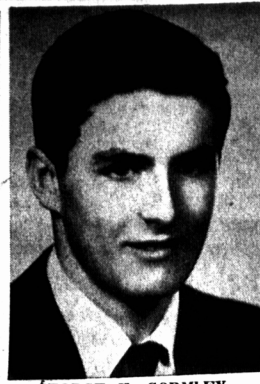


WOMEN

Page 8, The Guardian Wed., Feb. 22, 1956



MARY L. ROGERSON



GEORGE H. GORMLEY

Engagement Is Announced

Mr. and Mrs. Leo Rogerson, Peakes Station, P.E.I., wish to announce the engagement of their daughter, Mary Leona of Boston, Mass., to George Herbert, son of Mr. and Mrs. Herbert Gormley, Bellefleur, Mass., formerly of Peakes Station, P.E.I. The marriage will take place this summer at St. Cuthbert's Church, St. Theresa, P.E.I. The couple will reside in Bellefleur.

Happenings

The Honourable T.W.L. Prowse, Lieutenant-Governor of Prince Edward Island and Mrs. Prowse, were enthusiastically greeted by one and all yesterday at the opening of Prince Edward Island's Legislature, one of the most historic in our nation.

Mrs. George Drew and Senator Elsie Inman are pictured in the Ottawa Citizen in a warm hand-clasp at the tea given by Mrs. Geo. Drew and wives of the Progressive Conservative Senators and members. The tea was held at the Drew residence, "Stornoway", Rockcliffe Park. Among the two hundred guests were Mrs. G. H. Barbour, Mrs. T. V. Grant, Mrs. J. W. MacNaught and Mrs. J. P. MacIntyre.

The Ottawa Business and Professional Women's Club recently held their International Night Dinner Meeting at the Chateau Laurier. Among the guests at the head table was Senator Elsie Inman.

Senator Inman is addressing this week at the Ottawa Women's Club.

Mrs. Alfred W. McNeill left Tuesday morning to visit her parents, Senator J.P. and Mrs. MacIntyre at the Chateau Laurier Hotel, Ottawa.

Miss Barbara Herring has taken up residence in Waltham with her uncle and aunt. Mr. and Mrs. Inman Herring, Miss Herring has a position with the Davis Sales Associates. Before leaving Charlottetown, Miss Herring was widely entertained. Among those entertaining in her honour were Mr. and Mrs. Willard Burke.

Danny Kaye, Princess Margaret's favourite comedian, met the ruler of Monaco in Palm Beach and has been inspired to write a song titled "Princess Kelly."

Miss Marjorie Hurst who is attending Mt. Allison University, recently spent the weekend in Halifax as guest at the "Poor Man's Ball" given by the law school of Dalhousie University.

Mr. Heath MacQuarrie formerly of Victoria, arrived Saturday from Wellesley, Mass. Mr. MacQuarrie will be writing on this session of the Island Legislature and keeping his C.B.C. commitments.

The Group Committee of Zion Church held a Pot Luck supper Monday evening for the scouts, cub and their families. This is Scout week and the party was in honour of the late reverend Lord Robert Baden-Powell.

BREADALBANE W.I. The Breadalbane Village W. I. met at the home of Mrs. Lorn Seaman for their regular monthly meeting on Feb. 13th. The president presided and opened meeting by the singing of Ode followed by repeating Collect in union. Roll call was answered by 10 members and one visitor. One member paid dues also one paid for Feb news. Minutes of last meeting were read and approved, business arising out of minutes was dealt with. It was moved and seconded we give \$10.00 to Breadalbane Library. See reports at \$32.50 proceeds from Valentine's Party also two donations were gratefully acknowledged from ladies who were unable to be present at same.

Reports of committees were given and following new ones appointed for next month. School, Mrs. Guy Matheson, Mrs. Allan Hickox; Sick, Mrs. Angus Gillis and Mrs. Hedley Woodside; Lunch, Mrs. L. Seaman, Mrs. H. Woodside and Mrs. C. Matheson.

Correspondence was read and discussed. It was moved and seconded we give \$50.00 to March of Dimes and \$50.00 for use of hall. It was decided to ask Mr. Lorne Seaman to write for all necessary details concerning fire equipment also that the Institute start a fund for same. A public meeting to be held in the hall at a later date for discussion and arrangements for purchasing same.

