

# Women

6 The Guardian, Charlottetown, Tues., Feb. 8, 1966.

## ELLEN'S DIARY

### James Reported The Calf Was Fairly True To Type

The heifer awaited her masters' eyes to bless the event. The new calf, damp and shivering, and rather helpless came to the comfort of the stable and a winter world, from one more summery this morning.

"Wrap him up warmly, Ellen," a midwife of days now long gone advised us of a new-born babe, left to our hands briefly one night. "You know, it's a warm land they come from," she nodded. "But the Doctor said that at this stage, the newborn are more or less insensitive to cold." "Never mind what the Doctor says, Ellen," she whispered with an infectious grin. "You and I know better than that! There now," she said, looking into the wee one's face swathed now in its fold of blanket, "isn't he the bonny ladie - now just a fine baby!" she smiled.

"Now, not a bad one. Fairly true to type," James reported later of the new calf. "I would not say she has the promising lines of that last one," the younger farmer commented. "I like her. Give her time to grow!" Mack smiled.

And now it was a February day. The year had turned a first page. What sort of tale lay ahead? "February is mostly a snowy month" one visiting us this afternoon said. "There was one - I remember it so well, because our wood-supply was running low and we had to make our way into the bush. And what a trip that was! We had to shovel to get the horse through some drifts in the fields. There was a depth of it too in the woods. We didn't realize how



**BIRTHDAY RIDE**  
Mrs. Nettie Leonard celebrated her birthday Saturday by driving her Snow Cruiser through the village of Hartington 17 miles North of Kingstons. Mrs. Leonard is 82 years old and described to have the health of a 50 year old woman (CP Wirephoto)

### Interesting Slides Viewed At Meet

Mrs. Russell Diamond chaired the January meeting of South Winsloe WI which was held at the home of Mrs. Ivan Turner. Routine opening was held and roll call was answered with a household hint.

Reports of committees were given and Mrs. Kenneth Kneebone spoke on Home Economics and the importance of the different school subjects. A suggestion that all members read up on science and chemistry was made.

The surprise package was drawn by Mrs. Orville CerTrou. Highlight of the meeting was the showing of slides and commentary by Mrs. Richard Carson on "flowers and where they originated."

Mrs. Glydon Maund will be hostess to the members for the February meeting, when roll call will be answered by the name of a great Canadian and his achievement. The food committee will be Mrs. Glydon Maund and Mrs. Frederik Turner.

At the close of the meeting, refreshments were served by the hostess and committee in charge.

**FIRE'S 21-ROUND SALUTE**  
OTTAWA (CP)—The 14th anniversary of the Queen's accession to the throne Feb. 7, 1952, was marked Monday with a 21-round artillery salute on Parliament Hill grounds. It was fired by the 30th field militia regiment, using 105 mm. howitzer.

### Alexanders Plan Party

LONDON (CP)—Earl Alexander of Tunis and Countess Alexander will present their 17-year-old adopted daughter, Susan, to society at a cocktail party in June, it was learned Monday.

Susan was adopted by Lord Alexander in Ottawa in 1948 when he was Governor-General of Canada.

The party will be given at the family home, Winkfield Lodge in Windsor Forest, June 17, last day of the Royal Ascot horse race meeting. Guest list will include persons from Ascot's royal enclosure.

When Susan was only three, her elder sister, Lady Rose, had a coming-out cocktail party in Ottawa and came back to London for the social season. Four years later she married a general's son, Maj. Humphrey Crossman.

Does asthma or chronic bronchitis keep you in misery with difficult breathing—wheezing, coughing—so it is hard to do your work, impossible to sleep? Do you sit up all night struggling to get breath through your bronchial tubes? Then here is good news! Thousands of Canadians use millions of RAZ-MAH capsules each year and get longed-for relief from their symptoms quickly. Try Tempton's RAZ-MAH Capsules today—only 50¢ and \$1.95 at drug counters everywhere.

**MOTHERS!** For children's bronchitis, asthma and chronic bronchitis get RAZ-MAH CAPSULES. 50¢ at drug counters.

### DO YOU GASP FOR BREATH, WHEEZE, COUGH!

Does asthma or chronic bronchitis keep you in misery with difficult breathing—wheezing, coughing—so it is hard to do your work, impossible to sleep? Do you sit up all night struggling to get breath through your bronchial tubes? Then here is good news! Thousands of Canadians use millions of RAZ-MAH capsules each year and get longed-for relief from their symptoms quickly. Try Tempton's RAZ-MAH Capsules today—only 50¢ and \$1.95 at drug counters everywhere.

