

# WOMEN

Page 8, The Guardian Wed., Nov. 16, 1955

## LET'S EAT

### Spoon Bread For Dinner

By Ida Bailey Allen

The greatest of all womanly achievements is motherhood; and to be chosen American mother of the Year is the greatest honor that can be given any mother. This year's American Mother is a sweet-faced widow, Mrs. Lavina Christensen Fugal of Pleasant Grove, Utah. She is the mother of eight living sons and daughters and grandmother of 34.

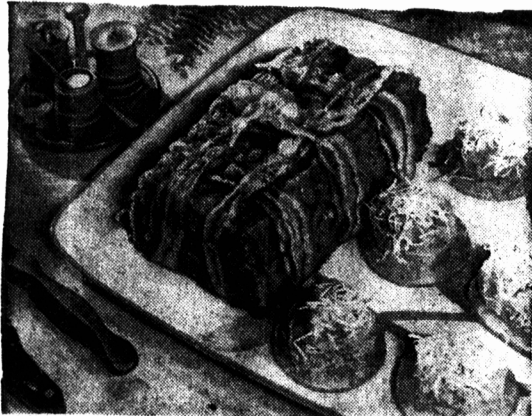
#### A DIFFICULT TASK

Knowing full well that bringing up and supporting a large family is a prodigious task, I asked her how she managed. "Our food budget was restricted so I took careful planning to get the highest nutritious values at lowest cost," she said. "Part of our food was home grown, and nothing was wasted. I canned all available foods in

cake to ¼ c. tepid water. Let stand 5 min. Stir into the cooled milk. Then beat in 3 c. genuine whole wheat flour or enough to make a stiff batter. Beat briskly until well mixed. Let rise until doubled in size. Transfer to 2 oiled bread pans, 7½" X 3½" X 2½". Let rise until the pans are almost full. Bake 45-50 min. in a moderate oven, 375 deg. F.

#### SUNDAY DINNER

Fruit Cocktail  
Bacon-Lattice Meat Loaf  
Spinach  
Sweet Potato Puffs  
Whole Wheat Spoon Bread  
Strawberry Ice Cream  
Coffee  
Milk  
Bacon-Lattice Meat Loaf: combine 1½ lbs. ground beef, 3 sliced peeled onions and 6 sprigs parsley;



FOR AN UNUSUAL Sunday dinner serve a platter of bacon-lattice meat loaf and sweet potato puffs, garnished with shredded coconut.

season—fruit, vegetables, chicken and meat. "Breakfast was an important meal. We had citrus or tomato juice, cooked cereal, eggs with buttered toast and home-canned fruit. "Lunch was home-canned or previously prepared meat or cheese salad and/or fresh vegetables; fresh or home-produced honey and bread, home-produced honey and milk or fruit punch from juices. "For Sunday dinner, we had fruit cocktail, a roast, fried chicken or meat loaf, creamed potatoes, two more cooked vegetables—yellow, one green—a green salad, whole wheat spoon bread made from home-ground wheat flour and a seasonal dessert." Mrs. Fugal's Whole Wheat Spoon Bread: Scald 1 c. milk. Add 2 tsp. shortening, 1 tsp. honey and 1½ tsp. salt. Cool until lukewarm. Meantime, add 1 pkg. dry granular yeast or 1 compressed yeast



Mr. and Mrs. Robert S. Acorn, who were married at Brackley United Church at 2 o'clock on Saturday, October 29, are pictured with their attendants. Left to right: Mr. Roy Pursey, usher; Mr. Milton Acorn, brother of the groom, best man; Mr. and Mrs. Acorn; Miss Shirley Prowse, sister of the bride; maid of honor, and Mr. Garth Hooper, usher.

