LIVER LYONNAISE

1½ lb. liver, sliced ¼" thick (any kind, skin removed)

3 tbsp. melted butter or margarine

1 tsp. salt

¼ tsp. pepper

2½ c. fried sliced onion

1 tsp. vinegar

½ tsp. seasoned salt

Parsley sprigs for garnish

Slash sliced liver 8 times ¼" deep at the edge so it will not "curl" while cooking. Brush with melted butter. Rub broiler-rack with fat; place liver on it. Broil slowly about 7 min., seasoning with salt and pepper and turning when half-done.

Meanwhile prepare the fried sliced onions: add vinegar and seasoned salt. Overlap liver slices on warm platter. Surround with the onions. Garnish: parsley.

Serves 6.

TOMORROW'S DINNER

Chilled Tomato Juice

Broiled Liver Lyonnaise

Noodles Tossed with Grated Cheese

Hot Green Lima Bean Salad

Warm Gingerbread Squares with Broiled Pecan Nut Topping

Coffee Tea Milk

Recipes as Prescribed

TAHITIEN BANANA PUFF

FOR HALLOWEEN

3 cans (14 oz. each) unsweetened pineapple juice, chilled

1-3 c. light cream

¼ c. sugar

Whiff of cinnamon

8 medium-size bananas, fully ripe

2 tsp. lemon juice

2 pkg. (10 oz. each) frozen sliced, California strawberries thawed

6 c. crushed ice

Garnish: 12 stemmed red maraschino cherries

Combine and mix 2-3 can pineapple juice, light cream, sugar and cinnamon in chilled deep of bowl; whip at high speed 5 to 6 min. with electric mixer until soft peaks form. Mash 2 bananas with lemon juice; beat until smooth. Gradually add to whipped mixture, making a topping.

Mash remaining bananas and strawberries, or buzz in blender; mix with remaining pineapple juice and ice. Turn into 12 tall glasses filling them two-thirds. Float on the whipped topping. Top each with a maraschino cherry.

FRENCH STRAWBERRY FROST

3 pkg. (10 oz. each) frozen, sliced, California strawberries, thawed; 6 c. milk; 3 tbsp. light corn syrup; 1 c. heavy cream; 3 tbsp. sugar; ¼ tsp. lemon extract; 6 c. crushed ice.

Buzz strawberries in blender or beat with rotary beater until smooth. Blend or beat with milk and corn syrup; refrigerate. Combine cream, sugar and lemon extract; refrigerate 30 min. and whip. Stir together strawberry mixture and ice, or buzz 30 seconds in blender. Pour into tall glasses; add lemon whipped cream. Makes about 12 servings.

THE CHEF EXPLAINS

Midasman: Perhaps you wonder how much a "whiff" of cinnamon or other spice may be. It's too small an amount to measure, but you might call it a petite sprinkle.

TRUCKS COST MONEY

Transportation costs account for up to 40 per cent of the price of raw lumber in Ontario.

N. Wiltshire UCW Elects New Officers

The annual meeting of the North Wiltshire UCW was held at the home of Mrs. Leith Easter with the president, Mrs. Henry Godfrey in the chair.

The reports of the various committees showed that the group had had a very successful year with many worthwhile projects carried out.

The annual allocation of \$245. had been fully realized with the fourth quarterly installment ready to be forwarded to the Presbytery treasurer.

Supplies sent for home and overseas relief included 14 blankets (new), approximately 300 lbs. good used clothing. Children's gifts and small articles for ditty bags also were sent to the port workers in Halifax.

In the absence of the supply secretary, Mrs. LeRoy MacNeil, the above report was read by Mrs. Reginald Clark a nd Mrs. MacNeil was commended for the excellent job she had done in packing and shipping this considerable quantity of supplies.

The "Community Friendship" report was read by the secretary, Mrs. Albert Bowman, and showed that the local community was not forgotten. Many visits, cards, treats to the ill and shut-ins at home and in hospital were reported.

Mrs. Frank Mitchell read the report of the nominating committee which was accepted by the meeting and the following officers were elected for the ensuing year: president, Mrs. Henry Godfrey; secretary, Mrs. Reginald Clark; vice-president, Mrs. Leith Easter; treasurer, Mrs. Leonard Bowman; Committee chairmen, finance, Mrs. Morrison MacLean; supply, Mrs. Frank Mitchell; literature, Mrs. Kenneth MacInnis; community friendship, Mrs. Albert Bowman; committee, Mrs. Leith Easter, Mrs. C. R. Campbell.

The thanks of the meeting were expressed to Nancy MacLean and Nadine Larter for their assistance in raising funds to be used for local purposes.

