

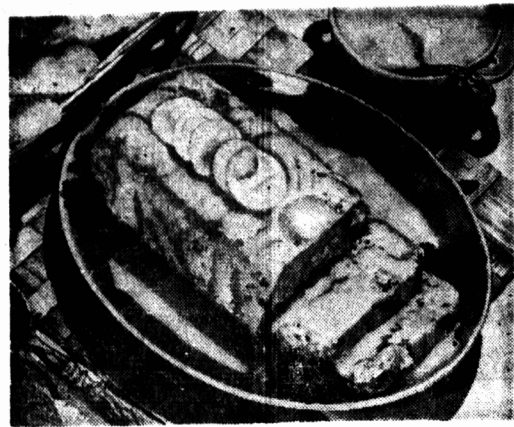
# WOMEN

Page 8 The Guardian, Tuesday, June 21, 1955

## LET'S EAT

### Favorite African Dish A Good Meat Substitute

By Ida Bailey Allen



SALTED NUTS and white rice combine to make this delicious meat substitute dish. African Rice Peanut Loaf. Top it with a carrot sauce.

"While in Africa, we lived in a mango grove. We ate mangoes at every meal, sliced like peaches made into ice cream, pickled or in the form of chutney. A bunch of bananas always hung on the porch, within reach of everyone."

The speaker was Mrs. Emory Ross, director of public relations for the United Church Women, who was having tea with us in the white-leaf kitchen.

#### Meat Substitute

"We also used rice, and quantities of peanuts, which we used in place of meat," she went on to say. "One of our favorite main dishes was made with rice and peanuts and served with an orange-colored sauce made from palm nuts. A carrot sauce would be the same color. As a vegetable with

this, we served 'bon-gan-ju,' which is very much like spinach."

**Rice Peanut Loaf from Africa:** Into a 2 qt. saucepan, put 2 c. water, 1 tsp. salt, 1 c. uncooked white rice. Bring to a vigorous boil. Turn the heat low; cook 14 min. Remove from the heat; let stand, covered, 10 min.

Meantime, melt 2 tb. butter. Add 1/2 c. chopped onion and cook 3 min. Add 3 chopped hard-cooked eggs, 1 c. chopped salted peanuts, 1/2 c. milk, 2 beaten raw eggs, 1/2 c. chopped parsley, 2 drops tabasco, 1/2 tsp. black pepper and 1 tsp. Worcestershire. Mix thoroughly.

Next, heavily butter a loaf pan 9 1/2" x 5 1/4" x 2 1/4". Arrange 1/4 c. salted peanut halves, cut side up, on the bottom. Pack in the rice-peanut loaf mixture. Bake 35-40 min. at 350 degrees F., or until a knife, inserted in the center, comes out clean.

Run a knife around the edges of the loaf to loosen it from the sides of the pan. Place a platter over the loaf and invert. Then lift off the pan. Serve with carrot sauce. Garnish of hard-cooked eggs.

#### TOMORROW'S DINNER

Hot or Chilled Tomato Juice  
Rice-Peanut Loaf Carrot Sauce  
Spinach New Beets  
Strawberry Cheese Pie  
Hot or Iced Coffee or Tea Milk

Recipes Proportioned to Serve 4 to 6

**Strawberry Cheese Pie:** Line a 9" pie plate with American pie pastry. Press in 1 tsp. fine dry bread crumbs.

Next beat together 3 eggs, 1/4 tsp. salt, 1/2 lbs. lemon juice and 1/2 c. sugar. Add 1 (8 oz.) container cottage cheese and 2 1/4 c. milk. Pour into the plate. Bake 45-50 min. in a moderate oven, 350-375 degrees F. Cool.

Top with strawberry glaze. Refrigerate at least 1 hr.

**Strawberry Glaze:** Wash and hull 1 pt. strawberries. Crush enough to fill 1/2 c. In a saucepan combine and stir the crushed berries, 1/2 c. sugar, 1/4 c. water and 1 tb. cornstarch. Bring to a boil; boil 2 min. Add 1 tsp. butter; rub through a sieve. Cool slightly.

