

WOMEN

Page 8, The Guardian Friday, Oct. 14, 1955

LET'S EAT

Serve Meat Ball Ragout For A Chilly Day Treat

By Ida Bailey Allen

"We don't want to be in debt soup tureen at Holbrook Farm, up to our necks," decided the Maine, by Hildegarde Glass, voters at the Town Meeting in "I include meat balls for those East Holden, Maine. They had who don't enjoy fresh beef found they would need \$15,000 tongue," she explained.

Meat Ball Ragout Peel and chop 1 large onion with 1 section room schoolhouses serving the children of the community. with leaves. Melt 1/4 c. beef fat or shortening in a 4-qt. kettle. In it, a reasonable loan from the state slow-brown all over 1 fresh beef government, the great day came. tongue.

and the school was opened. It Add the vegetables and 1 bay leaf. Slow-fry 5 min. more. Add convenience, including a kitchen, 2 1/2 qt. boiling water and 2 tsp. lunchroom and, moreover, a com- salt. Cover. Simmer-boil 2 1/2 hr. pent woman employee to plan or until fork-tender.

and cook hot lunches for the children. Remove the tongue; cool, trim and slice for serving. Strain and measure the liquid. Skim off excess fat. Heat to boiling.

NEEDED KITCHEN EQUIPMENT The school budget was sufficient to meet every requirement except one. The \$2,000 dollars needed to equip the kitchen and lunchroom had not been provided.

You can guess what happened. The PTA earned the money to meet the emergency, just as it has done in many other communities. Women certainly are a "must" and that a well-balanced hot school lunch makes for better health and better marks on report cards.

TOMORROW'S DINNER

Cucumber-Dill Salad
Beef Tongue-Meat Ball Ragout
Flaky Potatoes Green Beans
Chilled Apple Sauce
Whipped Cream
Coffee Tea Milk
The main dish was served in a

THE CHEF

To 2 c. thin-sliced tender cucumber add 2 tsp. French dressing mixed with 1/4 c. commercial sour cream and 2 tsp. minced dill. Chill 30 min. Serve in nests of lettuce. Top with extra minced dill.

ELLEN'S DIARY

By An Island Farmer's Wife

This evening we lent Jeanie and Granddaughter some assistance in cutting out from the herd pasturing now in fields by the woodlands, those of the cow-kind that are brought at that time to a nearer night-pasture, and the "grazing" and milking. The milk cows are of course old friends. But we are not so well acquainted with the younger ones now that the importations of the summer are there with those raised on the farm. Our part was to remain at the bars to pass the selections, a chore which gave us our moments of concern.

"This one" we would call anxiously. "Yes—and that one too. Jeanie's reply would come to us over "the meale of horns and hoofs and heads" we chose or held back.

An error? That would indicate a lack of interest in the farming on the part of the farm-boys. At length, bars were replaced and along a beaten path we followed those homing to the stable, along the fields.

The autumn fields! Very lush and are out and lovely. A Shanzila of a place in the home-folks. Here, where our feet step, the grass is beyond the boundaries of our land. That is another world—a busy, strange, trafficking place. But here is peace and quiet and content. Here with fragrance of season about and dusk gentling the outlines of hedgerow and hilltop, and a first star peering its light above the mill, surely nothing can enter to harm us or make us sorrow.

Nothing? But we have rashly thought out of turn. Even here in these old fields sacred to the family much of concern could come too much, spurring the boundaries which fence out the world. But the evening is ours, and so lovely. We caught granddaughter's hand as old Jeanie and we three through the twilight, followed the animals down the decline, towards the buildings of home.

Last night, granddaughter had declared she wished "today would never end but go on, and on forever" and should come waited the appointment she was to keep at the dentist's. This evening the deal was over and, by a last filled inserted, such troubles ended for the year.

The bus was her and her mother's magic conveyance today, and while in town, Jeanie took care that her young daughter should learn something more of the history of her Island and city. Many places of interest they have visited in these intervals of waiting this summer—one of much interest to granddaughter being the Confederation Chamber, where in the Visitor's Book, the signature of H. M. the Queen, made lovely "reading" for both.

