

WOMEN

Friday, June 29, 1956 The Guardian, Page 9

LET'S EAT

Chiffon Lemon Whip Pie Has Low Calorie Count

By Ida Bailey Allen

"Pies are the favorite dessert of the people in this country," announced the Chef. "It is to be regretted that they tend to increase the waistline."

MEDIUM CUT

"Alas, a medium cut of apple pie is 377 calories; blueberry pie is 377, cherry 360, pumpkin is 330, coconut custard 266. What is a reducing pie-lover to do, Madame, cut them out entirely?"

"Not necessarily, Chef," I replied. "Eating a half-size piece is one compromise; choosing pies containing fewer calories is another."

"Did you notice that in the pies you just mentioned the ones made with milk and egg and no fruit were lower in calories? That's because less sugar is needed than when fruit is used. Then, too, both milk and eggs are largely protein and protein calories are needed in a reducing diet you know."

"But what if the stomach longs for a nice Bavarian or chiffon pie, Madame?"

"Apply a little will power, Chef, then work out a good facsimile pie with less calories."

ONLY 200 CALORIES

The Chef accepted the challenge and turned out a delicious, easy-to-make chiffon-type pie, at 200 calories per cut. 6 cuts to a pie, and here it is:

Lemon Whip Pie: Pre-preparation: Bake 1 (9") graham cracker pie shell. Po 1 c. evaporated

milk into refrigerator freezing tray. Freeze 20 min. or until crystals form around the edge.

Filling: In the refrigerator chill a small bowl and beaters for the electric mixer. If you don't have an electric mixer, chill a rotary beater and bowl.

Empty 1 envelope lemon-flavored Vitamin C gelatin dessert into a large mixing bowl. Over it pour 1 1/2 c. very hot water. Stir until the gelatin dissolves. Chill in the refrigerator until beginning to thicken.

Then pour the partially frozen evaporated milk into the chilled bowl. Add the grated peel 1/2 lemon and 3 tbs. lemon juice. Beat until stiff. Add to the thickened gelatin and beat until frothy.

Transfer to the baked 9" graham cracker pie shell. Refrigerate 4 hrs. Garnish of strawberries. **Graham Cracker Pie Shell:** Crush 20 graham crackers (or enough to make 1 2/3 c.) into fine crumbs. Blend with 3 tbs. sugar, 1 egg white and 2 tbs. soft margarine or butter.

Press firmly against sides and bottom of a 9" pie-plate. Bake 5 min. at 375 degrees F. (or chill and use unbaked "as is").

Chill before using.

MONDAY DINNER

Sardine saladettes. Panned veal chops with asparagus. Creamed whole potatoes. Lemon whip pie. Hot or iced coffee or tea or milk.

tion of the League Prayer by our Rev. Director Fr. Eugene Murray. Business proceeded with the reading of the minutes of the annual meeting which were approved as read.

Correspondence as read was received from Mrs. Gertrude Coady re Art Drawing, Mrs. Everett Clow re Conventions of Resolutions, cards of Appreciation were received from Mr. and Mrs. Thomas Sullivan and family, Charles Cash and family and Mrs. St. Clair Stewart.

The treasurer reported \$96.80 on hand. Arrangements were made to hold a pantry sale at Smallman's in Summerside on June 15th with a committee to take charge of same. A bill of 58 cents for tea bags and one for \$2.25 for secretary Ledger were voted paid.

It was moved and seconded that Fr. Murray be given \$50.00 for Church expenses. Sixteen lottery books were distributed among the members, returns to be made to the treasurer.

Mrs. Madeline McKenna resigned as president Mrs. Thomas Sullivan was elected president for remainder of term. It was moved and seconded that Mrs. John L. Murphy be 3rd vice president not in office re-new president to be sent to Provincial Headquarters. Our retiring president was presented with a gift. Mrs. McKenna graciously thanked the members.

There being no further business Mrs. John L. Murphy invited the members to her home for the next meeting. The meeting was then adjourned and the Act of Consecration to the Blessed Virgin repeated.

A dainty lunch was served by the hostess assisted by Mrs. Louis O'Connor, Mrs. Arnold Melvor, and Mrs. Profit.