Bills were presented and moved. It was also decided to have a concert in March. All members to meet at Mrs. H. Woodside's, Feb. 20 to plan for same. Mrs. Millage MacLeod invited the members to her home for next meeting. Roll call to be answered by passing an article for Auction Collection was received. Meeting closed by singing the Queen. Lunch was served by hostess, assisted by committee in charge and a social hour spent.

SWEET STUFF An average hard maple tree yields 15 to 20 gallons of sap, which boil down to little more than a quart of maple syrup.

MRS. GORDON MACMILLAN A COUNTRY GARDEN

There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer. G. Jekyll.

It is in the longer evenings that we notice the change in the winter season, also where the sun has warmed the earth on the south bank of the evergreen hedge. In the garden room the plants are all in bloom since the sun has been bright for a longer period of the day and so they require more watering. Another Amaryllis bulb has been potted up making four in the collection. The other week a man told me of his seven varieties of these lovely flowers with the huge blooms. He had recently added a white amaryllis to his other colors and was looking forward to the flowering. Another lady gardener greeted me the other day by asking if I had my seeds ordered, this makes for "Good conversation."

A tree rose was brought up to the light in the garden from the cellar where it was reaching for the light. Last year there were many fragrant blossoms on this tree rose with the same culture, as the house plants grow larger, the garden room becomes more crowded and every hanging basket and shelf is filled to capacity. In a few weeks it will be possible to move some of them to larger quarters and so relieve the congestion. There is no standing still in this growing business.

THE SEE ORDER Making out the seed order has been an enjoyable task these evenings. Some new varieties, and more of the hardy and reliable seeds are ordered for the spring sowing.

I have received lovely colored pictures of the California seed farms where many of the seeds are grown for our gardens. About five thousand acres of California's most fertile soil is being cultivated at the present time to produce flower seeds for a good part of the world, it is estimated that California grows nearly ninety per cent of all the flower seed used in the world today. Probably no other business in existence combines such an outstanding commercial record and such a tremendous amount of beauty. Tourists come from all parts of the world, in June particularly to see the flower farms in bloom. Since the farms are in mountain valleys, breathing vistas of the vast acreages can be obtained from the hills overlooking the fields below.

LOMPOC VALLEY About fifty three miles north of Santa Barbara, there is such an overlook at about a thousand foot elevation. At this point, there is an unrestricted view of the intensely cultivated Lompoc Valley in which several seed farms have their large acreages. The over-all effect is that of a huge topographical map colored with chalk crayons. The real thrill, however, comes in the sudden realization that this wide expanse of color is composed of millions upon millions of cultivated flowers growing under these conditions by special favor of Providence, that there are few comparable scenes in all the world. Delphiniums and tuberous rooted

begonias are grown here in beautiful varieties also new strains of daffodils. The cost, and the painstaking care involved in producing a flower seed novelty or new shade and the time and vigilance necessary to keep a line true, once a new flower is ready for sale is nothing short of amazing. Sometimes hundreds of line selections are made in order to introduce a shade different from others grown and at least five years must pass before the new shade can be offered to the trade.

We wonder how it is possible that a packet of flower seeds cost so little when we think of the skilled labor required to grow this seed. It is usually quite windy at the flower seed farms during the summer months, for most of the acreage is fanned by ocean breezes. These breezes play a very important part in bringing high-yielding flower seed plants to a quick maturity. The setting of seed is much heavier under these growing conditions.

These lovely flower seed farms of California are a great attraction to all who love flowers. What is there in this tale of seeds that sets the pulse so a-thrill? And every man so gladly reads in Winter time and always will? This stuff is ages, ages old. Recounting what the blossoms do. A thousand times it has been told. And yet somehow it's always new.