### DOUBLE RING CEREMONY UNITES COUPLE

Autumn flowers in shades of white and rose-wine adorned the United Church, Brackley, at 2 p.m. on Saturday, October 29, for the marriage of Miss Alta Prowse and Mr. Robert S. Acorn. The bride is the daughter of Mr. and Mrs. Leslie Prowse, Brackley Point Road, and the groom's parents are Mr. and Mrs. Robert Acorn, Charlottetown. The double ring ceremony was performed by Rev. J. M. Sproule, York. The organist was Mrs. J.M. Sproule who played "Praise My Soul, The King of Heaven" as the processional hymn. Mrs. Vic Runtz, cousin of the bride, was soloist. Her selections were "O Perfect Love" before the ceremony, and "Together" during the signing of the register. Given in marriage by her father, the bride wore an ankle-length gown of white silk velvet fashioned with portrait neckline and stand-up collar, circular skirt, and long wrists. Small, velvet-covered buttons adorned the bodice from centre-front neckline to the waistline. Her chapel veil was held by a headress of white silk velvet. A single strand of pearls, the gift of the groom, was her only ornament. She carried a cascade bouquet of Pink Delight roses. Miss Shirley Prowse, sister of the bride, was maid of honor. She chose an ankle-length gown of American Beauty silk velvet styled along the same lines as that of the bride. Her headress was fashioned of matching silk velvet and she carried a nosegay of dark pink and yellow roses. Mr. Milton Acorn, brother of the groom, was best man. The ushers were Mr. Roy Pursey and Mr. Garth Hooper. For her daughter's wedding, Mrs. Prowse chose an afternoon dress in navy taffeta with turquoise-blue all-over leaf design and turquoise-blue accessories. Her corsage was of pale pink Aristocrat roses. The groom's mother was gowned in a brown crepe dress with matching accessories and a corsage of yellow roses. A reception followed at the home of the bride's parents for sixty-five guests. Miss Bernice Newson, cousin of the bride, was in charge of the guest book. Those pouring tea were Mrs. Millar Bearisto, aunt of the bride, and Mrs. Stanley Bryant, aunt of the groom. A three-tiered wedding cake decorated the table. Assisting in serving were Mrs. George Carson, Mrs. Gordon Gannum, Mrs. Roy Pursey, Misses Evelyn and Zelma MacInnis, and Misses Vera and Thelma Newson. The toast to the bride was proposed by Rev. J. M. Sproule. For travelling to the Mainland the bride wore a dark brown wool suit with gold accessories and a corsage of Tawny Gold roses. The bride is a Home Economics teacher at the Queen Charlotte High School. The groom is employed with the Island Telephone Company from where he has leave of absence to take a course with the Belle Telephone Company, Montreal, prior to serving on the Mid-Canada radar line. Previous to her marriage, the bride was honored at a shower at the home of her parents, Mr. and Mrs. Leslie Prowse, by the people of Brackley and vicinity. Another shower was held at the home of Mrs. Roy Pursey, Charlottetown, when the bride-elect received many lovely gifts. The staff of the Queen Charlotte High School and presented the bride-elect with a table model tri-light. The gift of the Grade Eight pupils in Home Economics was a lovely brass tray. The C.G.I.T. of Trinity Church presented Miss Prowse with a hand-woven set of placemats and napkins and the St. Peter's Wolf Cub Pack presented a pair of silver candle holders. Mrs. Roland Diamond, Montague, entertained at a buffet supper for the bride couple, when relatives of the groom presented them with a hurricane lamp. Mr. and Mrs. Donald Livingstone, Charlottetown, entertained for the couple previous to their marriage, when employees of the Island Telephone Company presented them with a floor tri-light.

### Should Son Pay Board When He Travels For Firm?

DEAR MARY HAWORTH: Recently my son took a job that involved some travel. He will cover territory both near and far from our home. He will be away from home for varying lengths of time, say from a day to a month—and during these trips his employers will pay all his expenses. From the time John first started working after hours, while still in school, he has always made his own spending money, never asking us for a penny. And since he has been employed full time, we have felt it our duty as parents to have him pay board—to learn responsible habits. This he has always agreed to. Now that John has a good-paying job, he pays his own modest accounts, takes good care of his clothes and is financially self-sufficient. The question before us, however, is this: John asks if he still has to continue paying board, if and when he is away from home for a week or more in his new job. He thinks not, and my husband partly agrees with him. I feel he still has an obligation here—as he may be home weekends and the trip is long as his expenses are paid. DONT NEED MONEY The money involved isn't the point. We can do nicely without it; and John says he will pay board gladly, as he respects my judgment. All of which puts me on the spot; John is still quite young and I want to do only what is right for him. But am I right, in holding him to the board bill in his absence? Or does he become independent of us when he is working elsewhere? John believes the latter; and I would like to agree with him for his sake; but my intuition tells me differently. Perhaps your comments will show us the light. I love your columns. —D.S.

DEAR D.S.: When you speak of paying board, you mean paying for an individual share in the comforts of your overall living arrangements, of course. You aren't referring to table board exclusively. So much for preface. Now, if the essential purpose of having John pay board (as defined above) is to get him accustomed to financially responsible attitudes, it would be quite unrealistic to waive his bill when he travels for his firm. After all, even a travelling man isn't a gypsy when he takes to the road in pursuit of company business. Assuming he is a person of any substance, who has been frugally acquiring a backlog of useful and necessary possessions, he can't take the whole inventory with him, every trip. He has to have a place, somewhere, that he calls home—if only for storing his extra goods. And whether the travelling man owns his fixed address, or rents it—in the form of a house, or an apartment or a single room—the costs of upkeep don't come to a halt just because he takes a trip. He has to pay something to insure that he will have a place to come back to. At a very minimum, the home owner pays taxes, retains an option (Continued on page 9)



