

WOMEN

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LET'S EAT

Serve Thin Sandwiches For A Wedding Party

By Ida Bailey Allen

Sandwiches for wedding receptions or "elegant" parties always should be thin, dainty and bite-size.

Firm-textured enriched or specially white breads or entire wheat should be used. These should be sliced at home, since most commercially sliced bread is cut too thick for daintiness.

The sandwiches may be closed or open, in the form of pinwheels, miniature rolls, or sliced layers. A combination of assorted shapes makes possible attractive displays and color arrangements.

The fillings or toppings should be savory rather than sweet, because refreshments at wedding receptions and other formal affairs always include other sweets.

Ready To Serve
If you have a food freezer, the sandwiches may be made several days in advance, wrapped in a moisture anti-vapor covering and frozen ready to thaw, arrange and serve. If freezing open sandwiches, which are really canapés with a bread base, cut in triangular or fancy shapes, arrange on large pieces of cardboard or in shallow boxes, lined with cellophane.

If the sandwiches are to be served the same day, the treatment is a little different. Wrap them in aluminum foil or cellophane, then in a damp clean tea towel and refrigerate. If open sandwiches are to be used, place on a cookie sheet, wrap carefully in cellophane, cover with a damp tea towel and refrigerate.

How to Make Dainty Sandwiches:
Cut off the end of the loaf of bread. Spread the cut side of the loaf with a suitable spread. Then slice thin. Top with a second slice of bread (not spread). Press together. Trim off the crusts. Cut into 4 small triangle or finger-length sandwiches.

Here are some interesting sandwich spreads which are suitable for freezing.

Blue-Cheese Curry: Through the medium blade of the food chopper, put ¼ lb. American Blue cheese and 2 oz. sharp American Cheddar cheese. Add 4 oz. cream cheese and 3 tbs. butter. Blend in ½ tsp. aromatic butters, 1/8 tsp. curry powder, ½ tsp. Worcestershire and 4 drops tabasco.

Deviled Ham-Liver Pate: Combine and blend 2 tbs. butter, 1 (4½ oz.) can deviled or Smithfield ham spread, ¼ c. commercial liver-pate, 3 oz. cream cheese and 1 tbs. lemon juice.

Chicken Avocado: Combine and blend 2 tbs. butter, the contents 1 (7 oz.) can chicken, minced, 1 peeled stoned small avocado, ¼ tsp. lemon juice and 6 minced stuffed olives.

TOMORROW'S DINNER
Cabbage-Spinach Cole Slaw
Oven Fried Chicken
Potato Chips
Green Beans with Corn Kernels
Gingerbread Lemon Layer
Hot or Iced Coffee or Tea Milk

TRICK OF THE CHEF
Heat potato chips and dust with paprika.

Tracy-Dwan
Nuptials

Mixed poms provided a decorative setting at Holy Redeemer Church, Charlottetown, on May 23, 1955, at 9 a.m. for the marriage of Mary Mildred Dwan of Boston, Mass., formerly of St. Peter's Bay, and daughter of Mr. and Mrs. John Dwan, St. Peter's Bay, to Thomas Joseph, son of Mr. and Mrs. Thomas Joseph, St. Peter's Bay, Mass. U.S.A. The nuptial vows were heard by Rev. Fr. W.V. McDonald.

Soloist for the occasion was Miss Joan Scanlon of Wollaston, Mass., and the wedding music was played by Mr. Alex McLean.

Given in marriage by her father, the bride chose a pale blue waltz-length gown of iridescent silk with a lace yoke and fitted bolero and a shoulder-length veil. She carried an orchid on a prayer book.

The matron-of-honor, Mrs. Robert Charbonneau of Montreal, was attired in an aqua silk dress and carried a bouquet of mixed roses.

Best man was Mr. John W. Tracy and ushering the guests to their seats were Messrs. Owen Dwan and Robert Charbonneau.

After the ceremony a reception was held at the Charlottetown hotel for fifty guests, in charge of the guest book was Miss Margaret Tracy.

For a honeymoon trip through the Maritimes, Quebec, Ontario and the New England States the bride wore a three-piece pink suit with navy accessories.