They have visited too, for the youngster's benefit, the Library and Art Gallery, the Post Office, the Court House, the Market House in detail, odd banks, some of the churches and others of those places full of history that tourists include in their visits, but of which Island farm-children know for the most part, as names spoken in their hearing, or as words to be lightly passed over in the pages of a school-book. Mack's education so far has been along earlier lines, he being with the farmers to packing plants, to feed stores and machinery parts, all of which too have their place in a farm-child's schooling.

"And did you find the day long, Ellen?" James asked getting down from the truck at his day's Long, this day! It was one which just slipped away.

Until tomorrow—Diary—Good-night.

Words Of The Wise

Character is made by what you stand for, reputation by what you do. —Robert Quillen

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MacNeill—MacIsaac Vows

Glenwood United Church was the setting on September 14th for the marriage of Miss Marjorie E. MacIsaac, daughter of Mr. and Mrs. Stanley MacIsaac, Glenwood, and Mr. Harold Richard MacNeill, son of Mr. and Mrs. Otis MacNeill, O'Leary, Rev. Forsythe, Springfield West, performed the ceremony at 3 o'clock.

Baskets of gladoli and dahlias decorated the church and the guest pews were marked with white satin bows and dahlias. Mrs. D. A. MacPherson, O'Leary, was soloist, and Mrs. Leslie Garrill, Dunblane, played the wedding music.

Given in marriage by her father, the bride wore a strapless gown of lace and net over satin, topped by a lace jacket. Her fingertip veil of matching net was held by a headdress of sequins and pearls. She carried a bouquet of red Sweetheart roses.

Mr. James Harris, cousin of the bride, was matron of honor wearing a gown of yellow lace and net over taffeta with a lace cape and matching headdress of yellow net. She carried a nosegay of mauve and yellow mums. The bridesmaids were Miss Phyllis MacNeill, sister of the groom, and Miss Rose MacIsaac, cousin of the bride. The former wore a floor-length gown of net over mauve taffeta with matching side and headdress, and the latter wore a floor-length gown of white taffeta with net over skirt, matching cape and headdress. They carried nosegays of yellow and mauve mums. Miss Esther Pearl MacDonald was flower girl in a gown of net over green taffeta with matching headdress and mits. She carried a basket of sweet peas.

Mr. Allison Ellis, West Cape, was best man, and the ushers were Mr. Donald Matheson, O'Leary, and Mr. Eldwood MacIsaac, Dunblane. A reception followed at the home of the bride's parents for 125 guests. The rooms were decorated with pink, blue and white streamers and white bells. Mrs. Donald Matheson, O'Leary was in charge of the guest book.

For travelling through the Maritimes and points in the United States, the bride chose a blue and white box-styled tweed suit with navy and white accessories. Her corsage was of white and blue. Out-of-town guests were Mr. and Mrs. Harry Robbins, St. John; Mrs. William Stewart, Halifax; Mr. Fraser Morrison, Charlottetown; Mr. and Mrs. William Morrison, Summerside; Mr. and Mrs. Merle Chisholm, Summerside; Miss Olive Jellat, Summerside, and Mr. and Mrs. R. MacNevin, Summerside. (Photo by Edwin Heckbart)

MARY HAWORTH'S MAIL

Friends Disapprove Of Girl's Date, She Asks Advice

DEAR MARY HAWORTH: I am a girl 16, a junior in high school, and I need advice badly. I go around with a nice group of girls and recently started dating a boy who is a member of the senior class in my school. This is where my problem begins.

Many of my friends have criticized me for dating Jeff because he doesn't go around with a very good crowd at school. But since I really like him, I believe that it is not a matter of his always treated me with respect, and never has taken advantage of me in any way.

Another aspect of the problem is that I come from a respected and fairly well-to-do family. Jeff comes of a rather poor family and they live in a lower class neighborhood. I believe that if he had a good environment he wouldn't have formed the friendships that I have now.

I want your opinion as to whether I should continue dating him. I think that if I do date him, I might be able to help him get back on the right track before it is too late. Please advise me what to do. S. C.

INFLUENCE DEBATABLE

DEAR S. C.: It is my opinion that the influence of a good woman can't do anything more for a man than he is able and willing to do for himself without prompting.

