

# WOMEN

Page 8, The Guardian Monday, Dec. 12, 1955

## LET'S EAT

### Your Christmas Dinner Need Not Be Expensive

By Ida Bailey Allen

"It is time to plan Christmas dinners," Chef said. "Let's give two menus this season: one, today, for a modest-priced but festive dinner and a second, more glamorous menu, nearer Christmas Day."

"I have already planned a menu for your consideration, Madame," he replied.

#### FESTIVE CHRISTMAS DINNER

Tomato Aspic and Salmon Hors d'Oeuvres  
Assorted Relishes: Heated Rolls  
Roast Duck, Chicken, or Fresh Ham, with Sage Stuffing, Brown Gravy, Onions  
Sweet Potatoes Escalloped with Apples  
Hot Mince Tarts  
Apple and Nut Bowl

Very nice. Chef. It will look and taste delightful.  
"I'd like the table laid with a light green cloth, with the apple and nut bowl as the centerpiece. Red candles could be used if dinner is served after four."

#### TOMORROW'S DINNER

Tomato-Beef Bouillon  
Pot Roast of Lamb with Vegetables  
Red and White Cabbage Slaw  
Lemon Pancakes  
Coffee Tea Milk

Tomato-Beef Bouillon: Corn-  
Line 1 (1 lb.) can tomato juice, 1/2

a chopped, medium-sized, seeded green pepper, 1/4 c. chopped, peeled, medium-sized onion, 1/2 c. cut-up celery leaves, 1 tsp. sugar, 1/4 tsp. pepper, 1 small bayleaf, 3 cloves, peppercorns and 2 c. water. Bring to boiling point simmer 10 min.  
Then, add 2 beef bouillon cubes, dissolved in a little of the liquid. Simmer 5 min. more and strain. Serve in cups.

**Lemon Pancakes:** Use your favorite plain or buttermilk pancake mix. Follow directions on the pkg. Adding 1 beaten egg and enough milk to make a thin batter that drops easily from a spoon and that is about the thickness of medium heavy cream.  
Heat a large heavy frying pan or griddle until a drop or two of water "dances" when dropped on it. Then oil lightly with shortening or butter.  
Drop in the batter by generous tablespoonfuls. (It is possible to make 4 pancakes at once in a 10" frying pan.)  
When bubbles form on the surface, turn to brown the other side. Fold over in quarters and dust with granulated sugar. Serve with lemon wedges.  
To eat, squeeze the lemon juice over and add a little more sugar if you like.

#### TRICK OF THE CHEF

Cut a fresh lime in thin slices, then into halves. Float half a slice on each cup of tomato bouillon.

## KEEP IN TRIM

### Overweight And Diabetes

By Ida Jean Kain

What is back of the startling fact that the United States is the unhealthiest nation in the world with respect to diabetes? Evidence points to our abundant diet, high in fat, combined with the constantly increasing use of labor saving devices -- all factors which contribute to overweight.

Dr. James M. Hundley, Chief of the Laboratory of Biochemistry and Nutrition of the National Institutes of Health, in a recent talk before the dietitians of the nation at the American Dietetic Association Conference in St. Louis, Missouri, highlighted the important facts on the health of our people. Since overweight has been found to have a direct bearing on diabetes, the readers of this column will be particularly interested in what this eminent scientist had to report.

While the average diet consumed in our country has improved considerably over the past few decades in terms of the nutrients it supplies, this authority pointed out that it is particularly significant that there has been no appreciable decline in diabetes mortality -- in fact, it seems to have increased slightly over the last twenty years. It appears evident that diet and nutrition are not only important in the treatment but may be involved in the cause of diabetes.