Following the business of the evening a Christmas worship service was conducted by Mrs. M.E. MacLean, assisted by several members with Mrs. Reginald Clark at the organ for the singing of the beautiful Christmas carols included in the service.

Refreshments were served by the hostess assisted by Mrs. William Clark and Mrs. Bruce Deacon and an enjoyable social hour followed.

Brackley Pt. WI Holds Xmas Auction

The annual Christmas auction sale highlighted the December meeting of Brackley Point Institute held at the home of Mrs. Earle Sheffington.

There was a good attendance of members and visitors and the numerous articles of sewing knitting, handicraft and fudge were briskly auctioned off. Mrs. Fred Hughes, the sum of \$35.00 being realized.

The school visitor for the month was asked to purchase the usual Christmas treat for the pupils and apples for sale at the school concert.

The sum of \$5.00 was voted for group membership in the Music Festival.

It was decided to have a chemical toilet installed in the hall as soon as possible.

The collection amounted to \$6.71. An enjoyable concert "Rhyme Time" was conducted by Mrs. Willard MacCallum. The topic for the January meeting is health, and roll call will be answered by a New Year's health resolution.

The hostess served refreshments and the meeting closed by singing "Silent Night", followed by the National anthem.

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It was decided to continue to hold regular card parties beginning December 27.

After the business of the meeting was completed Father Steele spoke and ended the meeting with his blessings.

HOME FOR CHRISTMAS

Ann Gorveatt, Halifax, N. S., will spend Christmas with her parents, Mr. and Mrs. Ernest Gorveatt, Beasley Avenue, Parkdale.

Marilyn Hall, teacher training student at Prince of Wales College, will spend Christmas with her parents, Rev. and Mrs. E. Foster Hall, Orangedale, Cape Breton.

his parents, Mr. and Mrs. John MacFadyen, Beech St. AB Stephen MacFadyen of HMCS St. Laurent, Halifax will also spend Christmas with his parents.

Kate Reid and family of Toronto, will have as a holiday guest Rowan Fitzgerald of Charlottetown, whose friendship with her son, Reid Willis began during last summer's theatre season in this city.

Ronald Boyles, 1st year student in business administration at the University of New Brunswick, has arrived home to spend the Christmas holidays with his parents, Mr. and Mrs. F. W. Boyles, 53 St. Clair Ave, Charlottetown.

Mrs. Pearl Scott Meadowbank left Monday to spend Christmas with her sister, Edna and husband, Bert Millar, Toronto, Ont. She will also visit with Mr. and Mrs. Avard Clow, Parkdale, Ont., and Mr. and Mrs. Blythe Rodd, near Toronto.

Dorothy MacEwen arrives Friday by air from Toronto to spend Christmas with her parents, Mr. and Mrs. Horace D. MacEwen, 71 Mt. Edward Road.

Lieut. and Mrs. David Rogers Oromocto, N. B., will arrive on December 22, to spend Christmas with their parents, Brigadier A. W. Rogers and Mrs. Rogers, and Mr. and Mrs. F. W. Boyles, Charlottetown.

Wesley Fraser of Montreal will be home with his parents, Mr. and Mrs. Francis Fraser, Montague. Another son, Kenneth, with the RCAF in Quebec will also be visiting with his parents.

Mrs. Lera Campbell, Exeter, N. H., is holiday at the home of her son and daughter-in-law, Mr. and Mrs. Donald Campbell—317 Belvedere Ave., Sherwood. She will also visit other relatives during her visit here.

Mr. and Mrs. Edward MacDonald, and their two children, Tracey Anne and Jamie, will be spending the Christmas holiday with Mrs. MacDonald's parents, Mr. and Mrs. Alan MacDonald, Douglas Street.

Mr. and Mrs. Malcolm MacFadyen and family, Hillsboro, N. B., will have as holiday guests, Mrs. MacFadyen's parents, Mr. and Mrs. Fred Batt, Charlottetown.

Mrs. Eileen Hughes and young daughter, Pauline left by air on Wednesday for Montreal where they will spend the winter.

Maida Rogerson, Toronto, will spend the holidays with her parents, Mr. and Mrs. William Rogerson, Mount Edward Road.

Mr. and Mrs. Marshall Peters, Charlottetown, will have as Christmas guests, their daughter, Patricia, Charesholm, Alberta and son, Laurence of Montreal.

Mr. and Mrs. Albert Dow, Charlottetown, will have as Christmas guests the former's brother, Frank and his wife Heifa. A native of Syria, Mr. Dow is spending her first Christmas in Canada.

Jane and Susan Williams, Edgell School for Girls, Windsor, Nova Scotia, are spending the Christmas holidays with their parents, Mr. and Mrs. E. G. Williams, 45 Ambrose Street.