In cases where it may seem that a fortune teller placed, fine they live in the shadows of his story unfolds. Rather, he grows because he found opportunity to grow; and because he had superior growth potentials to start. He is fulfilling the pattern of his nature. In life to the company it is too attracted to the company of his own kind—the better kind: hardy, wholesome, of sturdy stock.

In other words, a problem environment and/or family poverty can't hold a good person back indefinitely—if he finds any door leading to the larger life. If, in his formative years, he catches some glimpse of how "the other half lives"—and if he has some opportunity for interchange with people of wider scope and cultivated quality, who radiate general well-being—he takes to that prospect (for himself) as a duck takes to water.

MIRROR HIMSELF

Now about Jeff. He goes to your school and you are his girl at present. You come of a respected well-to-do family and belong to a nice group of friends. Which shows that Jeff has opportunities for good associations in his school experience. And his dating you proves that he can break away from past company when he wants to; in effect he "crosses the tracks" to be your beau. So you can't honestly claim that he is stuck in a wrong crowd helplessly.

Since time immemorial, sages have been warning women not to love or marry in hopes of reforming a shady character. And in his prophetic poem "Locksley Hall" the farseeing Tennyson vividly says: "As the husband is, the wife is; that art mated with a clown and the goodness of his nature shall have weight to drag thee down." So, the gist of human experience is that you'd be the loser, and no help to Jeff, if you try to manage him.

You aren't equipped to deal with the problem he poses. Thus if your friends disapprove of him as is, and you aren't happy about it, you better stop dating him. I think, you better stop dating him. M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

Cosmetics Expert Tells Secret Of Lovely Skin

TORONTO (CP)—The loveliest complexion at a luncheon here recently belonged to the grandmother of a young bride.

She told admirers she had no secret formula—just a facial every week for many years.

Mme. Elza Perkins, a Toronto cosmetics expert, said a regular facial is the secret of a lovely skin. If women attended daily to their complexions they would have no problems, she said. They must splash treatment stimulates the blood and activates the pores but to be effective it should be used no more than once a week. Otherwise, the complexion will become immune to it.

Mme. Perkins, a cosmetician for 24 years, has studied different schools of beauty in four countries. The Paris school, she said, stresses outside painting.

"They don't put much importance on health but in applying make-up the French are masters," she said. Vienna concentrated on internal beauty, emphasizing a clean, pure skin. Make-up placed on Berlin wanted over-all good health and a natural look in make-up.

Mme. Perkins got her master diploma in her native Latvia and came to Canada four years ago with her husband, a mechanical engineer, and her mother.

Wife Preservers

Previous to her marriage, the bride was honored at a miscellaneous shower in the Mount Stewart hall. A housewarming at their new home was held for the bride and groom in Tracadie.

HOUSEHOLD HINT
Castrol gas stove burners need to be boiled for a few minutes occasionally in a weak solution of washing soda. Clean the hollow fuel pipe cleaner to scrape out the small holes; then wash in hot soapsuds, rinse, wipe, and place in a warm oven until dry.



The pressure-tight seal of a new type bottle cap recently put on the market prevents carbonated beverages from going flat, and bottles from leaking.



Pipe Couple From Church

Mr. and Mrs. Ronald L. MacDonald are piped from St. Dunstan's Basilica by the lads and Lassie's Pipe Band following their recent marriage. The bride, the former Marie Ellen Isabel MacDonald, is the daughter of Mr. and Mrs. John Lewis MacDonald, Charlottetown. The groom is the son of Mr. Leonard Mac-

Pressure Of Business Causes Bad Eating Habits

Canadian Press Staff Writer TORONTO (CP) — A European chef here thinks he knows why many Canadians eat their meals "on the run."

Pressure of business is the common excuse but Bronis Liszka said warmed-up canned vegetables and lack of spices is enough to make for fast eating.

Mr. Liszka is manager and chef supervisor of the Balkan restaurant. On a side-street in downtown Toronto, the Balkan serves exotic dishes in a cozy atmosphere.

COLORFUL ATMOSPHERE
Eastern European murals and color photographs decorate bamboo and reed-woven walls and candles dangle in thickets by drippings flicker on small tables. In the background recordings of Balkan folk songs play softly. White-smoked waiters wear colorful red fezzes.

