

The Other Mrs. Doe Confusing On Telephone

Dear Mary Haworth: My mother-in-law hasn't had her own telephone in 20 years. And two years ago she came to stay with us...

PETTY FRET?

I realize of course that anyone asking for me as Mrs. Doe probably isn't a close friend; therefore the subject matter can't be too intimate or personal.

In general, my mother-in-law does things her way in my home, and not as I do them.

I would appreciate your comments; perhaps they will give all of us a hint on how to solve the problem.

Dear K. P.: It is safe to say that your mother-in-law knows she is sailing under false colors, momentarily, when she encourages a telephone voice to address her as 'Mrs. Doe.'

A familiar trait of thoughtless elderly persons—whose life narrows down to family—has to do with wanting to keep posted on everybody's business in the household.

Perhaps this is the case with your mother-in-law. Frustrated by a feeling of being "shut out" in the domestic situation, she may be involuntarily too active in putting her ear to the ground, as it were.

In general, the wholesome way to reduce irritations in family life is to "spot" the trouble, in friendly spirit.

ALICE BROOKS DESIGNS



casual wear, again with embroidery to star above dressy skirts. Pattern 7081: Jiffy-wrap halter. Misses' Sizes 12-14, 16-18 included.



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LET'S EAT

Best Way To Prepare And Cook Asparagus

By Ida Bailey Allen

"Asparagus is the queen of vegetables," remarked the Chef, as he unwrapped some exceptionally fine California asparagus.

"First of all, it must be thoroughly but gently washed. Then cut off the tough ends.

"Pour in boiling water to the height of the asparagus, but do not let it touch the tops.

"Arrange it neatly on toast and over it pour melted butter, with or without a dash of lemon juice.

"In New England, Chef," I remarked, "we often cut the cleaned asparagus in 1 in. lengths, then cook them until tender in a double boiler in heated milk to barely cover.

"Arrange it neatly on toast and over it pour melted butter, with or without a dash of lemon juice.

Asparagus Vinaigrette: In a jar, combine 6 tsp. olive oil, 3 tsp. vinegar, 1/2 tsp. dry mustard, 1/2 tsp. chopped chives and 1 section garlic.

ELLEN'S DIARY

Birds Are Building Nests

Now the wild cherry trees "up the creek" to the west are in blossom. They have put on their glory especially, we think, for the lone granddaughter of this farm, come this very morning to the tenth anniversary of her birth.

"There!" she pointed with a smile of whimsy "I choose that one—the one the hummingbird likes. That must be the sweetest of all!"

These "perfect days" of June of which the poet sang in the long ago we had this week, replete with every charm and delight of the hour.

Everywhere now, wherever eyes rest we may gather some loveliness to treasure to keep to have against those spells of shadow and bleak winds and rains, or when a snow-storm moulds the panes white.

again. It happens all the time; and it isn't fair to people who are trying to reach the housewife at this address.

ALICE BROOKS DESIGNS

Pour over 1 1/2 lbs. cooked California asparagus. Chill 1 hr. or more.

Remove the garlic. Garnish with pint-sized strips. Monday Dinner: Chilled Tomato Juice with crackers; tuna-onion-cheese pie; asparagus vinaigrette; strawberry charlotte; hot or iced coffee or tea, milk.

All measurements are level recipes proportioned to serve 4 to 6. Tuna-Onion-Cheese Pie: Prepare 1 recipe plain American pie pastry or use a mix. Roll to 1/4" thickness on a lightly floured surface.

Melt 1/2 c. butter or margarine. Add 4 sliced medium-sized onions. Cook over medium heat until tender, stirring occasionally.

Next, break the contents 1 (7 oz.) can drained solid-pack tuna into easy-to-eat pieces.

Melt 1/2 c. butter or margarine. Add 4 sliced medium-sized onions. Cook over medium heat until tender, stirring occasionally.

Roll the remaining pastry to 1/4" thickness. Cut with a pastry wheel or knife in strips 5-8" wide, arrange lattice fashion over the ingredients in the pie plate.

For a different cocktail, combine chilled tomato juice with equal parts clam juice. Season with a trace of powdered dill.

COOK'S CORNER

SALMON LOAF

1 can salmon. 1/2 cup milk. 1 cup soda biscuits rolled. 1/2 teaspoon salt. 1/2 teaspoon pepper. 2 eggs.

Put mixture in buttered baking pan. Place pan in a pan of hot water and bake in a moderate oven until done.

MORNING SMILE

Hoarsely the impassioned swain begged, "Whisper those three little words that will make me walk on air." So the debutante sweetly told him, "Go hang yourself."

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WOMEN

Page 8, The Guardian Monday, June, 11 1956



BARTEAUX-MacCALLUM

Standards of pastel spring flowers with carnations and lighted candelabra formed the setting at the Charlottetown United Baptist Church on May 26, 1956 at 2.30 p.m. for the marriage of Miss Elizabeth Ethel MacCallum and Mr. John Wallace Bartheaux.