Discussing the heredity factor, he said that children with diabetic family histories are more likely to develop diabetes than children from non-diabetic families. However, the scientists pointed out, recent studies indicate that this does not seem to be the primary explanation of the large diabetes problem in this country. It has been found that people of German and Irish descent who came to the United States were especially susceptible to the disease -- yet they have a relatively low susceptibility in their own country. Similarly, people of Jewish ancestry in this country are very diabetes susceptible, yet diabetes mortality in Israel is relatively low. The Negroes in the United States have about the same susceptibility as white -- yet diabetes is infrequent in the African Negro.

"It seems probable that something peculiar to the environment in the United States may explain the high rate of diabetes in this country," Dr. Hundley suggested. "Three possible factors come to mind: First a good generous diet is available to most of the people in the United States and is frequently consumed in excess. Second, this country is noted for the constantly increasing use of labor saving devices. And third, the prevalence of overweight in the American adult is known to be high."

This will be a continued story. Tomorrow's column will give more on Dr. Hundley's comprehensive report on diabetes and overweight.

#### NATIVE REMEDIES

Indians in Canada were familiar with medicinal herbs long before the white man's arrival.

## ESKIMO WOMEN HAVE HARD LIFE IN NORTHERN CLIME



BEAUTY is frequent even in a harsh land where the struggle for food and protection from the cold eliminates all but the most hardy. This young woman, though condemned by southern standards to a life of hardship, is typical of her race--carefree, smiling and fatalistic.



LOVE of children is one of the most prominent of Eskimo characteristics. Here the cameraman catches a grandmother and child at play in an igloo where a caribou skin serves as chair and couch. There are only 872,000 Eskimos in Canada's 2,700,000-square-mile Arctic regions.

### Moore - Cousins Vows Solemnized In December Bridal

The marriage of Myrna Laurina Cousins, daughter of Mr. and Mrs. William M. Cousins, Kensington and Herbert Lloyd Moore, son of Mr. and Mrs. R. A. Moore, Cavendish, P. E. I. was performed by Rev. Lewis M. Murray, at 3 o'clock on Saturday afternoon, December 3, 1955, in Kensington United Church.

Baskets of gold, white and bronze mums and baskets of yellow and white baby 'mums' formed the background.

Miss Maureen Forbes played the wedding music and accompanied Mr. Roscoe Walker who sang, "The Lord's Prayer" before the ceremony and "Because" during the signing of the register.

Given in marriage by her father, the bride wore a floor-length gown of nylon lace and tulle over satin, lace bodice with a portrait neckline, and a short train of tulle and line. Her veil of silk illusion was held by a cap of lace, and she carried a cascade bouquet of red roses.

The maid of honor, Miss Norma MacKay, wore a gold brocaded bengaline gown with a cap of feathers in matching color and a nosegay of pink roses. Miss Elizabeth Brooks, as bridesmaid, was attired in a corsage of blue brocaded bengaline in matching style and carried a nosegay of yellow roses.

For her daughter's wedding, Mrs. Cousins chose a two-piece dress of iridescent autumn blue satin, with black and white accessories and a corsage of red roses.

The groom wore a tuxedo with a white shirt and a black bow tie. He carried a boutonniere of red roses.

Mr. Charles Cook and Mr. Alvin MacNeill were ushers. Following the ceremony, a reception will be held in the Assembly Hall of Kensington United Church where the toast to the bride was proposed by Rev. L. M. Murray.

Tea was served by Mrs. Ivan D. Montgomery and Mrs. J. C. St. John. Assisting in serving were Mrs. Keir Clark, Mrs. R. W. Auld, Mrs. Peter Nelson, Mrs. Scott Moore, Mrs. Erwin Champion, Mrs. Everet Champion, Mrs. Elwood Clark. Also assisting in serving were Mrs. J. C. St. John, Misses Helen Pendleton, Eleanor Mann, Eleanor Clark, Marion Humphrey, Elinor Bernard Louise Ramsay and Mrs. Ingham MacNeill.

Out of town guests were: Mr. Eric Cousins, Moncton, N.S.; Mr. and Mrs. C. M. Montgomery, St. John's, Nfld.; Mr. and Mrs. J. C. St. John, Charlottetown.