TRIMMING On fine sunny days it is possible to trim trees and shrubs if snow does not interfere, properly trimmed, a tree will outlast a human lifetime—sometimes many life times. In the natural course of events, trees take care of their own pruning. Look toward the sky in any mature forest—whether pine, oak, or redwood, and whether two hundred or two thousand years old. Not a branch will there be for seventy-five or one hundred feet above the ground; yet no saw has cut them—man has not intervened. Nature has done the job by shading the lower limbs, which ultimately die and fall to the ground. The wounds heal and the giant trunks tower upward as single majestic columns. But this self-pruning technique is successful only where there is a dense stand of trees.

In the home garden there is no substitute for skillful pruning on the part of the gardener. Pruning should be started when trees are young; and if this practice is kept up faithfully you will have beautiful fully grown shrubs and trees. The time to prune when wounds form callus and heal faster is found to be from February fifteenth to May fifteenth so that we can begin right away on sunny days when it is a joy to be out and doing something for the garden.

The proper training of hedges starts the day they are planted, for the correct kind of trimming at this time will insure the right type of growth later.

In all types of hedges, it is desirable to have the plants well branched to the ground so that there will be a dense mass of foliage. (Continued on page 11)

Mary Haworth Girl Parents Grope With Conscience Over A Decision

DEAR MARY HAWORTH: We want your advice on a difficult decision. To be able to live with our conscience in years to come, what is the right thing to do?

Our minor-age, unmarried daughter is pregnant. She no longer loves the boy responsible, and to force her into a loveless marriage would be cruel.

We have a grown son at home, from whom the secret cannot be concealed much longer.

The possibility of placing our daughter in a maternity home until afterwards, and later giving the child for adoption, is one solution, I realize. But how do you go on living with the thought that your own grandchild is lost to you forever?

Our daughter is a sweet beautiful girl on the threshold of life. Need she be a social outcast forever, with no hope for future happiness? What is the answer? Would you please recommend various social agencies that consider situations like this?

DEAR C.B.: It seems to me that extensive experience of living teaches us the waste of trying to run away from mistakes—or trying to bury or disclaim them. Far better, I think, to take them in stride; in terms of accepting responsibility for trying to pick up the pieces, and repair the damage insofar as possible.

I don't see how you can, in conscience, treat the (anticipated) grandchild's welfare as being less important, overall, than your daughter's happiness. And I wonder what might be the long-term cost to her character and mental health and peace of soul, if she were to give the child for adoption (hastily and furtively)—in hopes of drawing a curtain on this part of her life forever.

You say Dot (let's call her) no longer loves the boy responsible, and to force her into a loveless marriage would be cruel. One might ask: was she ever in love, if she can recoil so quickly, when confronted with a frightening bill for mutual folly. She probably doesn't know what her basic enduring sentiments are at this time, because she's overwhelmed with immediate panic—and shame and resentment and guilt feelings.

Her sudden revulsion to the boy is chiefly indicative of irresponsible immature character, I think. She simply blindly wants out of the problem they've precipitated; and by implication blames him for her share of foolishness. To some advisers, this unstrung attitude of hers might seem to justify a cover-up plan of action, designed to give her a second try at girlhood. But I am not sure this would be the greatest kindness to her in the long run.

MIGHT BE HELPFUL If the boy is an acceptable sort—that is, of a decent family known to you, from a social background comparable to yours, with a good reputation generally—the constructive move might be to have the youngsters to marry, in a legal ceremony, to give their child a legitimate start in life. And to establish the babe's kinship to the natural grandparents. As the principals are minor-age (and if your religion permits), a quiet divorce or annulment might follow later. But consult your family lawyer or spiritual director on these points.

As for social agencies that care for this type of problem—there are two outstanding associations, each with local advisory services, in various parts of the nation.

One organization is the Florence Crittenton Home Association, head quartered at 608 South Dearborn Street, Chicago, Illinois. Address inquiries to Miss Virgil Payne, director. The other is the Family Service Association of America, with headquarters at 192 Lexington Avenue, New York City 16. Address inquiries to Miss Virginia L. Amos, field director—if you wish to contact the agency nearest you. —MH

COOK'S CORNER In top of a double boiler melt ½ lb. of velvet cheese cut fine, 3-4 cup milk. When warm and melted, remove from the heat and cool. Add 3 beaten egg yolks, 1 3-4 cup of bread crumbs, ½ tsp. each of mustard and salt, fold in 3 beaten egg whites, pour in greased custard cups and bake slowly.

