

Women

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LET'S EAT

Various Kinds Of Butter Give A Meal An Elegance

By IDA BAILEY ALLEN
"Those tantalizing touches of flavor that transform a plain sandwich, steak, chicken, shrimp or fish into an extraordinary dish are not as difficult as people think," observed the Chef.

"Very often the exquisite subtle taste can be traced to the right use of an appropriate seasoned butter. Do most home-makers understand how to prepare and use those butters, Madame?"

"Very few, chef," I replied. "Most of them know about maitre d' butter and use it only occasionally."

"Then I suggested that today we describe the preparation of some of these butters and their use."

"The flavored butters of France are usually made with unsalted butter. In this country, whipped butter gives almost the same effect and I understand it has less calories. Out Madame?"

"Out, Monsieur. Whipped butter contains a third less calories than either salted or unsalted butter."

"ELEGANT TOUCH
"It is a good plan to keep two or three varieties made up in the refrigerator, ready to give a touch elegante when required," the chef continued.

"As a large quantity is seldom needed at one time, I suggest making it from one-quarter pound units or sticks of butter. Let this stand at room temperature until softened, then work in the following seasonings, pack into little jars, cover and refrigerate."

Lemon butter: 1 tbsp. lemon juice and 1 tsp. crushed grated lemon rind. For fish, sea food, lamb or in making fish sandwiches.

Mustard butter: 1 tbsp. table mustard, any kind, American, Dijon or Bahamian. For ham, beef or veal.

Tabasco butter: Add 1/2 tsp. tabasco sauce. For meat, fish or vegetables.

Chives butter: 1 tbsp. minced chives, 1/2 tsp. lemon juice and 1/2 tsp. water. For steak poultry or liver.

Cress butter: 1/4 c. minced cress, 1/2 tsp. lemon juice, 1/4 tsp. Worcestershire sauce and 1/2 tsp. water. For fish, egg sandwiches or vegetables.

Horseradish butter: 2 tsp. drained prep a red horseradish and 1/2 tsp. sugar. For smoked meats, shellfish or beets.

Pimiento butter: 1 finely minced canned pimiento and 1 tsp. wine vinegar. For corn, clams or oysters.

Plive butter: 2 tsp. minced stuffed olives or olive pieces, 1/2 tsp. lemon juice or wine vinegar. For veal, fish or in sandwiches.

Pickle relish butter: 2 tsp. well-drained, not too sweet pickle relish. For sandwiches, with lamb or veal.

Chutney butter: 2 tsp. drained fine-minced chutney. For poultry or to stir into rice.

Curry butter: 1/2 tsp. lemon juice and 1 tsp. curry powder. Use in making minced shellfish, chicken sandwiches or canapes.

Tomorrow's dinner: Sardine-fillet saladettes, minute beefsteak

chives butter, french fries, carrots and celery, baked pabnanas with coconut, coffee, tea, milk.

All measurements are level; recipes proportioned to serve 4 to 6.

Baked bananas with coconut: Peel 1 medium-sized, not quite ripe banana for each person to be served. Brush all over with melted butter, seasoned with lemon juice.

Roll in canned, flaked coconut. Place in a buttered baking dish. Bake 15 min. in a moderate oven, 350 degrees F. or until the coconut browns and the bananas are soft.

Serve warm, plain or with hot lemon sauce.

PICK OF THE CHEF

To 1 (3 1/2 oz.) can sardine filets, diced, add half the quantity of minced green peppers, a tsp. of grated apple and the juice of 1/2 lemon.

Serve in lettuce nests, with a slice of red-skinned apple as the garnish.

LAKE VERDE

The monthly meeting of the Lake Verde Women's Institute was held at the home of Mrs. Ivan Redmond on Wednesday night, February 12, 1958. Mrs. Francis Kelly, vice-president, occupied the chair and opened the meeting in the usual manner with the reading of the Creed. Seven members answered roll

call with an exchange of Valentines.

The minutes of the previous meeting were read, approved and signed. Letters of thanks were read from Sisters of St. Vincents Orphanage. Mrs. Allen Hughes and March of Dimes. No sick calls were reported, Mrs. Raymond Wood and Mrs. Ira Redmond were appointed on the committee for the next month.

