

# WOMEN

Page 8, The Guardian Friday, Feb. 17, 1956

## LET'S EAT

### Skinless Franks Have Fine Flavor, Texture

By Ida Bailey Allen

"Will you please tell me, Madame," asked the Chef "when that great institution, the American frankfurter, first became popular?"

"About 75 years ago, Chef," I replied. "At the St. Louis Fair in 1883, when the enterprising Herr Feutchwanger sold hot frankfurters at a small stand with each frankfurter supplied with a white cotton glove so the customers would not burn their fingers."

"The sales of the 'franks' mounted steadily, so fast that enough white cotton gloves were not obtainable."

**SPLIT ROLLS**

"But Herr Feutchwanger was not stumped. Oh no. He conceived the idea of serving the franks in split rolls. This gave the customers a better value for their money, and, besides, it was cheaper than buying and laundering white gloves."

"Another question, Madame. Are frankfurters nutritious?"

"They are about 96 percent digestible, Chef. They contain meat proteins and therefore also furnish iron and phosphorus. If made of pork, they also contain appreciable amounts of vitamin A and B. All beef franks are also obtainable."

"Here in this country scientific progress is the watchword of every successful industry. The recently invented 'skinless frankfurter' is the latest innovation in the frankfurter industry. It's easy to eat, tender of texture, fine of flavor. What next?"

**KITCHEN BUFFET**

Big Kettleful Vegetable Soup  
Grilled Franks with Grilled Ham Bologna  
Hot Potato Salad  
Hot Biscuits  
Deep-Dish Apple Pie  
Cheese Coffee  
Tea  
Milk

Grilled "Franks" with Grilled Ham Bologna: Brush skinless-franks with bologna plentifully with hot barbecue sauce. Grill 4 in. from the heating unit until beginning to turn color. Turn once. Arrange hot potato salad on a big deep platter; around the edge place the franks and ham bologna. Garnish with pickle sections.

Hot Potato Salad: Cut 12 slices medium-fat bacon into 1" in squares and half fry. Add 1/4 c. chopped green pepper, 1-3 c. chopped scalloped onions and continue to fry about 3 min. or until the bacon is crisp and the vegetables tender. Then, blend in 2 tsp. flour, 2 tsp. sugar and 1 tsp. salt. Gradually, add 1 1/2 c. boiling water; cook and stir until the mixture thickens. Blend in 2 tsp. rich brown table-mustard, 1/2 c. cider vinegar, 1 c. salad oil and 1/2 c. commercial sour cream. Meantime, boil, steam or pressure-cook 12 medium-sized Maine potatoes. Peel. Slice hot into a heated large salad bowl. Pour over the hot dressing; mix lightly with 2 forks. Top with 1-3 c. minced fresh parsley.

**SUGGESTION OF THE CHEF**

Ten minutes before deep-dish apple pie will be done, top with thin slices sharp Cheddar cheese. Return to the oven, and bake until the cheese melts. Serve hot.

## COOK'S CORNER



### QUICK ORANGE TOAST

Toast split leftover hamburger buns or bread slices on one side. Spread each untoasted side lightly with 1 teaspoon quick-frozen, concentrated orange juice and sprinkle with cinnamon and sugar. Buy in a handy shaker or make your own—1/2 cup sugar with 1 teaspoon cinnamon. Place toast under broiler for a minute or two to brown and bubble up. Serve hot with tea or for lunch or supper with soup and salad.

## Happenings

The Lieutenant Governor T.W.L. Prowse and Mrs. Prowse are entertaining at a reception this Friday afternoon at forty-three at Government House, Victoria Park, in honour of Miss Pamela Stirling and those participating in the Regional Drama Festival.

His Excellency the Ambassador of the Netherlands and Madame Lovink, entertained at a farewell reception yesterday in honour of His Excellency, the Minister of Sweden and Mrs. Kloss Book, who are leaving Ottawa shortly. Madame Lovink visited Prince Edward Island last summer and was the guest of Mrs. Arthur Miller and Mrs. Albert Trueman at their summer place at Tracadie.

Founder's Day is being observed across Canada this week by the Imperial Order Daughters of the Empire. February 13th marked the 50th Anniversary of the I.O.D.E. which was organized by Mrs. Clark Murray of Montreal, P. Q. To-day the I. O. D. E., has grown to be the largest voluntary patriotic women's organization in Canada.