Cut remaining berries in halves; arrange on top of the cheese pie. Pour over the sauce.

#### TRICK OF THE CHEF

Add 1/4 tsp. powdered dill to the rice peanut loaf mixture.

#### HOUSEHOLD HINT

When appraising the construction of a piece of furniture you are thinking of buying, it is well to test a piece to see if it is tightly put together and rigid. Excess glue and dirty corners indicate hasty construction.

Examine legs to see if the wood is straight-grained. Legs of cross-grained wood are easily broken. Chair bottoms are usually covered with black goods, but if exposed, corner blocks should be ample in size, well fitted and fastened with glue and screws.

## MARY HAWORTH'S MAIL

### Courted 10 Years By "Perennial Bachelor." Girl Has Another Suitor, Asks Advice

DEAR MARY HAWORTH: I have a very serious problem; I've prayed about it—seems like all my life. I was only 16 when I started dating Dan, who is four years older than I. Now we have been going steady for almost 10 years; and in this time I have never known him to date another girl.

I am considered very attractive and very nice. My family are good people; we haven't much money, just a good living. Dan is an only child of very nice parents, quite well-to-do—but he is a little selfish, I believe. He has never invited me to his home; and when I ask why he doesn't let me meet his parents, he always says I am going with him, not his family.

Dan has talked of marriage and has given me a ring, but he never makes definite plans; and after all this time I suppose I have lost trust in him.

#### Just Only Fly In Ointment

Now the big problem is that I have met another man (I'll call him John) whom I respect and admire completely—who wants to marry me this summer. We've known each other seven months, and agree on just about everything. We get along perfectly; the only thing I have against him is that he belongs to a different Christian faith.

John's home is hundreds of miles from here and, in the last three months, since he's been away, he has written me almost daily and visited me twice. His mother (whom I haven't met) seems very sweet; she writes me occasionally and has asked me to visit her.

John seems to love me very deeply and in fact has sent me an engagement ring.

Now I don't know what to do. I don't want to make a mistake, as I always have been a good girl. I still have a close feeling for Dan even though we don't get along. I'd appreciate any help you can give me.

D. D. You say you've had an affair with Dan, as you are a very respectable girl—although he has behaved objectionably at times. Also you say you've prayed about this very serious problem. "Seems like all your life." Well, it looks to me as if your prayers are being answered, and that the answer is John.

This may not be the answer that you would have specified, if given a choice in the beginning. But such is often the way of answered prayer. We are given a better deal in the Lord's good time, as the fruit of prayer, than we would have got had we pleased ourselves to start.

Dan is wasting your life, in years when you want to be (and should be) giving account of yourself as a wife and mother—a fulfilled woman. It is an understatement to say that he is "a little selfish" in relation to you. His snobbish exploitation of your attachment to him is indefensibly heartless and selfish.

**Man Well Knows He's Been Mean.** Using your love as the feather, Dan has kept you on leash for 10 years, without giving you any sure status, or any self-confidence in the alliance.

Let's be frank—that kind of treatment isn't fit for a dog. And I am sure Dan knows, far better than you, just how mean his behavior is. Men don't fool themselves about such things, though they may refuse to discuss or correct their unfairness.

Here is my advice: I don't rush into marriage with John but accept his mother's invitation to visit her home. Spend a week or a long weekend with her, during vacation if you are employed. See how you feel in the social and religious climate of John's life and hers; and then if you like, get formally engaged. An engagement is final; rather, it is a conventional testing of compatibility. It provides time and opportunity for careful exploring areas of difference as well as agreement, in a framework of mutual respect and serious intent.

2. Be realistic about Dan henceforth. Don't invest matrimonial hopes in him; and don't talk-talk to him about your new suitor. He offers no good and you should be ready to outgrow him without regret.