Mr. and Mrs. Keir Clark, Montague, will have as guests for the Christmas holidays, their three daughters, Marjorie, Pratt Institute, New York; Marion, Acadia University, New Brunswick, and Gwenneth, London, Ontario.

Susan Roberts has returned from Acadia University to spend Christmas with her parents, Dr. and Mrs. Athol Roberts, Crestwood Drive.

David A. MacLeod, Mount Allison University, will be spending Christmas with his parents, Mr. and Mrs. Alistair MacLeod, Charlottetown.

Sandra Bell, St. Louis, Missouri and Victor Bell, Montreal, will be spending the Christmas holidays with their parents, Mr. and Mrs. Cecil Bell, Montague.

King's College students, Bill Carruthers and Don Miller, are spending the holiday season with their parents, Dr. and Mrs. J. A. Carruthers, North River Rd and Mr. and Mrs. Ed Miller.

Elaine Walker on the staff of Queens University, Kingston, will be spending the Christmas holiday with her parents, Mr. and Mrs. Stanley Walker, Charlottetown.

Raymond MacDonald, Hamilton, Ont., will be holidaying with his parents, Mr. and Mrs. John D. MacDonald, Montague.

Mr. and Mrs. J.H. Taylor, Park Terrace, will have as their guests for the Christmas holiday their daughters, Sandra, a senior arts student at Mount Allison University, and Daphne (Mrs. Allison MacLean) of Theodore, Saskatchewan.

Wendy Armstrong, Montreal, Michael Armstrong, student at UNB, Mr. and Mrs. David Mitchell, Sackville and Heather Armstrong, student at Netherwood School, Rothesay, N.B., will spend the Christmas holiday with Mr. and Mrs. Hugh B. Armstrong, Sidmouth Avenue.

Mr. and Mrs. Bernard Stewart, Toronto, will be spending Christmas with Mrs. Stewart's parents, Mr. and Mrs. Seymour Henderson, Cambridge, following which they will leave for Germany.

Who Is Home For Christmas?

"To be home for Christmas" is the happy news being penned to many an absent person whose loved ones are living many miles from their home town. It's wonderful to be "home" for the holidays and even nicer when friends know you've arrived.

Laurel Nelson and friend Marg Gibbs, Toronto, will be Christmas visitors with Miss Nelson's parents, Mr. and Mrs. Stewart Nelson, Montague.

Freddie Nelson, Sackville, N.B., will spend the Christmas holidays with his parents, Mr. and Mrs. Stewart Nelson, Montague.

Patricia Sinclair, St. Dunstan's University, will be with her parents, Mr. and Mrs. Peter Sinclair, Montague, for the holiday season.

Steve Clarkson, St. Dunstan's University, will be spending the holidays with his parents, Mr.

Joan Coffin, Mt. Allison University, will be vacationing with her parents, Mr. and Mrs. Doug Coffin, Montague.

MR. AND MRS. ERWIN PHILLIPS NOVEMBER WEDDING

Bloomfield United Church was the scene of a wedding in November when Betty Mae, daughter of Mr. and Mrs. John Robert Lewis of Woodstock was united in marriage to Erwin Alton Phillips, son of Mr. and Mrs. Osborne Earle Phillips of West Cape. Rev. Elroy McKillop performed the double ring ceremony, assisted by Rev. Lawrence Lewis, uncle of the bride. A reception was held for 50 guests at the Christian Education Centre in O'Leary following which the couple left on a honeymoon trip to the Cabot Trail and other points of interest in the Maritimes. Mr. and Mrs. Phillips are residing at West Cape.

MARY HAWORTH

Paid Plan For Travel Is Proposed To Reader

DEAR MARY HAWORTH: I am a housewife, 36, a good dressmaker and able to give first-class massage and facial. I haven't been able to get together the money for a trip back home to Austria, due to financial hardships in the family, both here and there. My only brother is very ill in Vienna and my best friend there is 84. I am anxious to see her once again. I haven't been home in 13 years.

Is there any way of putting my skills to use as a travelling companion, to someone going to Europe, and, while there, get perhaps two weeks off, to visit my people? What paper would be right to advertise in I would appreciate your opinion. C. R.

DEAR C. R.: In proposing to make yourself useful as a travelling companion, in exchange for round-trip fare to Europe, perhaps you are saying nicely, but behind the lines, that you wouldn't consider being a ladies maid for the same recompense.

This I mention because, taking into account your skills as a good dressmaker, able to give a first-class massage and facial. I should think you might be considered a "find" as a personal maid for some woman travelling alone or with a handful of children to Europe and back. Or even for some pampered couple wanting that extra margin of comfort, of having someone to keep them mended, polished and "picked-up" en route.