Mrs. L. B. Smart, National President, reports that there are 960 O. D. E. Chapters in Canada who spend nearly one million dollars each year on their projects. The chapters in this province with their individual projects are: The Royal Edward Chapter, Educational Enterprise, Abegweit Chapter, established flower show. Earl of Hillsboro Chapter, Library service for the Provincial Sanatorium. The Lucy Maude Montgomery Chapter, a wonderful work in helping Celebrated Paished Children.

Mr. and Mrs. Benjamin Rogers have moved into their new residence, 63 Goodwill Avenue.

Mr. and Mrs. Wilfred Michael, Goodwill Avenue, and Mr. and Mrs. E. K. Johnston, Murray River, left Thursday on a vacation trip to Florida.

Mrs. Harold L. Smith is entertaining at bridge this Friday and Saturday evenings at her residence, Rochford Street.

Miss Helen Yeo, Miss Eleanor Lowe, Mr. Royston Mugford and Mr. James Coyle are receiving congratulations upon the presentation of the show "On Stage" by the Teachers' Training Class of the Prince of Wales College. After the show there was a very pleasant party at which Miss Yeo and Miss Lowe were presented with flowers and Mr. Mugford and Mr. Coyle were given suitable remembrances.



## Smooth Styling Highlights These Models

MONK'S COAT by Originals of New York shows the straight line. Inverted sunburst tucks shape coat top front-back.

LIPSTICK RED linen weave worsted is used for Carmel's suit with pique accents and matching colored leather belt.

## MARY HAWORTH

### Woman Starts To Take Offense At Another's Gifts

**MARY HAWORTH'S MAIL**

Dear Mary Haworth: Gerda was born in Europe and has been educated in American schools. We were in school together some years ago and I came to value her as a person and best pal. We are in the same profession, and Gerda is now doing post-graduate study.

Since circumstances have separated us, I try to keep in touch by letter and personal visits when possible. But recently our friendship is threatened by a misunderstanding over gift-giving.

I've always tried to be thoughtful about gift-giving—and give from the heart, as an expression of loving and sharing. When I last saw Gerda I asked what she wanted more than anything, and she said, "Money." So at Christmas I sent her \$10, together with inexpensive stationery which I thought might be useful (as I'd noticed she didn't have any).

**DONOR BAFLED**

Now Gerda has returned the money, and writes she has mailed back the stationery, too. In part her letter says, "You send me money and stationery because you think I need it. This is not your role, not the role of a friend—but of husband, parents, family, or the person herself. Your gift reminds me of the Kwakwaka'wakw Indians of the Northwest, who give gifts to show their superiority to the recipient. You probably had no such intention, but it somehow comes out that way."

Until now I had thought our interests and philosophies were alike. There was never any quarrelling in these years of friendship; and generosity has been mutually bestowed (and appreciated) many times. What could have happened in the past year to spark such a reaction from her? Is this a cultural difference not heretofore verbalized? Or, have I given just cause for offense, by an error in judgment or etiquette? And what can I do now? Please straighten me out. . . . R.M.

**POOR REACTION**

Dear R.M.: Whatever your errors of judgment or etiquette, in sending gift-money and stationery to Gerda, her outraged response is far, far worse. Her critique of your offerings is boorish and brutally intended. Here ego health is in pretty bad shape, it seems.

The tenor of her letter indicates that she vacillates between self-contempt and intellectual pomposity. She fears patronage, such as might label her inferior; and tends to patronize, as if to assert her supremacy. She is pretty unstable, emotionally.

As for what happened this past year, to upset her so, and cause her to "take it out" on you at Christmas—your guess is as good as mine. But she sounds jealous—as if smarting from a fancied rejection. Maybe she felt your gifts were too offhand—as if you hadn't invested enough fond care in them. And possibly she construes this to mean that somebody else rates higher in your affections than she does, recently.

**SEAMY SIDE**

In any case, the nakedly familiar tone of her lecturing letter indicates that she has felt close to you, very much accepted by you, in the preceding chapters of friendship. And now all at once her neurosis is showing. It is characteristic of neurotics, to childishly abuse intimate friendships, by picking flaws in buddies, when unrelated events disturb them. And this trait is especially assertive in persons who are maladjusted to the opposite sex.

If this were merely a cultural difference, and Gerda had good manners, which are always kindly, she would have taken the thought for the deed, as the saying goes, and, recognizing your intent to please, would have thanked you nicely, even supposing you'd pulled a boner.