The bride is the daughter of Mr. and Mrs. George Edward MacCallum, Second Street, Parkdale, and the groom's parents are Mr. and Mrs. Wallace L. Bartheaux, Kentville, Nova Scotia.

Rev. Harold L. Milton officiated at the double ring ceremony and Mrs. G. Elliot Full was organist. The soloist was Miss Maida Rogerson who sang "The Lord's Prayer" before the ceremony and "Because" during the signing of the register.

Out of town guests were Mr. and Mrs. F.C. Wightman, Amherst, N.S.; Messrs. Frank and Bruce Bartheaux, Kentville; Miss Eldora Bradley, Mrs. Abner Grant, Quincy, Mass.; Miss Alice Bradley, Grey's Mills, N.B.; Mrs. James MacCallum, Mrs. Milford MacCallum, Miss Marion MacCallum, Miss Grace MacCallum, Miss Margaret MacCallum, Miss Lucy MacCallum, Messrs. Gordon, Ross and Allan MacCallum, Mrs. Ernest Alcorn, Mr. Robert Alcorn, all of Moncton, N.B.; Mr. and Mrs. Alec MacCallum and children, Saint John, N.B.; Mr. Kenneth Alcorn, Boston, Mass.; Miss Myrtle MacCallum, Ottawa; Miss Beth Collier, Pictou, N.S.; and Miss Cathy Craig, Middleton, N.S.

ENTERTAINED. Prior to her marriage Miss MacCallum was honored at a miscellaneous shower at the home of Miss Ruth Good, Hawthorne Avenue, by the girls from the Polytechnic staff. She was presented with many lovely gifts.

Mr. Charles Redfern, Truro, N.S. was the groomsmen and the ushers were Mr. Laurie Stevens, Halifax, and Mr. John Bonnell.

A reception for one hundred guests followed at the Queen Hotel which was decorated with spring flowers. Mrs. MacCallum, mother of the bride, chose a two-piece dress of navy crepe with pink and navy accessories. She wore pink roses en corsage. The groom's mother, Mrs. Bartheaux wore a pale blue dress with duster and matching hat of deeper blue. Her corsage was of red roses. Mr. Mitchell proposed the toast to the bride and Miss Ruth Good was in charge of the guest book.

For travelling through the New England States to Ottawa, the bride donned a navy wool suit with white accessories and a corsage of white gardenias.

The couple will reside in Halifax where the groom, a graduate in Science of Acadia University, is studying medicine at Dalhousie University.

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HAPPENINGS

Miss Minnie Boutiller returned to her home in Dartmouth, N.S. after visiting with her niece, Mrs. G.S. Storey, and Mr. Storey, Charlottetown.

Mr. and Mrs. Ralph Francis, Moncton, N.B. have returned home after spending a week with Mr. Francis' mother, Mrs. Harry Francis, Summerside.

Miss Audrey DeBlois arrived by plane from Toronto on a short visit to her parents, Mr. and Mrs. Noel H. DeBlois. She was accompanied by her friend Miss Dorothy Harley of Toronto.

F.O. William Kuncce, Winnipeg, spent the week-end with his wife and son at the home of Mrs. Kuncce's parents, Mr. and Mrs. Frank Daley, Summer Street.

The St. James Presbyterian Church, Charlottetown, has received from the estate of the late Mr. Winfield Chester Scott McLure the gift of one thousand dollars. The yearly or cumulative income from this money is to be given to a member of the St. James Presbyterian Church, Charlottetown, entering the Presbyterian Ministry. The session placed on record its appreciation of this memorial to one who was for almost thirty years one of its honored members.

Miss Betty Peters, R. N., of Prince County Hospital is spending her vacation in Boston, Mass.

LIONETTES MEETING. The Charlottetown Lionettes monthly meeting was held Thursday evening at the home of Lionette Gladys Molloy with the Queen Lionette Ruby Matheson presiding. Various reports were given and new officers elected for the coming year are as follows: President, Dot R a c h e l; Vice-president, Doris Williams; Secy, Gladys Molloy; Treasurer, Ruth Colis; Sick and Visiting Committee, Eileen Bagnall; Ways and Means, Phyllis Young and Rita MacEachern. At the conclusion, lunch was served by the hostess assisted by Ruby Matheson and Helen Michael.

ST. ELEANORS ANGLICAN J.A. The closing meeting of the Junior Auxiliary of the St. John Anglican Church, St. Eleanors, was held at the home of Mr. and Mrs. Edwin Bernard. The J.A. girls entertained the mothers and the W. A. members. The leaders are Miss Arlene Bernard and Miss Cecilia Darby.

The members had a display of handicraft work made by the girls during the year. A presentation was made to Mrs. Harry S. Cannon for training the groups as pianist at the Junior Auxiliary Festival held in Charlottetown, where they placed first. A vote of thanks was extended to Cecilia and Arlene for their work during the year. Lunch was served by the hostess.

