

IDA BAILEY ALLEN

Serve Hawaiian Foods For Your Holiday Buffet

WHETHER dinner in Hawaii is at noon, late afternoon, early evening or at midnight depends on the traditions of the native cultures of people living there in harmony and peace under democracy.

The menu is likely to include foods of several cultures—Oriental or Occidental—like persons present either light or dark-skinned or a mixed group. For tolerance, understanding and appreciation have always been practiced on the "Aloha Islands."

The unusual Hawaiian foods, beloved of visitors from the mainland, are of elegant simplicity and usually easy to prepare. At the Hawaiian Room of the Hotel Lexington in New York City, a new method of serving shrimp is attracting wide attention.

Here it is, with "Aloha" from the Chef, Aldo Armanian.

Measurements level; recipes for 6

SHRIMP MACADAMIA

4 tablespoons butter
1 cup breadcrumbs
1 tablespoon lemon juice
1/2 tablespoon minced parsley
1/2 teaspoon salt
1/4 teaspoon pepper
1 large section peeled garlic
1/2 peeled onion, grated
1/2 pounds cleaned small raw shrimp
1/2 tablespoon chopped Macadamia nuts
Melt butter in skillet. Stir in bread crumbs, lemon juice, parsley, seasonings, garlic and onion.

Butter bottom of Hawaiian stone platter.

Arrange shrimp in irregular layer. Spread over breadcrumb mixture, covering all shrimp.

Strew with nut meats and bake 20-25 minutes in moderate oven, 375 degrees F. or until shrimp are cooked.

Comment—This dish may be prepared with 3 (7oz.) cans medium shrimp, first well-drained, rinsed with very cold water and chilled. Use only 1/2 teaspoon salt. Substitute fillets for macadamia nuts if necessary. Bake about 12 minutes or until browned.

The unusual stone-ware stoneware utensils in the Hawaiian Room collection were designed by David Gill. They are made of hand-crafted vitrified stoneware, which is oven-proof.

Among them are covered casseroles, a large fish platter, a long relish dish, triangular servers, shell bowls and a Hawaiian "pie tin".

These are now nationally available in retail stores in colors—lapis lazuli, lava brown or green. Moreover, they are practical for everyday cooking and decorative enough to use at table when entertaining.

Another phase of international table culture made available to everyone.

Another "first" to be on sale in this country is the exciting new Fiesta Partware (paper sculpture) featured in our column tomorrow.

HAWAIIAN BUFFET SUPPER FOR THE HOLIDAYS

Chicken Soup with Bean Sprouts
Shrimp Macadamia or Beef Sate Polynesian

Either one with Flaky Rice and Chinese Cabbage Salad
Coconut Custard Pudding or Pineapple Fruit Cup with Pomegranate Juice
Coffee
Tea

BEEF SATE POLYNESIAN

1 1/2 pounds tender beefsteak (1 1/2 inch thick)
1/2 teaspoon ground ginger
1/2 teaspoon black pepper
1/2 cup salad oil
Cut beef into 1-inch cubes.
Combine with seasonings and salad oil. Cover; marinate with seasonings and oil and chill 2-3 hours.

Drain; save marinade.
Impale on shish-kebab skewers or brochettes.
Broil 4-inches from source of heat; turn and baste often with marinade. Cook 12 minutes or until nicely browned outside; rare inside.

Chef's Easy Saturday Supper
Oyster Stew
Oyster Crackers
Potatium Salad
Hot Brown 'n' Serve Rolls
Big Tossed Mixed Green Salad
Stew with Chopped Nut Meats
Deep Old-Fashioned Custard Pie
Coffee
Tea
Milk

Young Adults Hold Meeting

VALLEYFIELD—The meeting of the Valleyfield - Orwell Head Young Adults was held at the home of Mr. and Mrs. Jack Pearson, Heatherdale, on November 29 with 20 members attending.

After the scripture reading and prayer given by Mrs. John Nicholson, there was an interesting discussion on the lesson entitled, "Jesus Prepares For The Ministry."

