

WOMEN

Page 10 The Guardian Friday, Sept. 24, 1954

Exchange Vows At Woodstock



Photographed following their marriage ceremony at Woodstock, N.B. First Baptist Church, on September 15, are Mr. and Mrs. Ronald Atkinson. The bride is the former Gloria Hillman, daughter of Mr. and Mrs. Merrill Hillman, Woodstock and the groom is the son of Mr. and Mrs. H. C. Atkinson, Charlottetown. The couple will reside in Charlottetown.

ELLEN'S DIARY

by an Island Farmer's Wife

With the new morning clear and beautiful upon the farmlands we came presently to one of our solitary days. Our farmers' bustle with the choring to get to their field-work, daylight hours now pass into the dew or frost-fall so soon. Cows are gathered in and milked smartly (This, "Rob commented last evening of the milker," has been one worthwhile investment of the farm; it wouldn't come easy now to milk by hand).

The pig-kind, little and larger, too get their share of attention, James as he would say. "Making every step count." ("There's likely to be a litter down there," he nodded toward a building which housed the matrons, "before the day is over. If it comes a cold wind, Ellen, close that door, will you?" But strange unpredictable happenings that births are, the event has not yet come to pass).

Smartly too, usually with Jamie attending them, the cattle-kind are returned then to pasture. How prettily the new sun glisters on their sides as in a nice procession, green woodlands for a background, they march up the farm-lane; the calves too kept indoors over-night, now bound to a field of aftermath, how playful are they!

Breakfast over, the carpenter spent a while dismantling an old building of barn, before joining the farmers and Mr. A. to go to the threshing, now at Alderlea. . . . Soon two lads with books and lunches were away, at a fancy these days on bicycles, to school. Classes ended, turns Jamie into one of the harvesters, now driving a tractor, again tossing sheaves, or sometimes with his Grandfather, who declares

he could have no helper more interested and willing, building a load of the grain.

Gage differently employed ("It's the poor place that can't afford the gentleman!" Pat, another right hand of James these days, twinkled, returned this evening with intriguing treasure-trove. "You'll never guess," he smiled. "It's a piece of a popular branch. See how clean the beaver ate the bark! And this chip—there was a heap of them at the stump of quite a big tree," he nodded, "he had felled." These curios were added to a collection which among other items at the moment includes a bat, a caterpillar, a butterfly, a cocoon, a length of feathery juniper, bulrushes, scarlet maple leaves and a pine cone to indicate a lively interest in the fauna and flora of the farmlands about.

So today, for the most part we spent alone. It is strange how the surroundings seem to fit with one's circumstances. Even the leaves on the lawn-trees appeared somewhat desolate, and the chirping of the birds, muted. How sprightly are the leaves, how gay the birds chattering on busy full days at the farms!

We dined alone, and very leisurely, sipping our tea from a thin treasured cup—and wondered if it really was more than taken thus, than when we drank more hurriedly and from a nubby "bowl." And could not be sure.

But was there ever a September night more beautiful than that which now we have, subtly sharpened by frost, blue-skied and moonlit?

Until tomorrow Diary
Good-night

LET'S EAT

There's No Reason Now For Sweets With Meats

By IDA BAILEY ALLEN

IN the test-kitchen, the Chef sat deep in study, a rare old book opened before him.

"This is the Pantropheon, or history of food from the earliest ages. Madame. It was written by A. Soyer, the great chef and culinarian of the past century. I find it most interesting. And through it, I believe I have at last discovered the source of so many meat recipes appearing today that combine sugar or sweetened canned fruits with meat or with poultry.

Before Refrigeration

"In ancient times, there was no refrigeration. So the chefs of that day used quantities of honey, vinegar, spices and sweet wine to help preserve the meat, or to cover up a tainted flavor.

"But today, with scientific methods of slaughtering, chilling and storing meat under refrigeration, this method is obsolete, unscientific, unnecessary. Yes, but what do we see today?"

Sweet meats

"Well, we read suggestions that the ladies broil canned peaches on beef steak; mix mint jelly with mayonnaise for lamb salad; make sandwich fillings out of chopped sugar and pineapple with brown sugar; and stir chicken into moulded sweet gelatin!

"It is one thing occasionally to combine fresh tart fruits with meat for exotic flavor. It is entirely different to add sweetened canned fruits. That is a crime against good taste.

"Don't worry, Chef, this hang-over from the Dark Ages of cooking won't last. If it should continue, the men of this country will stage an eat-away-from-home strike that will bring American cooking back to the highest American standards."

TOMORROW'S OVEN-DINNER

Deviled Egg Saladettes
"Cold Cuts" Sauté
Popped Potatoes

Morning Smile

A Welsh regiment choir was singing outside the officers' mess at dinner. The colonel, sitting over his port, called the unmusical sergeant-major.

"Look here," he said, "go and tell the choir to sing 'Sweet and Low'."