On return from their honeymoon Mr. and Mrs. Tracy will take up residence in East Weymouth, Mass.

Out-of-town guests present at the wedding were Mr. and Mrs. Tracy, Auburndale, Mass.; Mr. and Mrs. J. W. Tracy, Nashua, N. H.; Miss M. Tracy, Belmont, Mass.; Miss Joan Scanlon, Wollaston, Mass.; Mr. and Mrs. A. Flaherty, Waltham, Mass.; Mr. and Mrs. D. Kennedy, San Diego, California; Mr. R. Parmenter, Sudbury, Ont.; and Mr. and Mrs. Robert Charbonneau of Montreal.



MR. AND MRS. THOMAS POWER

Mr. and Mrs. Thomas Power are photographed following their marriage which took place June 1st at St. Alexis Church, Rollo Bay with Rev. Father W. A. Keefe officiating. After a honeymoon in the Annapolis Valley they have returned to take up residence in East Royalty. Mrs. Power is the former Anna Gertrude Sheehan, daughter of Mr. and Mrs. Hugh Sheehan, Bear River. Mr. Power is the eldest son of Mrs. John Power and the late Mr. Power, Covehead Road.

ELLEN'S DIARY

by an Island Farmer's Wife

To chores out of doors this day called us, with a cool wind blowing, and still some dampness from yesterday about. . . . To an extended spell of wedding we came, at first a little boy for our companion and later Jennie and Granddaughter, when the week's classes were done.

The children much enjoy having their elders out about with them to share at first hand the wonders and surprises of the season. They discover new flowerings and count buds of those to be: the plump peonies, the buttercup flower, the lilies of the valley (that are pleased to hide shyly their bells but spread along the lawn as secretively and fast as the little spruces in the farmers' fields which in no time become a secure plantation.

"If you happen to have any seds from that Ellen," James offered on his way out to the fencing "you might give them to one of the litters in the piggery. Not those nearest the door, but in the next-to-the-last pen."

We nodded and smiled. "Always at parting, give folks your smile!" we recalled a woman of our young and impressionable years say. "We can have no idea just how long it will have to last — as we expect, only for a little while and it may be — I've seen it so more than once in my time — forever. Two shall be grinding. . . . Remember? Yes busy as usual with the everyday work. And 'The one shall be taken, the other left.'" We smiled — and turned to the wedding. How stubborn the couch and weedy growth of bed and border had become in the years we had lived at Bob's!

"I think, Ellen if you used the grub hoe, you would make better headway. You'll find it in the garage." James called back from down the lane. "And, if this should happen to work up a thunderstorm, remember to close the stable doors, will you?"

Good-night. . . .

But clean sunshine we had and as the hours sped we pleased and warm to dry passably well the grass to set the lawn-mowers to work. . . . A power-machine we have, small and light but adequate for the area it must mow. The children regard the mowing as a favorite pastime though it sometimes gives their mother the concern of setting the lawn which can arise as to "my turn or hers" at the operation.

Below at the far side of the front meadow, in the shallows of the millpond as still as "a graveyard image", a gray heron stood on stilts of legs awaiting the trout and minnow, the unwary creature of the piping-tribe upon which he would sup. Fast beat the swallows' wings, that above the lawn made their excursions thither to pick up bits of clay, each one to make a building block in the 'dobe houses now raising in damp additions along rafters and eaves.

"In the next-to-the-last pen," I declare, Ellen, I don't see why a girl would want to marry a farmer? a farmwife, not much taken up with the life, offered the other day. "I'd as soon, yes, I'd rather marry a tramp," she managed a chuckle. "I'd at least get a change of scene! On a farm it's the same old sights, the same old grind of work."

But not at Alderlea today at the wedding. There was many a change of scene. And about us scrub and perennials and trees of ours and the Family's planting, sending their rootlets a cherished season deeper into the loving loistress of the heart. Diary Until tomorrow —

A New Spring Wardrobe Of Washable Blouses

By ELEANOR ROSS

The new textures lend themselves with equal ease to fancy or tailored details: precision-pleated sleeves, delicate, embroidered tracers, tucks, ruffles, etc. Furthermore, to keep those pleats precise, a little shaping is needed while the garment is still wet.