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



### MR. AND MRS. JULIUS ARVAY AND ATTENDANTS June Wedding at Trinity United Church

The principals in the Arvay-Tanton wedding, which took place on June 11 at Trinity United Church, are from left to right: Mr. Darold Tanton, usher; Mr. Mr. and Mrs. Julius Arvay, the groom and bride; Miss Barbara Rupert, bridesmaid; Miss Barbara Rupert, bridesmaid.—(Graham Photo Studio)

Trinity United Church was the scene of a pretty wedding on Saturday, June 11, at 3 o'clock, when Joanne Daphne, only daughter of Mr. and Mrs. W. D. Tanton, became the bride of Julius, son of Mr. and Mrs. Julius Arvay, of Hamilton, Ontario.

The double ring ceremony was performed by Rev. A. Frank MacLean.

The church was beautifully decorated for the occasion with sprays of apple blossoms, yellow and white mums, and lily-of-the-valley. The guest pews were marked with dainty bouquets of lily-of-the-valley and white satin bows. During the signing of the register, the soloist, Miss Nancy MacNevin, inspiringly rendered "The Lord's Prayer," "The Bridal Chorus" from Lohengrin and Mendelssohn's "Wedding March" were played by the organist, Mr. George A. Thompson, F. R. C. O. (CHM), A. R. C. M.

The bride, given in marriage by her father, chose for her wedding a Victorian style gown of Swiss embroidered tulle over a bouffant skirt of net and satin, which featured a scoop neckline and fitted bodice with long tapering sleeves which came to points over her wrists. Her headdress was a circlet of pleated tulle and seed pearls, from which fell a French hand-turned finger-tip veil. She carried a white bible with a spray of baby carnations and streamers with fern and lily-of-the-valley.

The maid of honor, Miss Nancy MacNevin, wore a waltz-length gown of cameo blue with a petal

point skirt of net over taffeta. Her headdress and mitts were of matching net and she carried a nosegay of mixed spring flowers.

The bridesmaids, Miss Barbara Rupert, and Miss Natalie Singleton of Wakefield, Mass., were attired in similar gowns of daffodil yellow and also carried nosegays of spring flowers.

The best man was Mr. Frank Kinder of Hamilton, Ont., and ushering the guests to their seats were Messrs. Darold Tanton and Douglas Cameron.

The bride's mother wore a street length dress of charcoal and pink figured taffeta, pink accessories and a small pink neckpiece. Her corsage was of pink carnations.

At the reception held at the Charlottetown Hotel, the bride's

table was adorned with white tapers and a three-tier wedding cake. Assisting in serving were the Misses Earlene Lavars, Irene Giddings, Lois Burke, Phyllis Brown, Velma Carmody and Mrs. Charles Ballem.

The toast to the bride was proposed by Mr. R. J. Rupert and fittingly responded to by the groom. Mr. Frank Kinder, the best man, proposed the toast to the Bridesmaids.

The newly-weds left on a honeymoon trip to Boston, Mass., and will take up residence in Hamilton, Ont.

## ELLEN'S DIARY

by an Island Farmer's Wife

Today was in part a lone day for us with the other members of the family at Alderlea missing from the surroundings, gone away as they were, all except Granddaughter, on the outing to the City. There was an item of shipping, and store feed must be brought in for the piggeries.

Replacing with engaging breath the cool breezes of last week, summer was in that which moved westward today - butterfly wings and honey bees, babes of birds and crickets' tunings, and "kittens" of meadow and woodland; the daisy scent and the wild rose and that, sad and sweet, of the haying.

Granddaughter was the first away - a little girl on a smallish "bike" off to her classes in school, just below the hilltop, which from the bottom she must climb on foot, she stops before remounting her wheel to wave back across mill and slope and tree to her mother. It is we think a nice gesture of thanks appreciated for "hearing" her lessons and raiding her braids and making her lunch and getting her off to the demands of her day.

Presently then the truck was on the driveway ready too to be up and away.

"If anybody comes to take you when we're gone" Mack smiled taking his seat in the machine "run like everything and get my gun! It's over by the sandpile under the birch tree."

"I guess" James chuckled to him "if they took her in the dark, they'd bring her back in the morning."