As for how to handle the incident, you've done nothing to apologize for, so don't apologize. But to be civil, you might send Gerda a

## KEEP IN TRIM

### Weight Control Exercises

By Ida Jean Kain

We have escalators, elevators, which might otherwise pile on in automobiles—and excess avoidrpois. The mistaken notion that exercise isn't in the least reducing dampens our enthusiasm for walking or any other form of exercise. Of course, it's easier to take that line of least resistance. The tendency is not to move more than is lazily comfortable, and naturally, less and less is comfortable.

We are on the wrong track. The truth is that exercise is the greatest variable in our energy expenditure. The most susceptible time for gaining excess pounds is following an operation or during any period of enforced inactivity.

Dr. Jean Mayer, in an article entitled "Exercise Does Keep The Weight Down," states candidly, "If we want to avoid obesity, we must either exercise more or feel hungry all our lives."

This authority on obesity also points out that another false notion is that at any level of calorie intake, an increase of physical activity is automatically followed by an increase in appetite. This appears to make exercise self-defeating as a weight control measure. The error here is that we tend to confuse better appetite with bigger food capacity. A brisk walk in the fresh air sharpens appetite and brings a keener enjoyment of food. However the mechanism of regulation of food's functions normally, and moderate exercise doesn't increase the amount of food which satisfies unless we overeat and stretch the stomach.

**EXERCISE NECESSARY**

While it is true that we cannot overeat and expect to keep slim with exercise, it is equally true that a small amount of regular exercise can prevent pounds from accumulating. Moderate exercise, such as a regular daily walk, can stave off as much as 10 pounds.

**Words Of The Wise**

If your civilization is to be enriched, it must be relieved by every single child. It is in the schoolroom—mostly in the schoolroom—while assimilating little tidbits of what has been the experience of men before him, that the child first makes the acquaintance of the human person, of the spiritual being he is.

—(Max' ascoll).

**French Cooking Expert Visits The United States**

NEW YORK (AP)—There are three American dishes that Fernande Garvin, French food expert, would take back to her native France: New England clam Chowder, Boston baked beans and southern fried chicken.

Mrs. Garvin is here to stimulate interest of American housewives in French cooking, particularly in the use of wines to supply subtle flavor.

"American women could add much to the quality and variety of their meals if they would learn to use wines and herbs in cooking," says Fernande. "Even those who feel that it's not quite nice to use wine should be reassured because, in cooking, all the alcoholic content of wines evaporates, leaving only the flavor, which adds so much to many dishes."

This alert and vivacious French woman, born and raised in the Bordeaux wine country, feels that it's sacrilege to drink water with meals because "you just wash away the flavor." She is a true student, with degrees in law and home economics. She wrote her thesis on French regional cooking. **CHEAP AND EFFECTIVE**

"I travelled all over France, studying the difference between city and country cooking," says she. "Each region in my country has a different kind of cooking. Because of local products, each region has its own specialty. Since wine is plentiful in France, the people have discovered that the use of wine in cook-

ing is a cheap and effective way to give flavor to an ordinary dish." Here, for instance, is how she makes a company dish out of beef stew, which she calls "Boeuf bourguignon."

Take three pounds of beef stew meat, cut in cubes, and lightly brown in two tablespoons of butter in a heavy pot such as a Dutch oven. When meat is browned, remove and pour off grease. Then sprinkle meat with flour, return to pot and stir until light brown once more. Add a cup and a half of red wine, one cup of consommé, salt, pepper, a couple of bay leaves, a pinch of thyme and a little chopped parsley, either fresh or dried.

Next add one sliced carrot. (This is to take off the acidity of the wine, says Fernande, who volunteers that she always puts a few slices of carrots in a marinade, for the same reason.)

Also add a cup and a half of mushrooms, sliced or whole, and six small white onions.

Simmer several hours until meat is tender and the sauce divine. Serve with hot crusty French bread for sopping up the sauce, and a crisp green salad.



## Charlottetown Cadet At Kingston Charity Ball

One of the highlights of the evening at the Medical Wives Society Charity Ball in Kingston, Ontario, was the dance with the grand entrance of the Cotillon Dancers to the strains of the Black Hawk Waltz. The girls, dressed in white evening gowns, were escorted by

Royal Military College Cadets and performed the traditional dance with grace. Among the Cadets was partner, second from right. Cadet McDougall is the son of Mr. and Mrs. Lemuel A. McDougall, Charlottetown. (Photo by Dick Herrington, Kingston).