Mr. Liszka said the secret of good food lies in spices. He said the Canadian housewife can improve her cooking by using more salt, pepper, paprika, parsley, caraway seed and minced garlic. The tastiest salad was dressed in vinegar and olive oil.

"It may be more work to clean and cook fresh vegetables for every meal," said Mr. Liszka, "but they also have more taste." Vegetables were at their best when they were creamed and well-seasoned, he said.

The flavor the Canadian cook lacks in vegetables, however, she makes up in steaks and sea foods, Mr. Liszka said.

CHOICE STEAKS
"In Europe they don't know how to cook steaks—I have had the best steaks on the North American continent," he said. "The shrimp cocktails, broiled lobsters, and lake trout are also different from anything I have ever had."

Mr. Liszka suggests Canadians try his special recipe for wiener schnitzel:

With a meat hammer, tenderize a boneless veal culet European style cut; wash with cold water and salt; dip in scrambled egg liquid; roll in ordinary cooking flour; dip again in egg liquid and roll in crumbs of light or dark rye bread; place in two inches boiling olive oil deep fryer and fry until golden brown.

The meat should be served with home-fried potatoes: Cut boiled potatoes in quarters and fry in olive oil used in making the wiener schnitzel. Remove when golden brown.

Beverage should be genuine Turkish coffee or Mecca Mocha flavored with brandy or rum.

Tour Maritimes On Honeymoon

A pretty wedding was solemnized in St. Andrew's Catholic Church, Sept. 7th, by Rev. George McCormack, when Theresa Imelda, daughter of Mr. and Mrs. John McKearney, Mount Stewart, became the bride of Mr. Raub Charles Smith, son of Mrs. Sarah Smith, Tracadie Cross, and the late Mr. Charles Smith.

The bride, given in marriage by her father, was gowned in a model of white Chantilly lace over satin styled with a bouffant skirt in ballerina-length. Her fingertip veil was held by a crown of tulle studded with seed pearls and sequins, and she carried a cascade of red roses.

The bride was attended by her three sisters, Miss Bernadette McKearney in blue, Miss Eileen McKearney in mauve and Mrs. Alfred Currie in yellow. Their dresses were fashioned of net over taffeta and they carried nosegays of yellow, mauve and pink mums.

Mr. Leo Smith was groomsmen and Mr. Ivan McKearney and Mr. Edwin Walsh were ushers.

The mother of the bride wore a grey gabardine suit with navy accessories and a corsage of pink roses. The groom's mother wore a dress of midnight blue "repe" with navy accessories and pink roses on corsage.

A reception followed for over 700 guests in St. Andrew's Parish Hall. Rev. George McCormack and Rev. Kenneth McMillan proposed toasts to the bride and groom.

For travelling through the Maritimes, the bride chose a suit of grey wool flannel with pink accessories.

Out-of-town guests were Mr. and Mrs. John Gilbert, Toronto; Miss Eileen McKearney, Toronto; and Mr. Ivan McKearney, Kingston, Ont.

Recent Wedding Of Wide Interest

Pink and white streamers, bells, multi-colored gladoli, sweet peas, and maiden hair fern formed the setting on Sept. 17 at 3 p.m. for a wedding of widespread interest when Miss Arlene Adele Robertson was united in marriage with Mr. Horace Percy MacDonald, only son of Mr. and Mrs. Percy MacDonald. The wedding took place at the home of the bride's parents, Mr. and Mrs. Robert Robertson, Kingsboro.

Rev. H. R. Bell officiated, and Mrs. Clinton Stewart played the wedding music. Mr. Bell was also the soloist.

A pale blue gown of nylon net over taffeta was chosen by the bride. It was styled with strapless fitted bodice topped by a matching bolero jacket. Her floor-length skirt featured a two-tiered effect with peplum adorned by clusters of forget-me-nots. She wore a matching headdress.

Mr. Walter Dixon, cousin of the groom, was matron of honor in a street-length dress of medium blue crepe with lace yoke and elbow-length sleeves. She wore a navy velvet hat and a corsage of white roses.

Mr. John Robertson, brother of the bride, was groomsmen.

The mother of the bride chose a street-length dress of pink figured nylon with pink velvet hat and a corsage of pink roses. The groom's mother wore a dress of figured daron with black velvet trim trimmed with sequins and a corsage of sweet peas.