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### AT HOME

**Mr. and Mrs. A. B. MacADAM MORELL**  
will be receiving friends at their home  
**Tuesday, February 8, 1966**  
from 2 - 4 p.m. and from 7 p.m. on  
The occasion being their Golden Wedding Anniversary



## SAME DAY SERVICE

BOAC Stewardess Susan Hallam reads a copy of the News of the World, a British weekly newspaper with the largest circulation in the world. The newspaper arrived in Toronto Sunday aboard a jet the same day it was published in England. Previously, it took the newspaper four to five weeks to come by sea. (CP Wirephoto)

## IDA BAILEY ALLEN

### Nourishment Necessity And High Cost of Food

Three ample, balanced meals every day are a must for every healthy person. And by 'ample balanced' I mean enough food to supply the right nourishment for each member of the family, with the protein allowance divided among the three meals, so it can be fully utilized when needed. This is impossible when the protein is concentrated in the evening meal.

**Morning, Noon and Night**  
Such a regime necessitates eating a substantial breakfast, a simple satisfying meal at noon, and a tasty balanced dinner at night. In addition, snacks will be required for children.

For these, we suggest plenty of apples or tangerines, or other reasonable, moderately priced fruits; or healthful milk drinks. These balanced meals can be achieved on even moderate food budgets. It is true that the cost of many foods is higher. But with few exceptions, a variety of foods in all classifications is available at reasonable cost, and the right choice and preparation can be transformed into balanced meals with—yes that's right—glamor taste.

Watch each day for our suggestions in this column.

**TOMORROW'S DINNER**  
Steaming Hot Broth from Pot-au-Feu with Spinach or Kale—French Pot-au-Feu Meat and Vegetable Platter—Apple Pie with Streusel Topping or Bowl of Red Apples with Cheese—Coffee, Tea, Milk

Measurements are level FRENCH POT-AU-FEU WITH VEGETABLES  
Enough for 2 Meals—1 to be a planned - over (see Chef) 4 lb. shin or shank of beef 2 1/2 tsp. salt 1/2 tsp. pepper 1/4 c. flour

1/4 c. cooking oil 1/2 tsp. sugar 1/2 tsp. powdered rosemary 2 bay leaves 4 whole cloves 3 qt. boiling water 1 1/2 lb. quartered peeled carrots 1 1/2 lb. sliced peeled turnips 12 peeled medium-size onions 12 peeled medium-size white potatoes 1 1/2 c. thin-sliced celery 1 lb. cleaned spinach or kale, cut across in 2" lengths

Rub meat all over with mixture of salt, pepper and flour. Measure cooking oil into 6-qt. kettle and heat. Add meat, slow-brown all over. Add sugar, rosemary, bay leaves, cloves and water. Cover. Simmer 2 1/2 hr., or until beef is almost tender. Add carrots, turnips, onions and potatoes. Cover. Continue to slow-broil 40 min.

Strain off the broth. (Keep meat and vegetables warm.) Add celery and spinach or kale to the broth. Cover. Simmer 20 min. to serve as a soup. Slice half the meat. Center on platter. Surround with half the vegetables. Pass prepared horseradish, pickles or pickled beets.

**APPLE PIE WITH STREUSEL TOPPING**  
Streusel Topping  
1 recipe American pie pastry or mix 3 c. sliced peeled tart apples 1/4 c. brown sugar 1/4 tsp. ground cinnamon  
Streusel Topping (recipe follows)  
Roll pastry a scant 1/4" thick and line 9" pie-plate with it. Flute pastry at edges; puncture in 6 places on bottom.

Combine apples, sugar, cinnamon and arrange in pastry-lined plate. Make Streusel Topping.

## MARY HAWORTH

### Symbolism Of Tattoing Explained For Reader

DEAR MARY HAWORTH: One of the rare questions not dealing with sex, family relations or finances was thrown at you recently, with a request that you "write something on the subject."

A widower past middle age was tattooed last summer, to gratify a long-standing desire, while vacationing in the Orient. As a result, old friends are shaking their heads, disapprovingly. In effect he asks, did I do wrong?