MORNING SMILE "Your age, please?" asked the Canvasser. "Well, now, let me see. I was 15 when I married by husband and he was 30. My husband is now 60, or twice a sold as he was then, so that makes me 30."

HOUSEHOLD HINT The suction cup of a wet drain plunger will help to lift corners of linoleum or other heavy textured material. For a tighter grip, rub soap on the cup edges of the plunger.

ANYONE CAN SUFFER FROM WORMS (Green-apple as well as children are often from worms. If you, or any of your family, experience or suffer from any of the following symptoms, try Dr. Williams' Pink Pills for Pale People. It contains the natural worm-destroyer, Dr. Williams' Disinfectant Worm Candy will bring you relief. Try it today and write for free booklet on worms.

Words Of The Wise The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but a thing created is loved before it exists.



Slim Spring Dress

This frock of navy and white onto at a spring showing by the Association of Canadian Couturiers. (CP Photo).

KEEP IN TRIM

Low Fat Diet Pattern

By Ida Jean Kain

"What foods should members of the Coronary Club avoid?" readers are asking your dietitian. Specific advice in cases of this kind should come from your own doctor. If you are overweight, the doctor will advise that you bring your weight down to the lean side of normal for your build, since it is known that excess weight increases the work of the heart.

As to the dietary rules, the key is moderation. For those who have had a heart attack, the doctor will no doubt suggest a diet low in fat and cholesterol rich foods. Cholesterol is a fatty substance that is suspected in heart disease. Foods richest in cholesterol are: egg yolk; liver, sweetbreads and heart muscle; oysters; fat meats; butter, lard, cheese (except cottage cheese), and cream. In general, all animal fats are reduced to a minimum and glandular organs are omitted.

However, studies have revealed that restriction of cholesterol foods is not the solution alone because the body itself can manufacture cholesterol from the food fat in the diet. By cutting down on dietary fat, both intake and manufacture of cholesterol is lessened. Since fats are highest in calories, limiting food fat automatically cuts calories, which leads to less weight.

Here is a dietary pattern for a low cholesterol diet as outlined by Dorothea Turner in "The Hand Book of Diet Therapy" compiled for the American Dietetic Association.

BREAKFAST Fruit - citrus fruit or tomato juice Cereal with skim milk and sugar Egg 1 egg twice a week Toast with jelly, jam, honey or marmalade Beverages coffee or tea with sugar

LUNCH AND DINNER Soup - Consomme, bouillon or fat free vegetable soup Lean Meat, chicken or fish 4 oz., daily Vegetables potato, plus green or yellow vegetable (prepared with out butter or cream) Bread whole grain or enriched white Dessert - Choice of: fruit, angel cake, gelatine dessert, junket, fruit tapioca, meringue Beverages Skim milk or butter

Recipe review. For more mealtime hints send for a free copy of "Recipes for Toddlers." Write to Gerber Baby Foods, Box 4027, Terminal A, Toronto, Ontario.

Conversation pieces. (1) When you talk to your toddler, try to remember to slow down and enunciate clearly. This will guide him in proper pronunciation. (2) When you give commands it's helpful to use the same words each time. This avoids confusion; helps teach word meanings gradually.

Seven, heavenly fruits for the apple of your eye. Gerber Junior Fruits are made from plump, juicy, pick-of-the-orchard fruits, chopped to an evenly minced texture for tots with a sprinkling of teeth. Special processing helps preserve true-to-nature flavors, naturally attractive colors. Have you tried Plums with Tapioca Intest!

The W. H. Greenbank Co. Ltd., Specialists, Toronto, Ont.

LET'S EAT Variety of Fish Dishes For Your Lenten Menus

By Ida Bailey Allen

"There are one hundred and sixty-five varieties of fish and seafood available in the United States," I was saying to the Chef. "Very many of them on sale in several large city markets. "But because few homemakers are acquainted with most of these varieties the number of different kinds of fish sold at most fish counters is small. Why is it that so many homemakers know so little about fish?"

FOLLOW THE LEADER "I believe the trouble that the ladies tend to follow the leader, Madame. They all tag after one another or the advice of advertising," remarked the Chef.