MONTAGUE LODGE

At a largely attended meeting of Acme Rebekah Lodge, Montague, Thursday evening, June 7th. The Rebekah Degree was conferred on three candidates in a most impressive ceremony under direction of Degree Mistress Catherine Stewart. The beautiful lectures were given by Mrs. Francis Shaw, Mrs. Winnifred Vickerson, Mrs. Hilda Hilyeah and Mrs. Lillian MacDonald.

Other members of the staff were: musicians, Mrs. Marion MacLean, and Dr. William MacLean, banner bearers—Mrs. Addie Duvvar, Mrs. Marie Dewar, Mrs. Kathleen Cann and Mrs. Hazel Hooley, warden—Mrs. Vera MacDonald.

The June meeting of the W.M.S. of the Bedouque United Church met in the church hall with the president, Mrs. Louise Callbeck presiding, and Mrs. Edna Jenkins, pianist. Opening hymn, "O For A Heart To Praise My God", followed by prayer by Mrs. Hudson



PERRY - MORRISON NUPTIALS IN SUMMERSIDE

The marriage of Miss Dolores Perry, daughter of Mr. Paul Perry and the late Mrs. Perry, was solemnized in St. Paul's Church, Summer Street, Summerside, and Richard Morrisson, daughter of Mr. and Mrs. George Morrison, Ottawa Street, Summerside, and Richard Morrisson, on Monday, June 18th.

The nuptial mass was celebrated by Rt. Rev. G.L. MacLellan, V.G. Principals in the lovely summer wedding are shown above, from left, Mr. Reuben Doyle, groomsmen; Mr. Richard Perry, groom; the bride; Miss Leona Morrissey, bridesmaid; Ushers, Dennis Clow and Bennett Clow.

What Wives Don't Know About Sex

Many women are hampered by ignorance and inhibitions in their marital relations. This can wreck the most promising marriage, says eminent physician and marriage counselor, Dr. Abraham Stone.

In July Reader's Digest he speaks freely and understandingly about woman's role in marriage, gives frank answers to searching questions on the subject. Get your July Reader's Digest today: 41 articles of lasting interest including the best from current books and magazines, condensed to save your time.

Mrs. B.W. Taylor very kindly invited members to her home for next meeting. Mrs. Ira Mallett has charge of the worship period, roll call will be a Bible Character beginning with the letter "D". Mrs. Percy Howatt has prayer for adopted missionary.

Mrs. Howatt had charge of a Temperance Service assisted by Mrs. George Dunning, Mrs. Walter Parsons, Mrs. James Taper, Mrs. Horace Taper, which was enjoyed by all the members.

Tasty-tons



For the tasty tid-bit so appreciated by the home folks and called especially at the holiday week-end—CALL IN AT

Stewart Bakeries LTD. COMPLETE LINE OF BREAD PASTRY WEDDING & BIRTHDAY CAKES 161 KENT ST. CHARLOTTETOWN



WED IN BIDEFORD

The wedding of Mr. and Mrs. Emmett Hutchinson of Ellerslie and the groom is the son of Mr. and Mrs. Gordon Noye of Summerside. The young couple will reside in Summerside. From left to right: bridesmaid, Sylvia Profit; groomsmen, Harold Noye; Mr. and Mrs. George Noye; ushers, Bernard Noye and Mark MacKinnon; maid of honor, Edna MacKinnon; flower girl, Joyce Birch. (Heckbert Studio)

ELLEN'S DIARY

Not Go To The Shore!

Today brought the district school picnic, the annual event which recognizing, indeed honoring school's close gathers up the pupils and for a long blessed afternoon takes them away to the sea shore—the Island's National Park and all those attractions and entertainment which make it an enchanted place for such young fry as are privileged thus to visit there.

"Wouldn't it be just as well if the children this cloudy day would play their games in the schoolyard and eat their picnic-lunch there?" we talked it over with Grandma this morning. Granddaughter looked her dismay. And "what Mack said expressly 'Not to go to the shore!' It wouldn't be any picnic at all without that!"

So the afternoon, still quietly gray but warm, took the family from the house across the lane, and as it happened another grandmother—and cherished—off to the far shore and the picnic.