My concept of a paid travelling companion (though I've never been or had one) is a gentle soul who reads aloud or takes dictation or makes notes or runs errands, fetching-shovels broom, eye-glasses, etc., and is a dutiful social presence at table, keeping silent or chatting as her employer prefers — a person whose background enables her to "speak the language" of her employer's interests, if any.

And maybe that's what you have in mind. But I'm sure that there is much demand for that sort of "help" in today's travel scene. I think your employment opportunities might be greater as a traveling seamstress-maid maidservant. At any rate, why not have two strings to your bow? why not advertise for either line of work to pay your fare?

As for news media through which to advertise, in your shoes I'd try the local press in the faculty town from which you write; also the neighborhood weekly papers in the upper class residential sections, suburban and closer in, in the great city nearby.

Also, talk with leading travel agencies, for pointers they might be willing to offer, concerning how to find suitable employment to and from Europe.

DEAR MARY HAWORTH: I read in a recent issue of the article regarding the poor unfortunate boy, the violent tempered teenage son, who intimidates his mother and disobeys her. —

Dante Alighieri would have placed him in the section of the "Violents" in his imaginary account of Hell. Do you think, dear Mary, that he would consider working, for nothing, to

help me a little, in clearing our small land of the carpet of leaves that covers it? We are a religious teaching order, living in a House of Studies here. Sincerely in Jesus, Sr. M.P.-M.P.F.

DEAR SISTER: This department doesn't venture the responsibility of putting correspondents in touch with one another, lest they misconstrue that we are endorsing their credentials.

However, in this instance, if the boy or his mother should respond to your inquiry, I'll make an exception, provided you shoulder the risk from then on.

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

Journalists Will Receive Pins Made By Artist

OTTAWA — When 50 women journalists from 40 countries arrive in Ottawa next July they will each be presented with a Canadian maple leaf brooch made specially for the occasion.

Designing and making the enamel-on-copper pins is ceramic artist Mrs. Joseph Jolicœur of Hull, Que., who has worked at the "hobby" for 10 years. She owns two kilns for firing and divides her time between enamel and copper work and ceramics.

Making the maple leaf pins is rather like making cookies, but more intricate. Mrs. Jolicœur cuts her leaves from sheets of copper, cleans them, spreads transparent glaze, sprays with a gum solution and then places her own color designs of powder on each object and pops it into the kiln heated at 1,650 degrees.

In a few minutes the design is of taffy consistency and Mrs. Jolicœur takes it from the oven and blends it with a small tool or needle. No two are ever alike.

Mrs. Jolicœur was asked by the Ottawa branch of the Canadian Women's Press Club to make the pins for the visitors. The journalists' Canadian safari is the national club's centennial project.

Sturgeon CWL Will Continue Card Parties

The regular meeting of the Sturgeon CWL was held recently and was chaired by Mr. S. Edwin MacDonald. There was a good attendance. The meeting was opened with the League prayer by Rev. Edwin Steele.

Minutes of the previous meeting were read by the secretary, Mrs. Raymond Murphy and a report of the finances was given by the treasurer, Mrs. Mary Giddings.

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"CANADA'S MIRACLE DRINK" Milk Brings Hope To The Starving

Canada Gives Assistance To Destitute Calcutta Widow

In the city of Calcutta lives a widow. Her home is a single dark and airless room with a string bed and a few cooking vessels. Her little girl of nine is blind and her 14-year-old son suffers from ear cancer. Neither of them go to school. The widow makes \$5.00 a month by sitting and pays almost half of this in rent. These are the stark facts of life for one small family who must live out their days in want and despair.

The widow and her children are fed each day through the Salvation Army's feeding program. Last March, Dr. Lotta Hirschmann accompanied the van on its afternoon mercy run. "We brought the first food of the day to hundreds of famished families. You should have seen the accusing procession of human misery crowding around the station wagon at each stop. Some adults and children were so hungry that they squatted right down in front of us on the dirty overcrowded pavement for their first handful of food". The Unitarian Service Committee helps

and Mrs. Dave Clarkson, Montague.

Joan Coffin, Mt. Allison University, will be vacationing with her parents, Mr. and Mrs. Doug Coffin, Montague.

MP DIES
GLASGOW (AP)—Labor MP Alexander Garrow collapsed and died at his home here Friday night. He was 43. His death will mean a byelection in the Pollock voting district of this Scottish city. Garrow took over what had been a safe Conservative district in the 1964 British election and won again in 1966.

HELP RCMP GET THEIR MAN
TORONTO (CP)—The RCMP in January will begin using a facsimile network set up by Canadian National-Canadian Pacific Telecommunications to exchange pictures, fingerprints and police documents of wanted persons among its posts. The system can transmit an eight-square picture in 18 minutes and develop it in 23 seconds.