Lacking details, it is difficult to say whether he violated a Christian taboo. But I would like to tell what I know.

Christians in the Orient (generally known as the Near East) consider tattooing an emblem of piety when they journey as pilgrims to Jerusalem and have their right forearm decorated with designs of the Savior's life: the birth, crucifixion or resurrection. Or, sometimes, with the head of John the Baptist, and, almost always, the date of their visit to the Holy Land.

These pilgrims are given the venerable title "Mehssi," used before their first name, male and female alike. "Mehssi" is the abbreviated form of the Armenian "Mah-de-sai," which literally means "I saw death," indicating the person has conquered the hazardous journey to Jerusalem.

In many cases, the date on the forearm will be used to prove the person's age, as was true of my father. When he visited as a boy, he was tattooed, of course. And when, at the turn of the century, he applied for his American citizenship papers, he provided his age with his tattoo date.

Tattooing is emblematic of love reminder of man's devotion to his religion, to his birthplace to his mother land. Hence the prophet's words (Isaiah 29:16): "Behold I have graven thee upon the palms of my hands; thy walls are continually before me." This is the oldest recorded reference to tattooing.

Unfortunately, in the present era of commercialism, and particularly after two World Wars, the holy city has lost its significance, insofar as tattooing is concerned and men look upon graven images with indefensible indignity. Sincerely, D. S.

DEAR D. S.: In pursuit of light on the question of taboo aspects, if any, of tattooing from the Christian theologian view, I talked with a church specialist in canon law. He certainly gave no hinting that tattooing is linked, historically, as you say, to devotional pilgrimages to the Holy Land.

Rather, he emphasized "the Christian principle that human beings are morally obliged to show respect for the dignity of persons; a principle," he said, "which includes showing due respect for the human body. And having oneself tattooed isn't adding to the dignity of the body," he remarked.

Thus in recording your reflections, I can't help wondering if they will come as news to the canon law specialist! M. H.

DEAR MARY HAWORTH: Advising a disconsolate wife to break her habit of brooding angrily about her husband's addiction to TV - watching, you told her to put her emotional energies to better use.

For example, by cultivating a whole new range of interests, renewing contact with her married children and old friends who've drifted away, etc.

"See people for lunch, shop-

ping (recipe follows) and spread over apples. Bake 15 min. in hot oven, 425 degrees F. reduce heat to 350 degrees F. Bake 25 to 30 min. until lightly browned and apples are tender when pierced with fork. Serve warm or cold.

**Streusel Topping**—Combine 1/4 c. uncooked quick oatmeal, 1-3/4 c. flour, 3 tbsp. brown sugar 1/4 tsp. ground cinnamon and 1/4 c. margarine or butter. Chop together with a pastry blender to make crumbs. Use as directed above.

Mix the Streusel Topping in the not-washed bowl used when mixing pastry, scraping in any dough left on the sides. The Topping will be easier to mix,

the crumbs larger and more moist.

**THE CHEF'S PLANNED-OUT POT-AU-FEU DINNER**  
To do: Keep the remaining pot-au-feu and broth refrigerated up to 2 days and serve it in a different way. Par example: Cut the beef remaining from the pot-au-feu into bite-size pieces. In a deep skillet that can go to table, brown the beef lightly in 2 tbsp. fat. Cut remaining pot-au-feu vegetables into 1" dice; dust with 2 tbsp. flour and add to the skillet. Pour the remaining broth in (this should be 2 c.) Add 1 c. mashed canned tomato. Bring to a slow boil. Edge with small dumplings made by the recipe on a pkg. of biscuit mix. Cover. Simmer 20 min. Uncover. Strain minced fresh parsley over the meat. Dust the dumplings with paprika. Dinner is served. Et, voila!

ping, at tea time, and so on, when he's not around," you said. You sound like Jane Austen. Who ever heard of tea, nowadays? And who has time for lunch?

Most of us work five days a week, do our marketing on Saturdays and our housework on Sundays. If we're lucky we get an hour for lunch; and our relatives and friends probably work too, miles away. E. L.

DEAR E. L.: Time accommodations those who expect it to. Even when I was working 9 to 12 hours a day, often six days a week, in the pre-gull era in newspaper work, as a feature writer, make-up editor and columnist simultaneously, meanwhile heading up a household, supporting a family, doing the shopping, grocery marketing, etc., I shared my 45-to-60 minute lunch hour with some friend, mostly on a Dutch treat basis.