PLAID ENSEMBLE  
Worsted-wool flannel in tones of forest green and coral is featured in this plaid ensemble from California. It has a tunic-length coat with matching skirt and double-breasted weskit. The vest has a small cap sleeve and skirt has walking pleat in back. (CP Photo)

### ELLEN'S DIARY

By An Island Farmer's Wife

"It's good to have it done," James said. "It leaves one with a more contented feeling this day of the year to have his crop all under cover." We were at supper at the time, an earned meal, if ever, paid for by a busy afternoon in the field. Rob, who had come to lend his assistance at bringing this last harvesting of the farm to a close, had slipped into his old place at the table and we were chatting together of the work which had brought us to the end of the year's harvests. James smiled happily. "It gives one peace of mind," he offered. "Once as a young man," Dr. Joshua L. Liebman, says in one of his writings, "I undertook to draw up a catalogue of the acknowledged 'goods' of life. I set down my inventory of earthly desirables: health, love, talent, power, riches, and fame. Then I proudly showed it to a wise elder. "An excellent list," said my old friend, "and set down in not unreasonable order. But it appears that you have omitted the one important ingredient, a c k i n g which your list becomes an intolerable burden." "He crossed out my entire schedule. Then he wrote down three syllables: Peace of mind."

"This is the gift God reserves for his special proteges," he said. "Talent and health, he gives to many. Wealth is commonplace, fame not rare. But peace of mind he bestows charily."

"This is no private opinion of mine," he explained. "I am merely paraphrasing from the Psalmists, Marcus Aurelius, Lao-tse, 'God,

### COOK'S CORNER

Lord of the universe' say these wise ones, heap wordily guts at the feet of foolish men. Give me the gift of the untroubled mind."

"I found that difficult to accept; but now, after a quarter of a century of personal experience and professional observation (as a Rabbi) I have come to understand that peace of mind is the true goal of the considered life. I know now that the sum of all other possessions does not necessarily add up to peace of mind; on the other hand, I have seen this inner tranquility flourish with the material supports of property, or even the buttress of physical health. Peace of mind can transform a cottage into a spacious manor hall; the want of it, can imprison a shell."

So tonight, we at Alderlea, find considerable peace of mind in the thought that another year of the farm is done. A seedtime there was. And now that harvest is gathered. What do the stars declare in their bright leasons shine now from the blue dome of night? An ancient tale it is of seedtime yet and harvest to come. Until tomorrow — Diary — Good-night ...

**CHINESE CHEWS**  
2-3 cups flour  
1 tsp. baking powder  
¼ tsp salt  
¾ cup fruit sugar  
1 cup chopped dates  
1 cup chopped walnuts  
2 well beaten eggs  
½ tsp vanilla extract  
Mix and sift flour, baking powder and salt. Add sugar, nuts and fruits, then stir in the eggs and vanilla. Spread about ½ inch thick on well-greased cookie sheet. Bake for 25 mins. in a moderate oven 325 F. Cut in small squares, roll into balls and dip in sugar.

### Some Famous Quebec Recipes

The highly prized recipes of French Canada's most famous eating places are divulged by Food Editor Helen Gougeon in The Standard this week. Included are kitchen secrets from Quebec's Chateau Frontenac, Le Vendome, La Vieille France and Kerhulu's with instructions that every housewife can follow. Here is an opportunity to learn how to prepare the finest of French dishes in your own home. Get The Standard—on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents!

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Toronto, Ont. (Special)—Science has now developed an odorless, greaseless cream that acts in a new way to bring hours and hours of relief from pains of arthritis and rheumatism—without the need of taking pills and other medicines that may upset the system. Rubbed gently into painful areas, this cream penetrates so deep it actually vanishes into the skin. It speeds the flow of fresh, rich blood into sore muscles, joints. Actually helps drive away pain-causing pressure and congestion. Used by doctors in England, France and the U.S.A., this remarkable cream is now available without prescription at drug stores everywhere. Ask for InfrARUB. Only \$1.39 a large tube. InfrARUB is guaranteed to give comforting relief from arthritis-rheumatism pains or your money back. \*Reg. T.M.

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**HALF-SIZE FASHIONS**  
Sew-easy jumper and companion blouse—fashions that double your winter wardrobe! These new styles are designed especially for the shorter, fuller figure—with lovely, slimming lines. Proportioned to fit—no alterations!  
Pattern 4654: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16 jumper takes 3 yards 39-inch fabric; blouse takes 1½ yards.  
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.  
Send THIRTY-FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.  
Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front Street W. Toronto, Ont.



### Alice Brooks Designs

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**Wife Preservers**  
If glassware develops small nicks on the edges, try rubbing them smooth with this emery paper.

7018 by Alice Brooks