Following the devotional period, a delicious lunch was served by Mrs. Alexander MacKinnon, Mrs. John MacPherson, Mrs. Lloyd MacDonald and the hostess.

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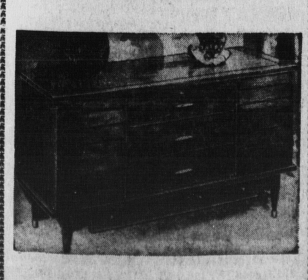
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MARY HAWORTH

New Mothers Reassure Woman About Childbirth

Dear Mary Haworth: I am interested in the engaged girl who is deathly afraid of childbirth, due in part, at least, to her own mother's aggrieved resentment of her difficult labor.

Perhaps I can say something helpful. I had my first child just two months ago. My mother had become pregnant I was terribly afraid. Afterward I was overjoyed, but still faced a frightening prospect, I thought.

When I felt the first signs of life in my baby, my fears receded; what a joyful experience that was! But I fear I shall again as my time drew near.

Though I tried to study Dr. Grant's Dick-Head's book "Childbirth Without Fear," my anxieties overpowered my reason. I was anticipating the worst; but somehow, one helpful truth got across to me—namely, the caution to try to be unafraid when the time came.

I was shaking from head to toe, on the verge of tears, when I entered the hospital, so you can imagine the state of my blood pressure. Fortunately the nurse had a sense of humor which eased my foreboding, and, luckily, I realized that, in my panic, I was forgetting to trust in God. He would see me through, with the doctor and a nurse assisting.

After all my worry, it wasn't so bad! I relaxed as much as I could, put fear aside, cooperated with nature and my baby was born in less than four hours. I cannot say there is no pain, there is. And you may panic at the first few, not knowing what to expect. But then you begin to manage them with determination and calm.

Later you find you can't even remember the pain, much less describe it to another. So how can our mothers detail the so-called horrors of it all, when nature itself erases the memory? Maybe they are bidding for our undying love and allegiance, in telling us they bore us at such cost.

Trust in God and yourself!

Talk to a doctor about your fears. His knowledge and understanding can do much to relieve them. On the wall of my doctor's office is a framed inscription of matches beauty, subtle or unknown, that says: "Children are bits of stardust, blown from the hand of God. Lucky is the woman who feels the pang of birth for she has held a star." Sincerely, C.Y.

Dear C.Y.: You turned from childlikeness and became a woman, with banners flying, in that moment when, as you say, you "put fear aside" and began to accept your labor with determination and calm.

Instinctive fear stems from self-centeredness largely; and in the testing time (that you had most dreaded) you were too engrossed, magnificently, in giving life, to squander an ounce of energy or concern on futile, wasteful, unhelpful fear.

It is this selfless spirit in mothers—a blend of love, faith and courage that soars above fear—that always has sparked in the heart of the race a profound cognition of woman's inherent dignity, and grateful appreciation of her beautiful nature, that is somewhat akin to humanity's worship of God.

Not all women measure up to the optimum standard of grace in this respect; but it appears that you are one who has—M.H.

Dear Mary Haworth: As a new mother myself, now hoping for another child, I need very much to reassure E.K. that there is nothing to fear. The rewards are very great as compared to the brief discomfort. Childbirth need not be difficult for her just because her mother was. We belong to the modern generation, when much advanced medical know-how is now existent in her mobilized day; it is used to make childbirth the happy experience it should be—E.S.

Mary Haworth counsellor, in telling us they bore us through her column, not by personal interview. Write her in care of The Guardian.



Premier Walter R. Shaw

Prince Edward Island Must Continue To Grow!

When you mark your ballot today, consider this: a vote for your Conservative candidates is a vote for a better province... and a brighter future for all our people!

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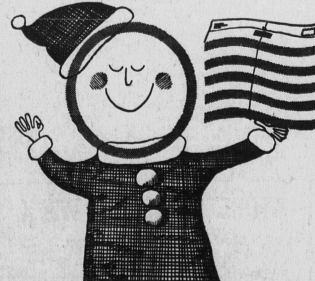
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