The sergeant-major went out and bawled to the leader: "If you chaps can't make less noise the colonel says you've got to clear off."

Herman N. Bundesen, M. D.

Vests For Rib Breaks

The vest is very much on view these days in the medical world. It is being used in the treatment of broken or fractured ribs.

Such a fracture is one of the most painful and disabling of disorders. Many types of rib splints have been devised in an effort to ease the discomfort, and many people have had their ribs taped for this reason. However, there is often some difficulty with the use of tape or splints on women or hairy chested men.

Main Complaint

The chief complaint of the patient with a broken rib is pain on breathing or movement. The splints or tape are effective because they limit the movement of the involved rib. The rib will usually heal by itself within six to nine weeks, but meanwhile the person may have to go through weeks of painful disability.

Recently a man's well-fitting vest has been used in treating a broken rib. It is put on and the tightness is regulated by means of safety pins inserted in the back. All that is required is to overlap the back of the vest and insert six pins. Then put on the vest and button in front. A pin can be placed where extra snugness is required.

The advantage of the vest is that it can be removed at night or adjusted at meals. With its use, the patient finds it easier to work and sit. The proper fitting vest eliminates pain and tape or possibility of allergic reaction to tape. Such vests are also being used for the treatment of pleurisy or as a jacket for pneumonia patients.

QUESTION AND ANSWER

Mrs. T.: I am a woman of 55 and have developed high blood pressure. Can the change of life be at fault?

Answer: In most instances, there is no evidence that menopause can, in itself, cause high blood pressure.

2 the butter
1/4 cup bread crumbs
1 cup milk
1/4 tsp. salt
1/2 tsp. lemon juice or vinegar
Cook in double boiler.
When cooked, remove from fire. Add 1 can salmon and 3 egg yolks. Lastly fold in 3 egg whites beaten dry. Cook until set in oven.
—Mrs. Robert Hunter, Rosebank W. I.

Date-Orange Pudding

Combine in a greased casserole (6-cup size) 1/4 c. corn syrup, 1 tbs. grated lemon rind and 1/2 c. orange juice. Preheat oven to 375° (moderately hot). Mix and sift once, then sift into a bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted all-purpose flour), 2 1/2 tps. Magic Baking Powder, 1/2 tsp. salt and 1/4 c. fine granulated sugar. Mix in 3/4 c. corn flakes, slightly crushed, and 1/2 c. cut-up pitted dates. Combine 1 well-beaten egg, 1/2 c. milk, 1/2 tsp. vanilla and 3 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into prepared dish. Bake in preheated oven, about 40 minutes. Serve warm, with pouring cream. Yield—6 servings.



Always Dependable

MARY HAWORTH'S MAIZ

Resents Constant Criticism

DEAR MARY HAWORTH: I am 42, have a nice home and a good husband and the care of my aged mother. Before marriage I was a successful business woman, working one place 13 years, which gave me some self-confidence—until lately.

My question is, just, how much domination does a person my age and older have to take, from parents and parents-in-law? When does a son or daughter become a responsible adult in the eyes of a parent?

To cite a few examples: I am of mixed Swedish and English nationality. My father was Swedish and my maiden name ended in "son". Yet often when I am at my mother-in-law's house she talks disparagingly of Swedes, tells them backheads, and once told of a kinswoman who moved from a certain town so her children "wouldn't marry Swedes."

Then my own mother—she objects to the way I wear my hair. She objects when my husband calls me a pet name—says she dislikes pet names. She objects to some of the clothes I wear; and if I am talking with friends about a topic she disapproves, she cuts in and stops me. And it's not her age, she has always been this way.

SHE RESENTS DOMINATION

With my mother-in-law, am I supposed to listen respectfully? Or should I speak in defense of my nationality? She assumes she can't brook anything in my presence and won't mind; but it makes me furious inside to hear her. Through years of practice, I have always bowed to my mother's wishes; but lately it is harder for me to do. I feel so resentful that, at my age, with my responsibilities, I have to be reprimanded like a naughty child.

Am I wrong to feel resentful? Is it a parent's eternal privilege to reprimand children, no matter how old? Just where can a daughter draw the line and still honor parents? D. R.

ACCEPTS ROLE OF GOOD CHILD

DEAR —D. R.: In your bill of particulars you say, "My old mother, too treat me as if I have the brains of a child; yet they didn't hesitate to let me take

the responsibility of my aged mother, when she needed care." Altogether it sounds as if you were the family's "good child," the little sister who is to be seen and not heard—a type casting that may be due in part to your natural temperament. Or perhaps you were the baby of the household, who received a great deal of affection as well as over-supervision, in formative years, so that you learned to associate docility with being well-loved.

When resentment burns behind a mask of habitual compliance, it signifies undue dependency upon others' approval—a marked sense of inferiority and lack of self-confidence. It is childish immaturity of character, a sell-out of integrity in the adult personality, to meekly submit to affronts that call, just to have peace at any price.