"Today, they are buying fish-sticks by the thousands of tons. That is very good, but why turn up one's nose at good sea-trout, cod, mackerel, smelt, and many others, all of them fine values?"

Here is a list for the nation's menu. From New England: Come flounder and sole, haddock, cod, ocean perch, pollack and oysters. New York: Has the same, plus whiting, halibut, eels, smelt, scallops, porgy and bass!

FROM CHESAPEAKE The Chesapeake: Furnishes fluke, sea bass, mackerel, red snapper, sea-trout and oysters. The South Atlantic: Has bluefish, grouper, kingfish, red snapper, sea-trout, Spanish mackerel, crabmeat and shrimp.

The Gulf Coast: Gives with mullet, redfish, red snapper, seatrout, oysters and shrimp. Chicago has fresh lake fish: whitefish, yellow perch, yellow pike, carp, lake herring, as well as fresh or frozen ocean fish from both coasts.

From the Pacific Coast: Comes halibut, lingcod, rockfishes, salmon, flounder and sole, oysters and Dungeness crabs.

In every section, there are frozen lobster tails, fresh or frozen shrimp, oysters and scallops. On the supermarket shelves are many kinds of canned fish, also smoked and pickled fish. What an adventure in good eating we can enjoy this Lenten season if we will try some of these!

TOMORROW'S DINNER Sardine-Tomato Saladettes; Wiener Schnitzel or fish Filets; Parmesan Quarters Carrots; Buttered Noodles; Apple Tapioca; Whipped Topping; Coffee; Tea; Milk. All measurements are level; recipes proportioned to serve 4 to 6.

Wiener Schnitzel: Cut 2 lbs. thin-sliced leg or tender cut of veal in portion for individual service. Pound with a meat mallet to ¼" thickness.

Dust with ½ tsp. salt, 1 tsp. monosodium glutamate, 1-3 tsp. pepper and 1-3 c. flour.

Beat 1 egg with ¼ c. milk in a soup plate and mix well. Dip in the meat. Quickly dip into fine bread crumbs. Chill 10 min.

Pan-fry in enough heated vegetable fat to barely cover the bottom of a good sized pan. Allow 12-15 min.

Serve each portion garnished with a slice of lemon, topped with an anchovy fillet or small sardine. Pass tomato sauce.

Fish parmigiano from the chef. Season, egg and crumb 2 lbs. fillet of fish cut in serving portions as for wiener schnitzel. Cook as directed above.

When nearly done, spread with tomato sauce, a little grated sharp cheese, then with creamed cottage cheese.

Broil until light brown. T2 eeeehh! feb13h

By ELEANOR ROSS The linen closet, by the very nature of its contents, should be one of the most pleasant and cleanest spots in the house. And there's no reason why it shouldn't be one of the prettiest and certainly the most fragrant.

PRACTICAL TREATMENT An attractive as well as a practical treatment for a jaded-looking linen closet is a complete redecorating job with adhesive-backed lining. You might try it in a smooth texture on the walls and in the quilted velvet on the shelves.

Wash all surfaces thoroughly with warm water of detergent suds to remove all grit or dust. Rinse and let dry before applying the covering.

Completely washable, this plastic lining can be easily sanded off. The liner, closely by the very nature of its contents, should be one of the most pleasant and cleanest spots in the house. And there's no reason why it shouldn't be one of the prettiest and certainly the most fragrant.

While you're fixing your closet, check through to see that you are using things in rotation and aren't hoarding some special pieces that are only growing yellow and musty from disuse.

FINAL TOUCH For a final touch, add fragrance to accent the daintiness of your linens. Tuck unwrapped pieces of fine soap here and there in the stacks. You can also use scented envelopes of a favorite sachet or wads of cotton that have been soaked in perfume or eologne.

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Delicious Flavour goes farther.

Delicate Summer Style

This cocktail dress of white nylon pucker was among spring and summer fashions displayed in Toronto by the Association of Canadian Couturiers. Gray chiffon drapery gives the dress a high-waisted effect in front and falls from the shoulders in the back. (CP Photo)

Words Of The Wise

The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but a thing created is loved before it exists.

—G.H. Chesterton