"We'll relax this afternoon," James smiled in anticipation. "Just enjoy a nice quiet rest. There's nothing hurrying us now—the crop's in, the fences up." He leaned back comfortably in the old armchair, clasped his hands, closed his eyes in an attitude which promised repose. We dusted the stove in an after-dinner habit of years, swept the floor with a light touch leaving an island about his chair as it was. The clock ticked away, in stately measure now and resally, the energy about came to the back verandah and curled up on a rug at the door.

James stirred. "We could take down that partition in the shed—there where the cattle wintered," he offered. "We plan to clean that up in the morning and it would help considerably to have it down and away. And by rights—it's really a shame to be idle on a summer day. Ellen—I should put a load of stone in a low place back along the lane."

Presently then, he betook himself off with the horse and farm-lark and we spent "a perfectly lovely afternoon" at our gardening with only a frog in the border for our company. He was a companionable, understanding fellow who winked at us with a wide smile and infectious, and offered, "There's something to be said in favor of Solitude's charms, isn't there? Yes, Ma'am. Not" he explained, "that I am an introvert or anti-social at all, indeed quite the contrary, but at the same time,

a spell alone is, I find, an excellent tonic. . . M-m-m, doesn't that lilac-scented small good? No matter how skillful and knowing scientists are they can't put the 'it' of that in a bottle, can they?" he chuckled. "And there goes a ruby-throated hummingbird! Don't see them too often, do we? Chipper lads-what! Quiet about, isn't it? Not many cars passing. There's a big truck at the mill unloading logs—perhaps it's taking lumber away. Nice to hear the saw. . . and there's the sun, breaking through. Now isn't that something good to see! But," he grinned, "who said it was nice to be alone? Well, I must amble along now. . . you see, I have to be alone to think."

What a nice day this has been, alone or in company, the day of the children's school-picnic. Un'til tomorrow . . . Diary—Good-night.

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HAPPENINGS

Continued from page 8

Roll call is to be answered with something for a bazaar: Sick Committee, Mrs. Don Schurman and Mrs. Walter Moase; Program Committee, Mrs. John Moase and Mrs. Albert Moase.

After an interesting program a delicious lunch was served by the hostess assisted by the committee. Collection was taken and the meeting closed with the "Queen."

SPRINGFIELD W.I.

The June meeting of Springfield W.I. was at the home of Miss Muriel and Mrs. Reginald Haslam and was opened with "O Canada" followed by the Mary Stewart Collect. Ten members and two visitors answered roll call with a short sketch on an outstanding woman of the age. Minutes were read and approved and correspondence read and discussed.

It was voted to endorse the resolution of the Historical Society asking the Provincial Government for a Provincial Museum.

Reports of Treasurer and various committees were received including one from the Executive members of the District Convention and final arrangements made for same.

Due to the annual convention the date of the July meeting was postponed one week when it will meet at the home of Mrs. Norris Sinclair.

Mrs. Crawford Sinclair and Mrs. Reginald Haslam were appointed delegates to the annual convention with Miss Muriel Haslam and Mrs. Keith Mayne as alternatives.

The programme conveyed by Mrs. Norris Sinclair had as its theme "Citizenship" and the highlight was an interesting information illustrated address by Mr. Raja Gopal of India. Previous to the address, a quiz prepared by Mrs. John Hickox was won by Mrs. Crawford Sinclair.

Following the singing of the National Anthem, lunch was served by the hostess and lunch committee.

BREADALBANE VILLAGE W.I. The Breadalbane Village W.I. met at the home of Mrs. Allan Hickox for their regular meeting on June 11 the president, Mrs. W. Graham presided and opened the meeting by singing of Ode followed by repeating of Collect in unison, roll call was responded to by 10 members, one member paid dues. Minutes of last meeting read and approved.

Reports of committees were then given, the school comm. reported new blinds were presented to school. The following new committees were appointed for next month: sick, Mrs. George Hickox, Mrs. Elton Somers; lunch, Mrs. Cuyler Matheson, and Mrs. George Hickox.

Correspondence was then read which included a letter of appreciation from the teacher and pupils of school for the visit and all the in-titude had done for the betterment of the school.

Mrs. Allan Hickox and Mrs. George Hickox were appointed as delegates to the annual convention to be held in Charlottetown, July 4-5.

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