

# WOMEN

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## LET'S EAT

### Buffet Style Breakfast For a Wedding at Home

By Ida Bailey Allen

It does not matter whether her family is rich, or not so rich, every bride should have the joy of a bright and happy wedding. The occasion marks the most important step in her life and it should be as gala as possible.

If the reception is held at home, refreshments are the immediate concern of the bride's mother. After an early morning church ceremony, a substantial breakfast is usually served. It should have that elegant touch associated with wedding refreshments, yet be easy to prepare and serve.

If more than ten persons are expected, better serve buffet style, with small tables where guests can enjoy the food. Use white or pastel colored tablecloths, your best silver, glass and china.

Arrange the tables the preceding evening. Keep floral decorations low so that guests may see each other across the table. Plan a menu that can be prepared the day before, ready for reheating. That leaves only coffee for the last minute.

But weddings or not, regular family meals go on, so here's our dinner:

#### TOMORROW'S DINNER

Tossed Lettuce Bowl  
Curried-Baked Fish  
Baked Potatoes Rissolo  
Green Beans  
Chilled Cup Custards  
Hot or Iced Coffee or Tea Milk

Recipes Proportioned to Serve 4 to 6

Curried-Baked Fish: Order a 3 lb. bluefish sea trout or bass, split and cleaned as for broiling. Wash, dust with 2 tsp. salt. Wrap in waxed paper and refrigerate 2 hrs. or more. Before cooking, wipe off with a paper towel. Place skin side down on a sheet of oiled aluminum foil and lay in baking pan.

Mix 2 tbs. salad oil, 2 tbs. lemon juice, 1 tsp. curry powder, and 1/4 tsp. paprika. Brush over the fish. Top with 4 thin slices bacon cut in halves. Arrange 4 halved ripe tomatoes, skin side down, around the fish. Cut 1 sweet red pepper in strips and 2 medium-sized onions in rings.

Place on the fish. Dust with 1/4 tsp. salt, 1/4 tsp. pepper and 1/4 tsp. monosodium glutamate. Bake 20 min. in a hot oven, 400 degrees F., then lower the heat to 350 degrees F. and bake 20 min. longer or until the fish begins to flake.

#### TRICK OF THE CHEF

Add cooked cut asparagus and a chopped hard-cooked egg to a tossed salad bowl.

#### HOME WEDDING BREAKFAST

Chilled Orange Juice  
Chicken a la King on Toast  
or  
Chicken Divan in Casseroles  
Little Hot Biscuits  
Strawberry Tarts with Whipped Cream or Ice Cream  
Large Cups of Coffee

Small pieces of wedding cake can be boxed individually for the guests to take home.

## ELLEN'S DIARY

by an Island Farmer's Wife

Night-clouds lower above our valley and at the moment, a gentle sound in the quiet prevailing, a shower washes with silver the panes. It was a shower that in late afternoon suspended James' sowing, and brought the younger farmer and his help, which included the children, from gathering outcroppings of stone on a patch of virgin land by the woodlands, to have it neat for the seeding.

"You say you have a crick in your back, Ellen? Well, I have a notion that if you were to go with the rest and pick off a few stones, you'd be surprised at the way it would limber up. Yes, yes," James smiled as he said his hasty good-byes this morning. "There's such a thing as getting muscle-bound, you know!"

He lowers the newspaper now to comment: "If we get heat after this, we will fairly see the things grow."

And we remember that back in the woodlands stately trilliums and star-flowers and woods' lilies blow. We found them waiting for us there beneath the maples yesterday afternoon when we enjoyed a stroll with James along the farm. Never had we seen tapestry underfoot more engaging; or overhead, new leaves more beautiful than those unfurled there in sunshine and shadow nor a springtime more entrancing. . . . Perhaps because youth no longer calls the tune of time for us, but age metes it out from a sparse supply maybe. It

makes us realize how exceedingly good and lovely our springtimes are.