HOUSEHOLD HINT. Emptying ash trays or wiping them clean with a dry cloth will not remove stale ash odors. Ash trays should be washed in warm soapsuds.

CHURCHILL W.M.S. The May meeting of the Churchill Presbyterian Women's Missionary Society was held at the home of Mrs. Garfield MacFadyen. The meeting opened with "Call to worship" Psalm 103 verses 1-2 was read by the president, followed by repeating the Lord's Prayer in unison. Hymn 121 was then sung. Scripture reading was taken from first Samuel verses 9-20 and 24-28 read in unison.

The Bible exposition, entitled "A Godly Mother" was read by Mr. Orvin Carney. Prayer was offered by Mrs. Duncan Gass. Hymn 707 was then sung. Roll call was answered by 11 members with a verse of scripture containing the word "Mother". Minutes of last meeting were read by the secretary.

Mrs. Garfield MacFadyen reading from the study book. A very interesting reading was given by Mrs. Ritchie MacPhee. The offering was taken, amounting to \$2.30 and dedicated by Mrs. Hugh MacDonald. Next meeting is to be held at the home of Mrs. Robbie MacKinnon, word for roll call undecided. The meeting closed by singing hymn 708 and repeating the Mizpah benediction in unison. A dainty lunch was served by hostess.

THE WISE BRIDE

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KEEP IN TRIM

No Need To Go Hungary While Eating To Reduce

By Ida Jean Kala

Thanks to nutrition advances, true hunger is no longer a problem to reducers. If you are going hungry, it means you are not taking advantage of the science of nutrition. For example, you may have the notion that only the foods you do not eat can help you lose. That is the negative approach and leads to self-pity, and eventually back to your old food habits.

Happily surprised, one enthusiastic reducer has written to report that for the first time in her middle-aged life, she is losing weight without going hungry. Like most overweights, she heretofore had regarded a diet as doing penance for past overeating, rather than a scientific way of eating that can turn pounds back into energy.

CHANGE OF HABITS. Once alerted to the fact that nutrition knowledge gives power over the pounds as well as over hunger, you are eager to put nutrition to work. This leads to a change of food habits and to keeping weight beautifully controlled.

Let's apply nutrition science... The mere act of eating uses calories. But the choice of food is all important. The effect of food in raising the metabolism is termed its specific dynamic action, and of all foods, proteins have the greatest effect. Protein, together with the other protective foods, can build slimmers. And mark this and never forget it... the way to reduce healthfully is to build slimmers, instead of half starving your body.

Research emphasizes the hunger control role of protein. Hunger control hinges on keeping blood sugar level steady. You might think from this that a sweet will stave off hunger and therefore help you reduce. While sugar will raise the blood sugar level, because it is quickly burned, you are hungry again in a short time.

SUSTAIN ENERGY. Experiments show that it is the protein foods—eggs, meat, fish, fowl, milk, cheese—which maintain blood sugar levels, sustain energy and stave off hunger pangs. The scientific pattern of reducing is to build daily menus around the protective foods, within 1000 to 1200 calories a day.

Here is a sample menu: Breakfast: Orange juice, (5 oz.) or tomato juice; eggs, 1 or 2, (not fried); toast, 1 thin slice, butter, 1/2 pat; coffee, black. Luncheon: Grilled beef steak on thin slice toast; or grilled cheese, 1 oz. on toast. Sliced tomato or stewed tomatoes; or tossed green salad; vinegar and seasoning. Buttermilk or skim milk, 1 glass. 4 o'clock Protein pick-up: glass of buttermilk or skim milk. Dinner: Choice of: Liver, 3 slices; or ground round steak, 4 oz.; or broiled fish with lemon. Choice of: Beets, carrots or squash. Choice of: Half of a baked potato or thin slice bread; butter, 1/2 pat. Dessert: Grilled grapefruit or 1 tablespoon of brown sugar; or fruit, fresh, canned or frozen; tea or coffee.

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You still have time to complete saving your 1/2-million dollars in Brodie XXX Play Money for your big prize. All eligible entries must contain 1/2-million dollars and must be postmarked not later than midnight, July 1st, 1956.

HOWEVER, YOU STILL HAVE A CHANCE TO WIN A PRIZE AFTER THE CONTEST CLOSES.

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If you haven't completed saving your 1/2-million dollars by the official contest closing date of July 1st, then send in 1/2-million dollars in Brodie XXX Play Money before midnight, July 31st, and you will be eligible to win one of the 50 more Brodie XXX Play Money prizes to be drawn for from all 1/2-million dollar entries mailed in between July 2nd and midnight July 31st.

If your entry is drawn - and you can answer a simple question - you will win the Brodie XXX Play Money prize of your choice! Winners lists will be available.

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