Leaving by motor for a honeymoon trip to Ottawa, the bride wore a red wool afternoon dress with black accessories and a silver-grey coat. Her bouquet was of red roses.

On their return, they will reside in Cavendish.

### ELLEN'S DIARY

By An Island Farmer's Wife

"What are you reading now?" we asked granddaughter this evening with of course some curiosity. We like to know what she reads, because it is interesting to note her maturing taste. And besides, when at this house, we would rather she did not peruse the brain matter which might catch her attention on courtship and marriage and suchlike. We suppose there will come a time for her to gain such education. Though as some one has said, "The human race managed to live and love and laugh for countless ages before phrase 'sex education' was coined."

"This is one of your scrapbooks," she smiled. "And I love scrapbooks. There's so much to them, poetry, pictures, prose. That's what makes them good." "They're like reading the dictionary," we laughed. "An old lady leaning through one said it was very interesting, but for her liking it changed the subject to often."

"I like the different subjects," she said. "It's like..." "Or a patchwork quilt!" "Yes," she agreed. "I'm reading a Christmas story now. I like it. I guess you did too or else it wouldn't be here." Her eyes shone. How "dat chile" she read! "It's about a shepherd," she said, returning to the page, "and it's real interesting and nice."

"We picked up our knitting and came to the couch beside her. The table was spread for supper at the time and we awaited James' coming. A hot dish of bacon and eggs with ends of vegetables left from dinner and was in the warming-oven. The kettle steamed and listened for the cue. James' step on the verandah-which would warn us to put the tea to steep. First lights were on, throwing their beams about, lighting the yards, beautiful beneath the feathery white of the snow. Presently grand-daughter would be up and of homeward beneath the snowy branches of the white birch, to her supper and homework. She glanced up at the clock once a little anxiously, this small one of the place who likes always to be on time. "I have time to finish it," she smiled, going back to her story.

"And because we too like it, we set it down here." "A Shepherd" by Heywood Brown.

"The host of heaven and the angel of the Lord had filled the sky with radiance. Now the glory of God was gone, and the shepherd and the sheep stood under dim starlight. The men were shaken by the wonders they had seen and heard, and, like the animals, they hurried close."

"Let us now," said the eldest one of the shepherds, "go even unto Bethlehem and see this thing which has come to pass, which the Lord has made known unto us."

Until tomorrow...Diary...Good-night...

### Worlds Most Handsome Bachelor Going To U.S.

By JACK GEE

MONTE CARLO (Reuters)—Prince Rainier III of Monaco, one of the world's most handsome bachelors, is on his way for his first visit to the United States.

His two-month stay across the Atlantic has become almost the sole topic of conversation among his 2,000 subjects. "Will the prince bring back a bride?" is the question they are asking.

The question has a practical as well as a sentimental interest. Under the terms of a treaty signed in 1918, Monaco, perched on a rock jutting out from the French Riviera coastline, will become part of France if the 32-year-old prince dies without an heir.

This would mean that, for the first time since the middle ages, Monaco would have to pay taxes and do military service. They would also lose the privilege of a

virtually guaranteed job in the small state's civil service—ranging from croutetier at Monte Carlo's casino to traffic policeman.

IN NO HURRY

Prince Rainier, who has 17 titles including two princedoms and two dukedoms, is in no hurry to marry. In a broadcast in October, he told his subjects: "This question of marriage has political aspects which leave me far from indifferent. But it also has a human side which should not escape anybody's notice."

Many Monacans would welcome a wedding between the prince and an American girl.

Prince Rainier will travel to the United States with his 69-year-old chaplain, Rev. Francis Tucker, who has arranged for him to begin his visit with a brief health checkup in a New York clinic.