Mrs. Ivan Redmond and Mrs. Raymond Wood agreed to canvass the district for the Red Cross. Mrs. Owen Callaghan kindly extended an invitation to the members for the March meeting. Roll call a penny for each letter in name.

The meeting then adjourned. During a pleasant social hour the hostess served a delicious lunch assisted by Mrs. Joseph Curley and Mrs. Francis Kelly.

W. I. CARD PARTIES

Winners of the Lake Verde W. I. card parties are as follows: At the home of Mr. and Mrs. Ivan Redmond: Ladies - Mrs. Joseph Quinn. Gents, Mr. Chester Quinn. Consolation, Mr. Ira Redmond.

At the home of Mr. and Mrs. Ira Redmond Ladies: Mrs. Owen Callaghan. Gents: Mr. Cecil Curley. Consolation: Mrs. Joseph Quinn.

Mrs. Harry Kelly was the winner of a kettle and Miss Eleanor Walker a quilt. Lunch was served at both parties assisted by the members of the Institute.

WHIMROAD L. A.

The monthly meeting of the Whimroad Ladies Aid was held Wednesday, evening at Mrs. Lawrence Stuarts home. Nearly all the members were present and the meeting was presided over by the president Mrs. W. D. Fraser.

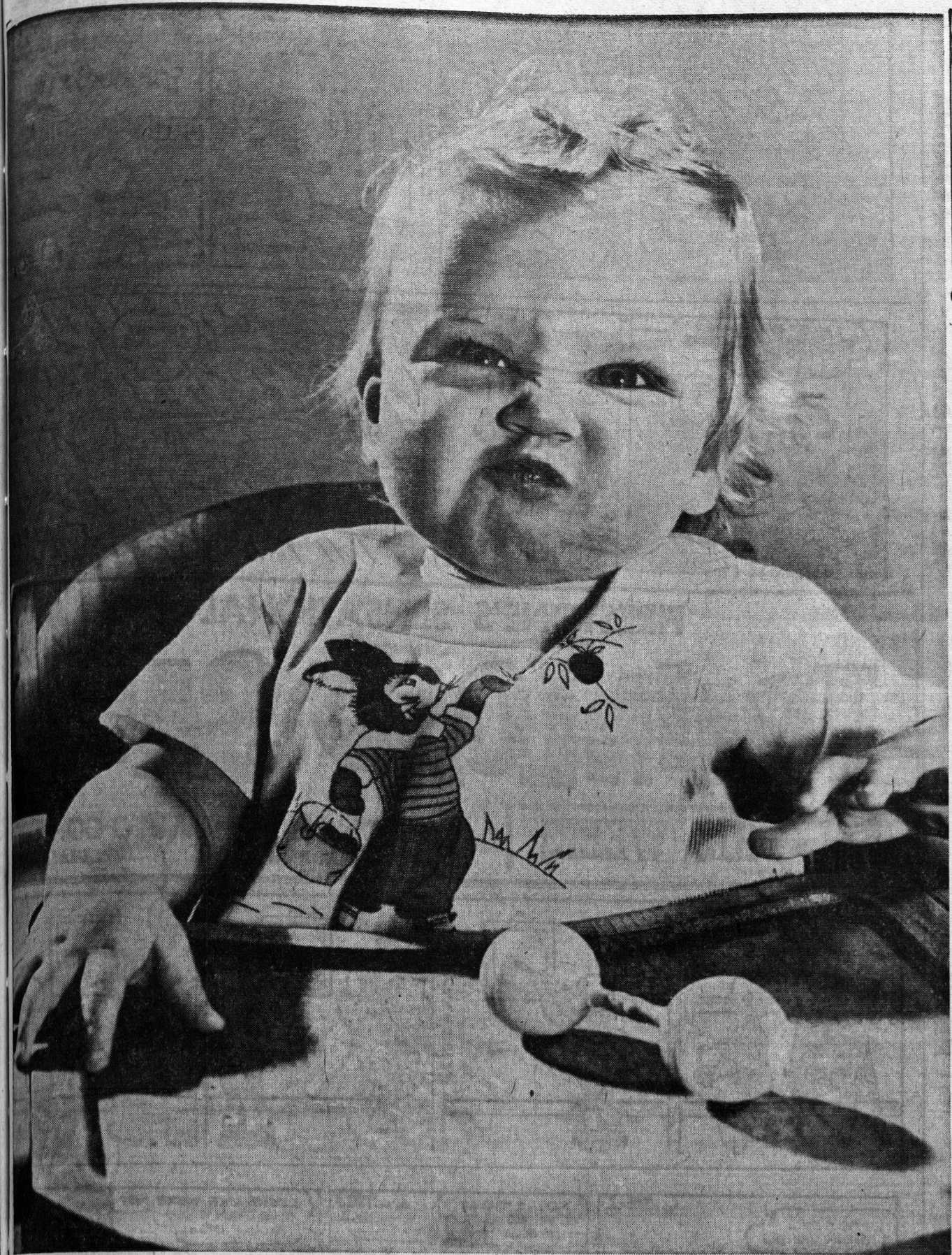
Cotton was given out for aprons and dues were collected. Next meeting to be at Mrs. Robert Campbell's. A delicious lunch was served by the hostess, assisted by Mrs. Webb Nicholson and Mrs. John Daley, and a delightful social hour followed.