## ELLEN'S DIARY

### Playing Angels In The Snow

Now we enjoy the sunshine and fair skies and pure delight of February's lovely days. Drifts? Yes, all about, towering high in places but attractive in their mouldings along the yards and near fields. Clean white spirit-and heart of the winter. Touched we always fancy with an enveloping peace "Like to that of Heaven" where angels have a charge to keep us through this night and indeed "in all our ways."

"Now where did you get all that snow you're dusted with it from high to low?" we asked an alert little girl one afternoon not long ago when she stopped her outdoor play to chat.

She giggled merrily at our obvious ignorance, revealing then an odd baby-tooth missing.

"Don't you know?" she twinkled. "We've been playing 'angels' in the snow!"

"Angels?" this was something new to us.

"All you have to do is to spread your arms wide like this," she explained and lie against a drift. That "her eyes shone" leaves you with an other thought. You know how angels would do," she nodded.

"This would be a good day to bring those cattle home from that other barn," one of the farmers said to the other this morning. This was to have them near in the event of a storm which might put an end to any traffic between the places. It would also effect a saving of time at the choring and leave more hay there and bedding for the needs of the sheep. And no—very little hauling in there of such supplies.

So the cattle were herded home with Jeanie we were tracing the design on one of "them that" cushions at the time, making the pattern on the back of its lining with a yardstick. Then when retraced the matching thread it would be tied in what at first appears to be an intricate, but is really a quite simple procedure, to make a pretty piece of handicraft.

"This," we chuckled a little guiltily, "is what Grand daddy would say was 'the right work' to be taken by Mrs. Heath Mayhew and the study book by Mrs. John Johnson. Roll call to be answered with a verse with the word master in it."

Mrs. W. Dennis took charge of the study book program "From Oldest to Newest" our Indian citizen, assisted by Mrs. R. Dennis and Mrs. Heath Mayhew. The delegate Mrs. John Johnson gave a lengthy report on the Presbyterial held in Charlottetown on Jan. 24th. Silent Prayer for our Missionary and prayer by the president closed the meeting. Lunch was served by Mrs. Glyndon and the committee in charge.

**ST. DAVID'S W. A.**

The Women's Association met in St. David's hall on Thursday, February 9th, with the president, Mrs. S. Walker in the chair. The meeting opened with the Lord's prayer followed by the minutes, and the treasurer's report read by Mrs. C. Fraser in the absence of Mrs. H. Parker. Mrs. Parker has recently returned to her home from hospital, and the members of St. David's will be indeed glad to welcome her back to their midst.

The Willing Workers are making great strides with their work for the annual bazaar. Many fine donations of goods have been received, and there is no lack of work yet to be accomplished.

The meeting closed with the Mizpah benediction. Lunch was served by hostesses Mrs. S. Walker and Mrs. E. Easton. CK.

**MORNING SMILE**

Applicant — Jones expected percent disability on his accident insurance policy. He says he's completely incapacitated by the loss of a thumb.

Agent: What's his vocation?

Applicant — He's a professional hitch-hiker.

**HOUSEHOLD HINT**

Good quality latex or rubber paints wash easily and resist abrasion. Stains may easily be removed and touch-up spots do show.

**Tasty toons**

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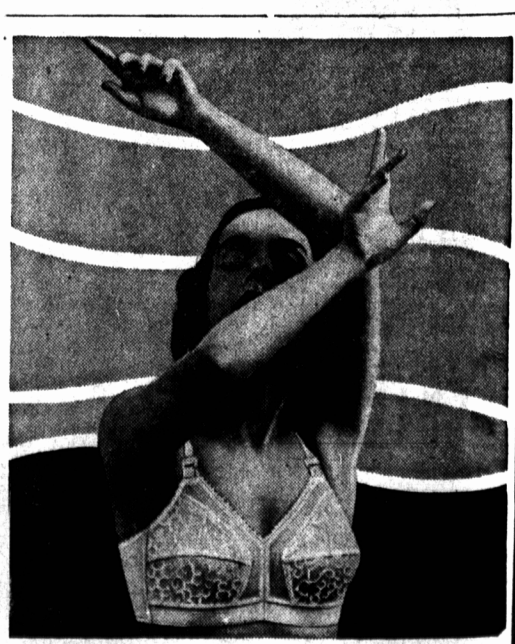
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