The reason for this is mainly protocol. Prince Rainier will be the official guest of President Eisenhower, although he may be invited to the White House during his stay. So to conform with the usual protocol governing visits abroad by heads of state, he will have to pretend he is entering the country for health reasons, just as the Shah of Iran did last year.

The prince already has at least two tentative dates with attractive young American girls. One is with a 20-year-old Illinois school girl, Jo Ann Stork, who flew from Chicago to Monte Carlo in January to see him. "I want to meet a real prince charming," she told reporters.

KELLY CALLED

Prince Rainier showed her his private zoo and his large garage at the palace. But both denied they had intentions of getting engaged.

Another visit which the prince may return will be that paid to Hollywood film star Grace Kelly, who called at the palace while "To Catch a Thief" was being filmed on the French Riviera.

The bachelor prince has only once faltered on the brink of marriage: with the pretty French film actress Gisele Pascal. Their six-year romance founded in 1953.

His grandfather, Louis II, wed a French actress, Christiane Donat, when he was 76.

While Monacans are hoping the prince may soon decide to take a wife, Rainier spends his leisure hours racing his 13 sports cars along the tortuous Mediterranean coastal roads or playing with his tame panthers, cobras and monkeys.

### Campbell - O'Shea Vows Solemnized In Roxbury, Mass.

Pink and white gladioli banked the altar of St. Mary's of the Angels Church, Roxbury, Mass., on August 15, 1955 for the marriage of Miss Florence Gertrude O'Shea, daughter of Mr. and Mrs. Denis O'Shea, Glenfinnan, P. E. I., and Mr. Leo Anthony Campbell, son of Mr. and Mrs. Alvin Campbell, Brookline, Mass., and Nova Scotia. Rev. Daniel O'Leary performed the double ring ceremony.

The bride was given in marriage by her eldest brother, Mr. Michael O'Shea, London, Ont. She wore a full-length gown of white Italian satin topped by a triple skirt of pearls with a veil edged with Italian lace which matched the bodice of her gown. She carried a cascade of baby white and pink roses built around her missal picture that was of matching blue and she carried a cascade of white and red carnations with baby roses.

Miss Catherine Ann O'Shea was her sister's maid of honor. She chose a full-length gown of blue taffeta in snowball pinches. Her picture that was of matching blue and she carried a cascade of white and red carnations with baby roses.

Miss Florence Marie Keeley, sister of the groom, was bridesmaid with net overskirt. A band of pink pearls was her headress and she carried a cascade of baby white and blue carnations with streamers, roses and fern.

Mr. Richard Lovejoy was groomsmen and the usher was Mr. Pat Keeley.

A reception followed at the home of the bride's sister, Mr. and Mrs. Campbell honey-mooned in P. E. I. at the home of the bride's parents. After returning to Boston, the bride accompanied her husband to Virginia from where he left for duty in the Mediterranean with the U.S.N.

Mrs. Campbell, a graduate of Mission Church High School, Roxbury, holds a position in Boston.

Timely Tips For Weary Shoppers

Shopping for children can be the most frustrating experience. Toy departments this time of year are crowded and confusing; temporary sales girls and tagging whining children seem intent on destroying the most generous motives: only to be regretted later as inappropriate or a waste of money.

Here are some suggestions from the Canadian Association of Consumers and their Toy-Testing Committee:

Start now cleaning out toy shelves. Broken and outgrown toys are often renovated for less fortunate children by some community organizations. Plan the children's toy buying the way you would plan a wardrobe. What do they need? How can you add to what they have to give the old things longer play life? Grandparents and aunts can also ask these questions so it will cut down wasteful buying.

INDIVIDUAL NEEDS

Toys should suit the individual needs of each child, his age and interests. They should be constructed with the use in mind. Toys should stimulate the imagination. Look for toys and craft sets that do not stress copying.

Toys may supplement one another. Select toys that fit in size and scale with others. They can stimulate new interests and you can buy with a purpose. Toys can be found in everyday objects. Be resourceful when shopping, try the hardware and stationery stores.