"But it's not the dark" the youngster offered.

"She'll be here then when we come back" James smiled, "keep an eye to the stock, Ellen, will you? Don't let them into the kitchen! So Long" he called as the machine moved away and added, "You won't be lonely, will you?"

But who would presume to be desolated in the June-time with so much of interest about? Besides we had our work. How good to have time on our hands - time to potter at the simple tasks that

## MORNING SMILE

The airman was explaining the use of the parachute to a group of listeners.

Listener—And what would happen if the parachute failed to open after you jumped off?

Airman—Oh, that wouldn't stop me! I'd come down just the same.

## Words Of The Wise

Friendships are fragile things, and require as much care in handling as any other fragile and precious thing.—(Randolph B. Bourne).

## TEA

gives you over 200 CUPS per POUND

See Market Ads for Prices

## CENTENNIAL SPECIALS

**LADIES'**  
Shorties, reg. 29.50, now selling at—

12.23 up

Sun Dresses in cotton—plain or printed—Some with Boleros—

3.95 to 6.95

Cotton Dresses for the street, Extra Special—

2.95

Blouses in Cotton, Linen, etc.—

1.00 - 1.95 - 2.95

Crinolines, small, medium, large—

1.95

Navy Blazers—Double breasted Style—

9.95

Cotton Skirts, sizes 10 to 18—in straight or full flare style—

1.95 to 3.95

Jersey or Terry Cloth T-Shirts—

1.49 to 2.79

For Ladies' or Children SHORTS, Specially priced at . . . 1.00 up

Use our Lay-Away plan. A deposit will hold any garment until needed.

**CHILDREN**  
Dresses for the tiny tots 1-2-3—

1.00

Sun Dresses and some with short sleeves, sizes 2 to 6x—

1.49 to 3.95

Dresses for the Teen-Ager in cotton, linen or taffeta—

2.95 to 6.95

Boys Wash Suits—2 to 6

1.79

Play Suits—Shorts with matching tops, sizes 2 to 6 in navy or red—

1.95

Bathing Suits in all the newest styles—

2.49 to 3.95

Striped pique Blouses, sizes 2 to 6—

Special 1.00

Ankle Socks—

Extra Special 19c

Blazers, size 2 to 6 or 7 to 14—

2.95 to 4.95

Pedal Pushers—

1.49 up

The GREENDAL Co. Ltd.

LADIES' STORE 150 GT. GEO. ST.

## KEEP IN TRIM

### Nature's Plan For Waistline

By Ida Jean Klein

A trim waist is essential to a shapely figure. When it comes to figure fixing, that term "waistline" can be misleading, for there is no encircling muscle band to keep the waist cinched in neatly. This is particularly important to remember in getting back in shape after the baby arrives.

A young lady writes: "I need to slim three inches off my waist, and have been trying without success to slim this measurement ever since my baby was born ten months ago." In this instance, chances are it's more than the muscles that need toning.

Nature's design for the girdle muscles keeps the entire mid-section controlled, waist and all. The oblique muscles which cover the side-front of the abdominal wall wrap criss-cross fashion around the sides of the midriff and mesh into the lateral muscles which bound the sides of the silhouette. When these sets of muscles are toned, they hug the figure and shape the waist.

Here's an exercise program to tone all midsection muscles:

Position: Lying on back, arms down at sides, legs down.

Movement: As you stretch right arm back on floor, lift right leg slightly and cross it over left, then a-t-e-c-h crosswise. This bias stretch brings the oblique muscles into action. Repeat with the left arm and leg, pull . . . holding the stretch. Repeat three times, stretching slowly and smoothly.

Position: Lying on back on flat floor, knees flexed, soles of feet flat on floor, arms out at sides at shoulder level.

Movement: Raise hips slightly off floor and tilt them up to the right, pulling in strongly with the side-front muscles—the muscles you are aiming to tone . . . hold. Return to centre, tilt hips to the left side, again pulling in strongly. Repeat six times, alternating sides and holding the in-pull.