Finger-Press Edges
Grasp each sleeve firmly at the shoulder line and at the cuff and give a few quick tugs to get pleats into line. Give the same quick tug to pleated bits of blouse fronts and they'll dry straight and neat. Although they require no ironing, embroidered cotton, miracle fabrics and embroidered nylon lace will have a more pronounced dimensional effect if they are placed over a thick towel or padding and ironed on the wrong side. Use the flat of your palm for smoothing and for finger-pressing edges of ruffles and pleats. Always pull seams straight as they won't crinkle, but handle them gently to prevent a rip in the stitching.

Discolorations
We like laundering blouses by hand. Extra soiled cuffs and necklines should be massaged gently with soapy fingers on a well-lathered soft brush. If you wear cuff links in that smart tailored shirt, (Continued on page 9)

MARY HAWORTH'S MAIL

Girl Fears Social Ostracism Because Of College Crush

By Ida Joan Kain

DEAR MARY HAWORTH: I am a girl 21 years old and I am presently enrolled in a university. I live in a college dormitory. This year I met a wonderful girl who seems to return my affection.

I have a special liking for this girl which I am sure I could never have for any man. Up until now our relationship has been perfectly natural; but slowly we find ourselves slipping into a more intimate type of physical attraction. It is doubly difficult to restrain our feelings as we are constantly in such close contact. How can I possibly avoid hurting this girl? —and breaking my own heart? I feel that if we continue this way it will lead inevitably to public ostracism and heartbreak for both of us.

I am a great admirer of your writings and have confidence in your judgment. Please help us in our great dilemma. P. R.

Case Analogous To Alcoholism

DEAR P. R.: Maybe it's true that you are developing a special feeling for this girl — such as you might never have for any man. But then, so does the alcoholically inclined individual rapidly come under the spell of alcoholism, once he starts bending the elbow. He soon acquires a taste (a compulsive "need") for intoxicants, such as he never will feel about water, for instance; or milk. Yet the water and the milk are good for him, whereas the alcohol is sure destruction eventually, if he continues to indulge himself.

The same applies to your confused, bewitched, experimental playing with fire, in relation to the fellow student. It is my surmise that as of now, you are the more or less innocent victim of the other girl's intent to make a conquest. When this kind of involuntary develops at college, usually somebody is the aggressor; seldom is it a case of two innocents coasting uncertainly into morbid behavior.

Thus I suggest that she is carefully pursuing a delicate courtship designed to make a conquest arousing your conscience, until too late. In which case she can't rightly be called a friend, nor a wonderful girl in your experience. A more accurate label would be: sick-minded, nudging you towards neurotic quick-sands.

Let In Light On Infatuation

Society nowadays is striving to understand, humanely, the factors that underlie or induce sexually abnormal tendencies. Psychiatry and psychoanalysis have cast some light on background influences that twist individual lives into these futile patterns; but even so, these insights don't alter the fact that the phenomenon is a tragic departure from emotional normality. In this direction, you should accept it as warning not to expose yourself to serious infections of the sort.

The best antidote to your present infatuation is to discuss the whole story freely with a qualified counsellor — and get it out of the hush-hush category in your thinking. Possibly the dean of women would understand and wisely take measures to speedily restore your emotional equilibrium. Or if you shrink from consulting her, find a specialist in human relations —

KEEP IN TRIM

Praise Makes Dieting Effort Seem Worth While

By Ida Joan Kain

Praise can give gladdened strength to struggling dieters. The remark, "How well you look!", after you have slimmed down ten pounds, is definitely morale building.

Far too often, however, there's an empty stretch at the start of a diet when no one seems to notice. This is particularly true for anyone who is considerably overweight. Also, day by day, change is less easily detected, so dieters often feel discouraged when the family fails to take prompt notice.

One secretary was so pleased when an acquaintance who had not seen her in a few months exclaimed, "You look wonderful. . . you've lost weight." "Oh thank you for noticing," was the reducer's response, and she added, "I've taken off 17 pounds, but my family and friends haven't said a word!"

Another overweight lament that she has to take off at least 20 pounds before anyone so much as mentions that she looks slimmer. Since she has a big frame, change is not apparent quickly. Incidentally, she must lose 20 pounds before she can wear a smaller size dress. Naturally all this makes reducing more difficult.