BUDGET YOUR DOLLAR

Budget your play dollar. Be sure infant toys "can take it" and are brightly colored. Preschoolers like their toys large, child size. Insist on safe eyes on all stuffed animals. The soft plastic is wonderful. Choose it each time over the hard, brittle type.

When buying expensive dolls, expect decent clothes with buttons, not pins. All stores now have some separate dolls clothes that have large arm holes, buttons snaps or elastic for easy manipulation. Don't

## MARY HAWORTH'S MAIL

### Anxious To Love And Marry; Can't Get Interested

Dear Mary Haworth: I feel a little foolish writing to you. I am a man 27, and for the past 10 years I've had the care of my parents and two sisters and am used to making my own decisions and giving advice. But now I have a problem that I can't seem to solve and I am asking advice for myself. Before my youngest sister graduated from school a while back and went out to earn her own way, I was too busy making a living to have time for girls. When I met a girl who might appeal to me seriously, I would avoid her to prevent it.

Now, however, with only my parents to care for, I feel that I can support a wife. But the problem is that I have so long barred myself from social life with women that I can't seem to get interested in any girl. I am beginning to worry that I am incapable of falling in love -- for I have had plenty of chances lately...

HE'S EXPERT

Since I started taking pains with my appearance, I am often complimented on my looks and physique. I am a good skater; and have taken dancing lessons and become a smooth dancer. I have no trouble making conversation and am told I have an unusually "infectious" laugh. And in recent months of dating I have become practically an expert at making love. Several girls have told me they are in love with me -- which only gives me a trapped feeling, because no matter how I try, I can't be in love with them.

I don't drink or smoke, but always have a good time socially, and when I am dating, I make certain the girl enjoys herself too. But as soon as I am home I get that same old depressing sense of utter futility. Everything seems so meaningless. I've had men say they'd like to be me just for a day. I would gladly trade places with the ugliest of them -- because they possess something I lack, something I need for a woman: someone who needs and depends upon them.

I would appreciate your comment but please don't refer me to a psychiatrist, as I would never go to one. Perhaps I just haven't met the right girl; but I've been out with a lot of them lately. All kinds. D.L.

Dear D. L.: Perhaps the difficulty is that your whole family's attitude toward living is too mechanistic. Possibly the policy is to try to "control" existence in terms of "a place for everything, and everything in its place" -- as regards experience.

And maybe the family doesn't include love as an essential part of sensible living; but thinks of it, rather, as fairy tale stuff; as "out of this world" -- or as a luxury that can wait until all else is met (according to the family's idea of "duty done").

In your case, for example, it seems you've operated on the theory that you were righteously doing your duty -- and properly letting love wait -- in taking care of your sisters with schooling. One wonders why your parents have let your life take this lopsided turn -- of becoming gradually divorced from normal heterosexual feeling.

And the only answer that occurs to me -- they aren't "alive" to the importance of warmhearted mutual love, as an indispensable factor in healthy human development.

I take it your parents aren't dependent invalids. If they were, I think you would have said so. Hence the question -- why have they let you do as you wish in their "owe everything" to parents? And aren't entitled to lives of their own until the parents have arrived at something approximating Easy Street? In short, are they anxiously self-centered and blindly self-serving -- due to being psychologically infantile? Are you the emotional victim of that kind of family philosophy and family atmosphere?

REARING BEREFT

I am struck by your statements, to wit: "I always have a good time socially when dating... but as soon as I am home I get that old depressing sense of utter futility. Everything seems so meaningless..." This suggests a family situation bereft of the spark of positive love.

With time to spare, you are increasingly hungry for significant ties for true companionship recognition and sympathetic mutual appreciation. But unfortunately you're unconscious -- from which spontaneous springs -- has no idea how to promote, or how to belong to, that kind of alliance. Thus, even when "lovingmaking" you are emotionally estranged from what you are doing. And your longtime solitary habits probably were sparked by frigidity of temperament -- quite as much as by "duty to parents."