Now add a gentle twist at the waist.

Position: Same as above, with

knees flexed, soles of feet flat on floor.

Movement: Keeping knees together, twist gently but firmly at the waist to the left and touch thigh to floor. Again, using waist



Tones entire midsection

as pivot, twist to the right, touching thigh to floor. Throughout the exercise, keep a firm grip on the girdle muscles, pulling up and snugly. This exercise even feels slimming.

Finish with a good, big, stretch pulling from tip to toe, centering the action through the middle measurement.

You can't go ALL-OUT

If you feel ALL-IN

These days most people work under pressure, worry more, sleep less. This strain on body and brain makes physical fitness easier to lose—harder to regain. Today's tense living, lowered resistance, overwork, worry—any of these may affect normal kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest, that "tired-out" heavy-headed feeling often follow. That's the time to take DODD'S KIDNEY PILLS. Dodd's stimulates the kidneys to normal action. Then you feel better—sleep better—work better. Ask for Dodd's Kidney Pills at any drug counter.

## At Your Dealer's NOW

# Sunkist Summer Refreshment SALE!

### TREE-FRESH Sweet Juicy VALENCIAS!

Delicious golden fruit . . . just arrived from the orange groves of California and Arizona! Your favorite Sunkist Valencia—with that wonderful sunny flavour Canadians prefer. Hurry down to your dealer's now, and buy a big bag full!

### for delicious EATING

When you eat the whole orange, you get the valuable Protoproctins as well as Vitamin C. Keep the fruit bowl full, and put a Sunkist Orange in every lunch box.

### for tasty SALADS

Flavourful Sunkist Valencias can be served in so many tempting ways. So easy to slice and handle, they're just right for cooling salads and desserts.

### for refreshing JUICE

Tangy, home-squeezed juice, with lots of the meaty solids left in it, gives you greater nutritive value.

### EXCELLENT SOURCE OF VITAMIN C

Fresh California Oranges are an excellent source of the important Vitamin C . . . plus other values.



# Sunkist VALENCIAS

TREE-FRESH from California and Arizona  
The juiciest oranges grown carry the Sunkist Trade Mark on the skin of the orange. Accept no others.

## Cook's Corner



### FRUIT SALAD

1/2 pound grapes  
2 pears  
1 grapefruit  
1 orange  
1 head lettuce  
Wash, peel; remove seeds from all fruit; cut grapes into halves, pears in lengthwise pieces, grapefruit and orange into sections; allow to stand on ice. Serve on lettuce leaves with French dressing. Pears or melon or other fruit may be substituted for above.



## No Mortgage Worries for New Homeowners

New Plan Will Ensure Mortgage is Paid Off!

Last summer, a young couple bought a home in a quiet suburban area for \$15,000. They paid \$5,000 down, with a 20 year mortgage for \$10,000. As things stand, they should have no trouble paying it off.

The husband is taking no chances. He has a Confederation Life Mortgage Insurance Plan, with a Total Disability Clause. For \$8.31 a month Confederation will pay off his mortgage in case of death. If he becomes disabled, the policy remains in force at no cost to him.

Yes, for less than 1% of your initial mortgage, providing you are under 35, you can protect your family from foreclosure at the time of your death.

Features of the Confederation Life Plan

1. This Mortgage Insurance Plan may be purchased on a 15, 20 or 25 year basis.
2. The cost reduces in later years.
3. After the mortgage period you may continue the protection at reduced cost, or receive a cash payment.

Confederation Life ASSOCIATION

For Free Booklet, "Not for Sale," call: S. W. WILLIS, Divisional Manager, Bank of Nova Scotia Building

## GIRLS! GIRLS!

### CENTENNIAL DOLL CARRIAGE PARADE

JUNE 27th — 6.30 p.m.  
ON QUEEN STREET

Sponsored by the Playground Commission in co-operation with the Centennial Committee

FOR GIRLS 2-10 YEARS OF AGE  
SUITABLE PRIZES WILL BE GIVEN  
Entries will be taken on Queen St. JUNE 27th