A recent letter from a dieter who made admirable progress and then became discouraged reveals a desperate need for recognition and encouragement. To fill in the background . . . this overweight woman size 56 and, by sheer determination, slimmed down to size 24½. At this stage of her reducing, she no longer had the same impelling incentive (the wedding), and therefore sorely needed the praise and recognition which were due her. Instead, she became discouraged because her friends felt she was lying about losing so much weight. At the very time she needed praise for having lost 84 pounds, and encouragement to continue, her friends unintentionally let her down.

She wrote . . . "Some people are funny. It seems they would rather hurt you than give a little encouragement. So I felt sorry for myself and started to over-eat again. In the meantime, I was hospitalized and went through an operation. When I told the doctor and others in the hospital about my reducing, they encouraged me to go on with my dieting. Again I'm counting calories, and in a year I should be at my normal weight."

If an writing this in hopes it will encourage other overweights to keep on trying, I will write again in a few months to let you know how I am making out."

Good for you! It's only human nature to want approval. However, an awareness of what sent a psychologist, analyst or psychiatrically oriented clergyman — who will take the problem under advisement, sympathetically, and guide you through a clean break with temptation.

My final bit of advice is, don't cloak weakness in sentimental terms, talking of heartbreak, hurt, etc., when you simply need help in doing the right thing. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Cook's Corner



RICE MUFFINS

1 cup flour
2 tsp. baking powder
¼ tsp. salt
1 tbs. sugar
2/3 cup milk
1 egg
1 tbs. shortening
1 cup boiled rice

Sift together flour, baking powder, salt and sugar; add milk slowly; then well-beaten egg and melted shortening; add rice and mix well. Grease muffin tins; drop one spoonful of mixture into each. Bake 20 to 30 minutes in hot oven.

Wife Preservers



You can prevent that shiny look that often comes from home pressing of clothing by using a woolen or partly woolen pressing cloth.

Child's bad breath

often sign of UPSET TUMMY

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Words Of The Wise

One may smile, and smile, and be a villain. — (Shakespeare).

MORNING SMILE

Teacher (sternly) — "This essay on 'Our Dog' is word for word the same as your brother's."

Small Boy — "Yes, sir, it's the same dog."



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Work Of Art

By ALICE ALDEN

Nothing new about do-it-yourself for home-sewers who have been running up beautiful clothes at home for years! Creating something beautiful and individual to wear is a favorite occupation with many noted women. For instance, lovely, talented young American concert violinist, Anahid Ajemian, showed us with pride a skirt that she had designed and made herself. So we asked her to pose for our friends. She used a decorator chintz in tones of brown and gold with a "sonata" motif, which she found particularly appropriate. For the extra wide job she invested in three yards of the fifty-inch wide unglazed chintz which she found in the decorating section of a department store. She also made the black jersey off-the-shoulder top, which we like, too.

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HOUSEHOLD HINT
Frequent polishing of shoes not only keeps them looking well, but also lengthens their life. Treatment with a flexible wax polish makes leather soft and pliable, and gives a coating which will resist water and prevent the accumulation of dust and dirt.
For the gal who attaches great importance to the washability of a Spring wardrobe, the new blouses will be a delight to see, to wear and to suds.
"Miracle" fibers — more miraculous than ever — have been blended with cottons, silks, linens and rayons; or solo lovely new versions that make for easier care. Dacron crepe, pique and batiste are all in the new blouse fabric line-up, as are various nylon weaves. There's a beautiful nylon lace and a new version of an old favorite, nylon georgette, a permanent-luster cotton, beautiful wash silks and linens. All these fabrics wash with the greatest of ease.
Easy To Wash
The washability of a fabric is an important consideration for the manufacturer as well as the consumer. A good many blouse manufacturers won't use materials that can't be washed. For example, the new nylon georgette, unlike the old-fashioned georgette crepe that had to be tugged back into shape after it was washed, is heat-set to eliminate shrinkage. It needs no more care than a nylon slip. After a sudsing and rinsing in lukewarm water, it drip-dries in a jiffy and looks fine without a bit of ironing.

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