Now the fields assume an orderly pattern and the pastures drab and lone not long ago bear once again their herds and their flocks. We see the Nelmars here, lazing and grazing or coming to stand quietly by the gate looking off over the fields contemplating, what we sometimes wonder, Perhaps the coming of her babe-of-foal this summer, an item in which every member of the Family is interested.

Where are the robins that a while ago courted with shy sweet words of song? Here and there pairs have set up housekeeping in tree and shrub about. We overheard two chat in the white birch this morning, or was it as Jamie used to smile "only make-believe?"

"There's another! And I do believe this is a bigger and the shell a more satiny blue," she smiled proudly hopping along the branch not far from the fascinating nest.

"Let's see." He was as absent-minded as our men-folks these days, when we try to bring some item not directly related to the cropping to their attention. "That makes two, Love. Or is it three?"

"Three! You don't seem very enthusiastic about it," she pouted.

"But I am, Sweetheart," he declared. "So you have only one more to go? If I were you I wouldn't delay it too long—not if you're trying to outdo Mrs. . . . down in the lilac bush. No ma'am, you just can't let her get ahead of you."

But now robins sleep. A little damply, we think this "stilly night" with a shower against the panes.

Until tomorrow . . . Diary  
Good-night . . .

#### MORNING SMILE

Country Policeman (at scene of murder)—You can't come in here.

Reporter—But I've been sent to do the murder.

Country Policeman—Well, you're too late; the murder's been done.



## Opera Was Popular Here In Days Gone Bye

### MARY HAWORTH'S MAIL

#### Married a Flirt Resents His Behavior

DEAR MARY HAWORTH: Burt and I are in our late fifties and have been married 30 years. He always has been a ladies' man and a flirt—and for 20 years or more I looked on this as part of his spontaneous outgoing personality. I didn't feel he loved me less.

But for several years his flirtations have taken such an extravagant turn that they are spoiling all my friendships with women and causing bad feeling between him and me. As soon as I become fond of a young woman (usually married) he treats her so gallantly that she soon regards him adoringly—while her husband and I try to maintain normal civilities.

I am not a nagging wife; but rather one who withdraws into herself when hurt or embarrassed. I never make a scene and seldom say anything to these women—we just drift apart. . . . Says He Loves Only His Wife. Burt vehemently denies any special interest in other women. He says he likes only me and is simply "having fun" when he flirts. If I remark a certain flirtation he sulks thereafter in the lady's presence (while I am around); but in my absence he flirts and carries on, telling her I am very jealous. But to be jealous is to "exact exclusive devotion," the dictionary says; and I don't think I expect or would want my husband's exclusive attentions.

I like to have Burt friendly with women (he has many contacts with them in his work); and I want him to like my friends. But isn't it too much for him to pay exclusive attention to other women, meantime belittling me in the presence of others? This has happened, not once but many times. If you can give us a better understanding, or suggest solutions, we will be deeply grateful.

R. Y.

Self-Distrust Handicaps Pair  
DEAR R. Y.: You and Burt are similarly handicapped socially. Neither of you is endowed with a sure sense of being positively lovable, to a degree that would permit you to relax in the affirmative assumption that you'll always have love at your disposal.

Your tendency to draw into a shell (believe or not) to Burt's extravagant gallantries to the ladies—an habitual performance that grows more florid as he gets older. You may consider your shy sensitivity a trait-of-temperament worlds apart from Burt's flirtatiousness, but the truth is both

The date and name of the opera produced under the direction of Major William A. Weeks with the above cast (with few inquiries some could not be determined). It is believed to be "Madame Butterfly." Identification is not complete but believed to be as follows: Front row, Mrs. H. W. Longworth, Mrs. A. A. Alley, Miss G. Fitzgerald, Mrs. Bartlett, Miss Amy Brecken. Mrs. E. S. Blanchard; second row, Miss Blanche Haviland, Mrs. A. B. Warburton, Miss - - -, Miss Rosa DesBrisay, Mrs. W. A. O. Morson, Miss Maude Ball, Major L. Brecken, Mrs. W. S. Stewart, Miss - - -, Miss - - -, Mrs. James Warburton; fourth row, Mrs. Simpson, Miss Newbury, Miss Russel, Mrs. P. Carvell, Miss Annear, Mrs. Malcolm MacLeod.—Craswell Photo (copy)

#### HOUSEHOLD HINT

Straw hats can be damaged by careless handling or storing. When putting a straw hat away, place it flat down on the brim side, stuffing the crown with tissue paper.