MT. RYAN C. W. L.

The February meeting of the Sacred Heart sub-division C.W.L. was held on the 4th. with a good attendance of members. The president Mrs. W. Walker presided. Fr. Butler said the League prayer.

The minutes of last meeting were read and approved and the treasurers report was adopted as read. There were no reports from the conveners. It was moved and seconded that 5 be donated to the Missionaries of Mary.

Also moved and seconded that \$2 be sent to the Multiple Sclerosis Society. The members decided to pay per capita dues and to send for League Magazines for each member. The meeting was then closed with prayer led by Fr. Butler.



CRINKLE-NOSE

If you think I am going to be conventionally well, I'm not. I'm just going to crinkle up my nose. So says the wee one and the camera caught the pose. At one time Father was the of-

ficial family photographer. Presumably the camera was considered a mysterious, complicated mechanism and picture-taking a technical process best left to "the man of the house."

Fortunately, cameras today are so easy to operate and film improved to permit a certain error in judgment and still produce a good print, that Mother, too, has become "snap-happy."

As a result, when baby seems to be in a particularly happy mood, Mother captures this precious moment on film, and priceless pictures are recorded in the family album for posterity.

MARY HAWORTH

Take Turns Picking Up

Dear Mary Haworth—My husband and I both work and much of my work is out-of-town. After weekends at home, he sleeps Monday mornings until 10 minutes or so before I leave for work, then has coffee with me before I go. He packs his bag and leaves after I'm gone.

Now for the problem: He always has his dirty laundry on the floor, leaves two or three pairs of shoes (with dirty socks inside) scattered about and hangs shirts and slacks, worn while home, on door tops and door knobs. He leaves the bed unmade and doesn't clear the kitchen table.

Days when I'm here alone I make the bed on arising and wash the dishes before I leave. I also soiled clothes in the bathroom and my shoes in the bedroom closet.

Finally I wrote my feelings to you. I told him I thought he was being unconsiderate in leaving me so much disorder; that I wanted to be his helpmate and companion, not his maid; and that I was very demoralizing to go to face such a mess after a hard day's work.

When he got home this week-end, he said he didn't even want to discuss my unpleasant letter, which made him feel that I might be as all right just as long as he brought in the moneymaking no trouble. We both agreed to try.

He says if I were properly de-moralized I'd gladly pick up after him. I feel if he were rightly de-moralized, he wouldn't expect me to pick up after him regardless of whether I work or not. He shows no regard for my feelings, in piling on extra work. Tell us what you think.

DEVOTION
Dear V. T.—The fact is, an arrangement of spirit has affected my appreciation of his human nature as friend and companion, and I really mind picking up after him, say once a week on the grand scale.