You should have psychiatric help to give you the key to emotional liveliness and integrity. You wouldn't know the right girl if you were to meet her, in your present state. Or rather, say, there is no "right girl" for the psychologically impotent man.

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

be tempted by unwashable frills. Large and building blocks are for boys and Indians. Twinkly still the best. Costumes on the market are heavily weighted for fairy costumes, price and princesses, gypsies and highlander costumes can be easily made and they stimulate imaginative play.

When buying tools for children, try a light weight real thing rather than expensive sets that don't work.

With these tips in mind--happy shopping!



### BRIDAL AT MISCOUCHE

A floor-length gown of pale pink with a matching chapel veil were worn by Miss Marie Lorraine MacNeill, daughter of Mr. and Mrs. Leonard S. MacNeill, Miscouche. When she became the bride of Mr. Albert James Landry, son of Mr. and Mrs. Stephen Landry, Georgetown. The ceremony was performed by Rev. J. D. Kelly on Nov. 10 at 8 a.m. in St. John the Baptist Church, Miscouche. Mr. Edward LeClair was organist and the Miscouche Girls' Choir sang.

Given in marriage by her father, the bride carried a bouquet of white roses. Her only attendant, Miss Helen Gillis, her only attendant, was gowned in a floor-length dress of soft mauve with matching headress and she carried a bouquet of yellow roses.

Mr. Desmond MacNeill was groomsmen and the ushers were Messrs. Justin MacNeill and Donald Gillis.

A reception for thirty-five guests followed at Birch Hill Lodge which was decorated with 'mums' the mother of the bride received in a navy crepe dress with navy and white accessories and a corsage of white roses. The groom's mother chose a light blue suit with black accessories and white roses en corsage.

For honeymooning in the Maritimes, the bride donned an aqua knitted suit with red accessories and a corsage of white roses. Out-of-town guests were Mrs. Aldene MacDougall, Mr. Manney Kays, Mr. Floyd Landry and Mr. Harold Landry, all of Charlottetown, and Mrs. Stephen Landry of Georgetown. (Photo by D. W. Sears, The Read Studio).



### MARRIED IN TORONTO

Danforth Avenue United Church, Toronto, Ontario, was the setting for the marriage of Miss Eleanor Cahill, daughter of Mr. and Mrs. John R. Cahill, Charlottetown, and Mr. John S. Hambly, son of Mr. and Mrs. E. J. G. Hambly, also of Charlottetown. Rev. J. E. Bell, D. D. officiated.

The bride chose a gown of white embroidered net over satin styled with Peter Pan collar and long sleeves tapering to points over the hands. Her fingertip veil of silk illusion fell from a coronet-styled tiara and she carried a bouquet of red roses.

Miss Doris Duffitt, maid of honor, wore a pale blue ballerina-length gown of tulle over taffeta with Her bouquet was of pink roses.

Mr. Roy White, Charlottetown, was best man.

### COOK'S CORNER

CHOCOLATE ICING

1 cup sugar  
3 tablespoons cornstarch  
3 tablespoons cocoa  
1/4 teaspoon salt

Pour in 1 cup boiling water and boil until thick. Remove from heat and add 1 teaspoon butter and 1 teaspoon vanilla. Spread on cake.

### Words Of The Wise

A good idea that is not shared with others will gradually fade away and bear no fruit, but when it is shared it lives forever, because it is passed on from one person to another and grows as it goes. (Lowell Fillmore)

### ANNE ADAMS PATTERNS

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**MORNING SMILE**  
She (tenderly)--"When did you know that you loved me?"  
He--"When I began to get mad when people said you were brainless and unattractive."

**HOUSEHOLD HINT**  
To locate a leak in an inner auto tube or in a gas pipe, apply soapuds to the surface, and when bubbles appear, that's where the