#### Wife Preservers

My advice is to read Dr. Bergler's book mentioned above, also Alexander Magoun's "Love and Marriage" (Harpers), to educate yourselves for later-life adjustments.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

#### COOK'S CORNER

RHUBARB PIE

2 cups rhubarb  
1 cup sugar  
1 tbs. corn starch or flour  
1/4 tsp. salt

Cut off root, stem ends and peel; cut into small pieces; put into deep pie plate which has been lined with paste; sprinkle with corn starch, salt and sugar. Cover with paste and bake in hot oven about one-half hour.

#### Words Of The Wise

Whatever you have, spend less. —(Samuel Johnson)

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#### KEEP IN TRIM

## Viewpoint For Buxom Type

By Ida Joan Kain

If you are just a whiff over or under five feet tall, and bordering on buxom, then everything you eat seems to go to fat and crowd the waist. You get more miles to the calories, so to speak. This is, true for a number of reasons. It's a combination of even temperament; a short, efficient digestive tract, and a fondness for food. You love to cook, love to eat and oh, how you nod agrees with you!

The way to go happily along is not to try to be streamlined—that would be against your nature. Your healthy normal weight is within 10 to 15 pounds for 5 feet . . . with 5 extra pounds for each added inch. Subtract 5 pounds for each inch you are under 5 feet. At that figure you'll be pleasantly plump, but certainly not over-weight. And you'll feel your peppy. Here's encouragement from a slimmer shortie:

"I am 4'11" tall and did weigh 141 pounds when I started your "Scientific Wonder Diet." I now weigh 114 pounds, and I am full of energy and pep and my friends can't get over how wonderful I look. I made a game of deleting fats, since they count highest, and of taking a slimming serving of dessert."

What do you like about food? The taste of course, and the aroma, the texture and that feeling of well being that fill the bill. Plan meals that fill the bill and give satiety for fewer calories. If you are inclined to eat too fast, start the meal with a cup of hot bouillon, or hot soup made with skim milk. Also have something chewy, such as celery and radishes, or a mixed green salad with special low calorie dressing.

At the main course, trim the fat from the meat. Once alert to the fact that a serving of lean meat can be twice the size for the same number of calories if the

fat is trimmed off, then cutting fate is a positive measure you can enjoy a well-served potato cut lengthwise, a level teaspoon of butter added. Vegetables, especially quickly retain their flavor or you will eat the main course slowly and savor for flavor, you will feel satisfied with less quantity.

There is a neat way to deal with dessert calories too. Decide what you want to do about desserts—have a favorite once or twice a week, or to have a slimming serving, or low calorie desserts more often. There is something very stimulating about making a firm decision. After that it doesn't take will power!

Slimming isn't so tough even for the shorties. It's actually a satisfaction, once you get the knack of dodging the trouble-makers. Then, with a trio of stretch-sidebends, you can keep that would-be-chubby waistline snugly trim.

## False Teeth Need A Special Cleanser

Don't Brush Your Plates! Soak Them in Polident As Dentists Suggest

Polident is the recommended way to clean dentures, banish Denture Breath. Just follow these easy rules.

1. Never use a brush on them! Your dental plates are much softer than natural teeth. Brushing wears down fitting ridges so they get loose.

2. Never use soap or toothpaste! They can leave film which collects bacteria and food particles, a major cause of offensive "Denture Breath."

3. Use a soaking-type cleanser made for false teeth only. . . . Polident! Polident cleanser is recommended by more dentists than any other. No brushing, no handling of soapy plates. Polident gets you where a brush can't reach.

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