And tea-time, around 4 to 5:30, was a favorite time, with me, for dispatching desk-side interviews. I just moved the session to a next-door cafe, where tea and toast were available.

As of today, some of us, at least, still include tea on the afternoon agenda, at home or on the wing, alone or with others, as the case may be. M. H.

Attending the Home and School Assoc. Prince County workshop in Miscouche during the past week from Tignish were: Mrs. Frank Arsenault, president; Sister St. Angela Marie,

secretary; Gerald Keough, chairman of community life; Walter Christopher, chairman of family life and Yvonne Perry, chairman of school life.

Rev. David MacDonald and Mrs. MacDonald, were recent guests at the home of Mrs. William MacLeod, Tignish.

Mr. and Mrs. Gilbert Clements have returned to their home in Montague after spending a pleasant holiday in Halifax, N. S. and Saint John, N. B.

Pat Sinclair, student at St. Dunstan's University, spent the weekend at her home in Montague, guest of her parents, Mr. and Mrs. Peter Sinclair.

Mr. and Mrs. Victor Marchant of Oxford, N. S. spent the past weekend in the province. While in Charlottetown, they called at the Charlottetown Curling Rink and the Belvedere Rink. They also visited friends and relatives in Montague, where they enjoyed a game of curling in the local club. Mr. Marchant showed a keen interest in the plants visited as the Oxford Club plans to install a four rink artificial ice plant for next season.

Eric Ellsworth, Charlottetown spent the weekend at his home in Lower Montague, guest of his parents, Mr. and Mrs. Albert Ellsworth.

Mrs. Walter Gould of Desable is a guest at the home of Mr. and Mrs. Ivan MacLeod, Central Bedouque.

Steve Clarkson, student at Saint Dunstan's University was guest of his parents, Mr. and Mrs. David Clarkson, Montague for the weekend.

## HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8500

Mr. and Mrs. Jerry Gauthier of Rusticville were recent guests at the home of their daughter and son-in-law Mr. and Mrs. Emmett Batchelder and granddaughter, Mrs. Blaine Furlong of Halifax, N.S.

Mrs. Daniel MacEachern and children have taken up residence in Saint-John, N.B., after visiting with her parents, Mr. and Mrs. Henry D. Gallant, Rusticville.

Mr. and Mrs. Harold MacLeod, Irishtown, had as recent guests her parents, Mr. and Mrs. William Buchanan, and her brother and sister-in-law, Mr. and Mrs. Elmer Buchanan, Charlottetown.

Mr. and Mrs. Joseph H. Gallant, returned to their home in Piusville after spending some time with relatives in Toronto, Ont.

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Mr. and Mrs. Joseph St. Onge RECENT WEDDING  
Wedding vows were exchanged recently in the Lady of Loretta Chapel, RCAF Station, Summerside, when Judith Marie Gallant became the bride of Joseph Jeannique St. Onge. Rev. George Savote officiated at the ceremony. The bride is the daughter of Mr. and Mrs. Joseph Gallant, Siemon Park and the groom is the son of Mr. and Mrs. Vital St. Onge of Windsor, Ontario. (Photo by Read Studio Summerside.)



4665  
SIZES  
12 1/2 - 22 1/2  
by Anne Adams

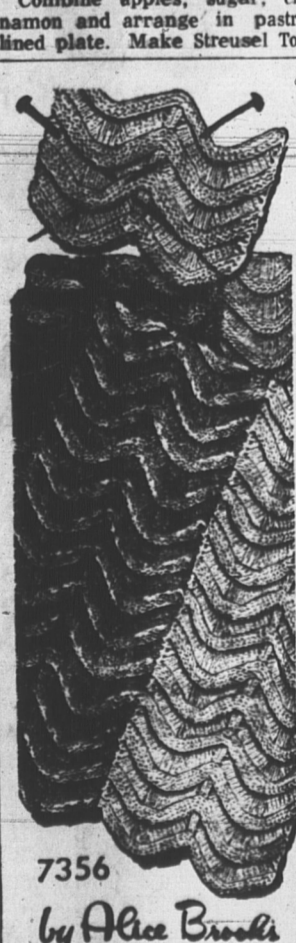
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