It is also true, as you suggest, that a man who really loves his wife, in a re-

spectful cherishing way, will observe a sense of propriety in matters of dress. He will make a consistent effort, however fumbling, to tidy up after himself—to find, or make, a place for his personal belongings and to keep them in some sort of order.

It is vulgar abuse of intimacy for either man or wife to assume that the other's love will make consistent excuse for dirty, slovenly, inconsiderate habits. Further, it is a grave mistake for those who care—because eventually it extinguishes love.

Abiding love in marriage is nurtured by mutual respect. And to maintain this respect, there must be innate decency of attitude in both partners—a kind of modesty, courtesy and fastidiousness, in all that pertains to close association. When this is habitual deportment in man and wife, usually they cordially vie with each other to be first in doing the gracious thing.

Your husband's sloppy habits and surly refusal to share a friendly discussion of the conflict mark him as the person at fault in the squabble. One wonders if his life on the road is bringing influences into his thinking that war against married unity.

Sociologists, exploring factors that foster success or failures in marriage, report that by and large travelling men are poor risks as husbands. Probably it is because their work gives them a too easy "out" from the challenge of accommodating to double harness. They can keep difficulties at arm's length (up to a point) by refusing to face them while at home and escaping back to the road with nothing

settled, I advise your husband to examine his conscience on this score. M. H.

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

ROLLO BAY EAST W.I.

Mrs. H. G. McEwen entertained members of Rollo Bay East W.I. for the February meeting on Wednesday evening February 5th. 10 members were present and 3 visitors welcomed. The president opened the meeting with the ode followed by roll call which was an exchange of valentines.

Minutes of previous meeting were read and approved and financial statement given. Collection for the evening amounted to \$3.75. The school committee reported Dustbane and Toilet Tissue needed and 4 members volunteered to scrub the school before next meeting.

Sick committee reported no sick calls or treats. Flannelette was given out for Red Cross sewing to be completed for next meeting.

A contest was conducted by Mrs. H. G. McEwen. Prizes were won by Mrs. John E. Chaisson and Mrs. Scott Coffin. Meeting closed on motion of adjournment after which a dainty lunch was served by the hostess and a Social hour enjoyed.

SEARLETON W.I.

The Searleton W.I. met at the home of the president, Mrs. F. L. Platts, for the February meeting, which opened with the "ode" followed by the Mary Stewart collect repeated in unison. Ele-

ven (11) members and two (2) visitors were present.

The minutes of the last meeting were read and approved. A "thank-you" letter from the pupils of Searleton School, was read. Several letters re Institute work were read by the secretary. Proceeds of this meeting amounted to \$9.00.

Subscriptions were received for Institute News. A bill for school supplies was paid. Sick committee reported taking treats to several persons in the community who were ill.

New committees were appointed—Sick: Mrs. George Green and Mrs. Ken Muttart; School: Mrs. F. L. Platts; Programme, Mrs. Fred MacQuarrie, Mrs. Muttart and Mrs. Palmer Mrs. Neil Bradshaw invited the Institute to her home for the March meeting. Mrs. Platts and Mrs. Wright to assist with lunch.

Red Cross work was distributed by the convener. The hostess and committee in charge served a delicious lunch. Meeting closed with the "Queen."



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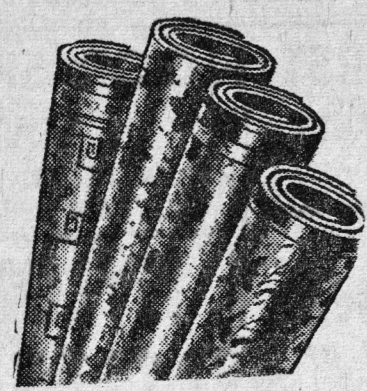
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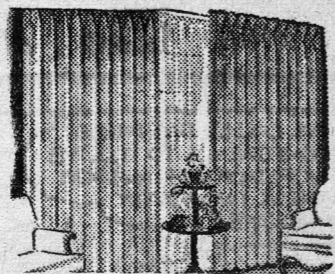
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