Following the ceremony a buffet supper was served. A three-tiered wedding cake was topped by a miniature bride and groom.

For travelling to points of interest on P. E. I. the bride donned a tailored suit of Oxford grey worsted with pale blue and navy accessories and a corsage of pink roses.

Mr. and Mrs. MacDonald will reside in Kingsboro. Prior to her marriage the bride was honored at a shower at her home.

MORNING SMILE

Friend—So your son had to leave college on account of poor eyesight?

Man—Yes, he mistook the dean of women for a coed.

PROJECT APPROVED

TORONTO (CP) — City council has endorsed a \$17,322,000 downtown apartment building project consisting of eight 17-story buildings and covering 11.4 acres of ground leased from the city at \$38.675 a year by Ridout Real Estate Limited. The city will expropriate the land at a cost of \$5,000,000.



Recent Autumn Vows

Following their marriage on September 22 in St. Dunstan's Basilica, at 9 a.m. Mr. and Mrs. Arnold Ralph Moore are pictured with their attendants. Left to right: Mr. A. Moore, Mr. Raymond Peters, groomsmen; Miss Louise Kelly, bridesmaid; Miss Mary Shea Connolly, maid of honor. Mrs. Moore is seated in front.

The bride is the former Miss Jean Marie Kearney, daughter of Mr. and Mrs. Albert Kearney, Charlottetown. The groom is the son of Mr. Nelson Moore, Hunter River, and the late Mrs. Moore.

A reception followed at Villa Waters, North River Road. The ushers were Mr. Keith Myers and Mr. Keith Dunsford. (Photo by Craswell)

KEEP IN TRIM

Padded Hips Passe

By Ida Jean Kahn

Sheath styles demand slender hips, so here we go again with hip "slimastics." Applied kinesiology makes an exercise routine magically effective, for every movement is slimming.

Before we swing into streamlines, however, let's answer the questions which seem to be uppermost in your minds. Why do the bulk of added pounds pile on the hips? Are spreading hips an occupational hazard or are they an inherited tendency? And, will exercise reduce hips?

Since fat gravitates to the least used muscles, hips offer a convenient area, particularly for sedentary workers. Indirectly, the stenographers' spread might be termed an occupational hazard, for the trouble stems from lack of exercise.

Along with body build we inherit the normal variation in fat distribution...but only excess calories can go into fat storage on the hips, or elsewhere. The beauty of exercise is that circulation is stimulated and the fat cells in that area get into the blood stream.

Combined with dieting, exercise helps overweight s 11 in the hip measurement. For the normal weights, exercise alone slims the hips by increasing muscle tone.

Now to apply kinesiology. The big hip muscle is called into action when the angle of movement is past 45 degrees. In sidepedalling, the exercise action is on the beam. Position: Lying on right side, legs straight down, palm of left hand braced on floor for support.

Movement: Flex alternate knee vigorously toward chest and shoot legs straight down, pedalling 10 times briskly. Change sides and repeat the action.

Progress with this exercise by adding a swing of the leg rearward.

Position: Same as in the first exercise.

Movement: Flex left knee to ward chest, shoot leg straight down, then swing leg vigorously toward the rear past a 45 degree angle and h-o-l-d. Hit the rhythm of 1:2 swing...h-o-l-d. Swing 6 to 12 counts then change sides and repeat.

To give hips that smooth contour, finish with this rolling routine.

Position: Sit on floor, leaning slightly back to bring weight to bear on bulging area, have arms out at sides, slightly back.

Movement: Roll flush across the hip spread with a rhythmical rocking motion, pushing with one hand, bracing with the other. The trick is to roll heavily and slowly. It's fun to roll to the rhythm of music. Don't overdo...25 counts will do beautifully.

COOK'S CORNER

DELICIOUS PASTRY

1 lb. shortening
5 cups flour
1 egg
1 tsp. sugar
1 tsp. salt

Put 1 tsp. vinegar and egg in a cup and add enough water to make 1 cup. Do not use pastry right away, store in the refrigerator overnight. This will keep indefinitely.

During hot weather be extra careful about washing fruits and vegetables before eating. Be careful also to wash your hands before handling foods.

ANNE ADAMS PATTERNS

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4564 2-15
by Anne Adams