TEACH MOTHERS TO BEWARE

The person thus bothered (as you are) can't justifiably blame his adult-life associates for walking on him, if he lets them do it. If they assume they may tread on his toes at will, it becomes his obligation to teach them differently, to remind them (as often as necessary) to watch their step, so as to give him due consideration.

When your mother-in-law is talking disparagingly of Swedes in your presence, ask her cheerfully what is this broad hint she is trying to give? Is there a message she has for you?—because your father was Swedish, and so, to some extent, are you! If others are present, you might say, "But mother R, is this kind? You are talking about my father's people, you know."

In dealing with your mother, don't flinch from her every criticism. Wear our hair as you like, boldly defend your husband's use of a pet name, dress to suit yourself. When she tries to disperse your topics of conversation, say emphatically, "Mother, PLEASE—go ahead. After all if you have some Swedish blood, you may as well make good use of it—and staying on course is one of the Scandinavian strong points."

M. H.

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

Doyle - Macdonald Wedding



Pictured above are Mr. and Mrs. Edwin Lawrence Doyle, whose marriage took place on Sept. 15 at St. Dunstan's Basilica. The bride is the former Anita Clare Macdonald, daughter of Mr. Henry Macdonald and the late Mrs. Macdonald of Charlottetown. The groom is the son of Mr. and Mrs. Bernard Doyle of Earnsccliffe.

Household Hint

Hand tools are no inexpensive item in any do-it-yourself project. Once purchased, take good care of them so they won't need replacing. Clean hand tools can be dipped in a thinned shellac to give them a protective coating and prevent rusting.

Are you worried about your memory?

Is there a limit to how much you can remember? What facts are hardest to recall; why won't concentrating help? Have men better memories than women? Does memory decline with age?

In October Reader's Digest, you'll find a memo about your memory that reveals some recent findings by psychologists. It may upset your preconceived notions; offers simple rules to help improve your ability to memorize.

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Chicken With Herbs

The delicate flavor of chicken combines well with many other foods, sauces and seasonings, lending interesting flavor variations.

For this recipe rinse one chicken that has been cut for frying in cold water, and wipe dry. Combine three-quarter cup sour cream with one half teaspoon tarragon, one-half teaspoon garlic salt, one-half teaspoon onion salt, one-half teaspoon paprika and one and one-half teaspoons salt. Dip chicken in this mixture, then in one cup finely crushed corn flakes. Melt one-quarter cup butter in shallow baking pan in hot oven (400 degrees F.).

Remove baking pan from oven and place chicken skin side down in a single layer. Add one cup milk around chicken. Bake in hot oven (400 degrees F.) for 30 minutes. Turn chicken. Add another cup of milk.

Bake another 30 minutes until tender.

Most families use 12 or 13 different kinds of vegetables on their tables during the 12 months of a year.

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GALLONS
HALF GALLONS

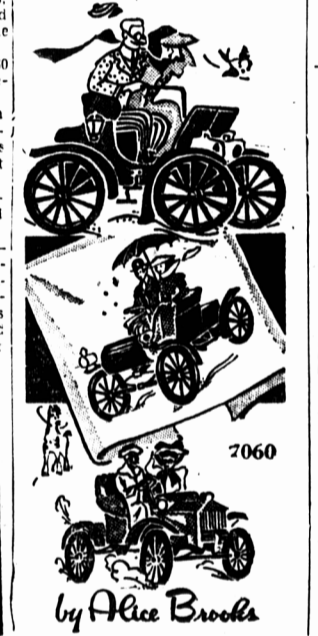
Alice Brooks Designs

No embroidery — just a stroke of an iron gives linens a gay, new look! Popular old-time auto designs in a gay combination of yellow, red and black add charm to towels, luncheon sets, place mats, party tablecloths. Easy, jiffy — and so thrifty, you can have all the color-bright linens you want.

Iron on in minutes. Pattern 7060 has 6 washable, iron-on color designs, each about 4 1/2 x 4 inches. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

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Quick

by RICHARD HUDNUT

With the lanolized waving lotion that takes in only 10 minutes!



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You think a pin curl's fast? It's the over-all timing that counts! QUICK'S waving lotion takes in only 10 minutes; with my short hair I can give myself a QUICK in just 1 hour! That includes winding, waving, neutralizing!

QUICK'S easy as pie! Just three things to do. Wind, wave and neutralize. And what a neutralizer! It's actually a Wave Vitalizer, and you dab it on your curls just once, quick-as-a-wink. Makes them last longer...lots livelier!

Pick the QUICK that's right for you

REGULAR for normal hair
SUPER for fine, hard-to-wave hair
GENTLE for easy-to-wave hair, bleached, dyed or tinted hair

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Wife Preservers

4824 14 1/2-24 1/2
by Anne Adams