

# WOMEN

Page 8, The Guardian Friday, Sept. 30, 1955

## LET'S EAT

### New Braille Cook Book Helps Blind In Iowa

By Ida Bailey Allen

"Helping the blind women of the state is a project of the Iowa Federation of Women's Clubs. There is even a special cook book for them, printed in Braille," explained Mrs. Ethel Towne Holmes, state appointee in charge of the project.

"This unique plan is a project that could be put into operation country-wide by organizations wishing to help the blind," added Mrs. Holmes as she entered the hall of the American Legion for luncheon prepared by the Legion Auxiliary.

Tomorrow's dinner: Citrus cup; ham loaf with gravy. Home made yeast rolls, parshled potatoes with green peas, Tomato-cucumber salad. Ice cream with brownies and fudge sauce. Coffee, tea, milk.

All measurements are level. Recipes from Iowa proportioned to serve 4-6.

## KEEP IN TRIM

### Banish The Middle Spread

By Ida Jean Kain

Toned muscles really are wonderful—they hug the waist, brace the front-line and shape the hips. More important, good muscle tone imparts to the body a sense of well-being. You feel like standing in good posture. Of course, you hear the word "posture" so constantly, it is apt to lose its meaning. From now on, think of posture as shoring up your figure.

In fact, it is not too far fetched to promise that with weight within reason, good posture can prevent the dreaded middle spread.

Test this for yourself. Stand side-

through the chopper. Mix; let stand 15 min.

Pack into an oiled 8" x 8" pan; bake 45 min. in a moderate oven.

Home-made yeast rolls: Scald 1/2 c. milk. Stir in 1/4 c. sugar, 2 tsp. salt and 4 tsp. lard.

When lukewarm pour into a mixing bowl; add 1/4 c. tepid water. Sprinkle or crumble in 2 pkgs. granular dry yeast or 2 compressed yeast cakes. Let stand 5 min.

Stir and beat in 2 1/2 c. sifted enriched flour. Beat until smooth. Add 2 1/2 c. sifted flour, additional. Stir until the dough forms an irregular ball.

Turn onto a lightly floured board or pastry cloth. Knead 7 to 8 min. or until it feels elastic. Place in an oiled bowl. Brush the top with melted shortening and cover with waxed paper. Let rise in a warm place, about 50 min.

Shape into fingerlengths or round rolls. Cover with waxed paper. Let rise again for 30 min., or until doubled in size. Bake 20 min. in a moderate oven, 375 degrees.

Trick of the Chef: Add 1/2 tsp. instant coffee to fudge sauce for 1 and 1/2 a scruped carrot put ice cream.

Position: Lying on back on floor, with knees flexed, soles of feet flat on floor.

Movement: Pull up and in with the girdle muscles and flatten small of back against floor. Then lift hips off floor—hold for a slow count of 6. Warning: Do not arch back. Return to starting position and repeat three times.

To tone the inner bias muscles, from the same starting position raise hips slightly off floor and tilt them up to the right, pulling in forcibly with the side-front muscles and hold for a slow count of 6. Return to centre, then tilt hips

wards to a mirror. Get your posture on the beam by pulling snugly up and in with the abdominal muscles and contracting with the big hip muscles. In rest balanced posture, your bones help support you. Off balance, the organs push against the girdle muscles and add to the bulge. You can readily see that standing in correct alignment streamlines the middle measurement.

Good posture in itself affords continual mild exercise for your muscles on the job. However, if your muscles are not quite up to holding that snug up-and-in pull through the middle measurement, a few toning exercises are in order. These need not be ragged. Just a couple of simple exercises, taken daily, will work toning miracles.

Now to tone both abdominal and hip muscles.

Position: Lying face down, head resting on folded arms, legs straight down.

Movement: Keeping knees straight, raise right leg rearward—hold. Lower and repeat with left leg. Keep knee straight. Repeat 5 times, alternating legs.

This simple routine restores live tone to the girdle muscles so that good posture is a natural.

Words Of The Wise

Never lend books, for no one ever returns them; the only books I have in my library are books that other folk have lent me. —(Anatole France)

## ALICE BROOKS DESIGNS

Basket of beautiful roses—standing up in lifetime form! Color-crochet this chair-set for your own home—for lovely gift! Pattern 7376: Color-crochet rose chair-set in "3-D"! Chairback 13 x 16 inches, armrest 7 x 11 in. No. 30 mercerized cotton.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

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NYLON HOSIERY 31 Gauge 15 Denier. Sizes 9 - 9 1/2 - 10 **79¢**

SUITS—All sizes ..... **20% Off**

THE FASHION SHOPPE



EDWENA T. DELANEY

## Engaged

The engagement is announced of Miss Edwena Tanton Delaney, daughter of Mr. Patrick Delaney, James, and the late Mrs. D. James, and Claude James E. Low, son of Mr. and Mrs. Clayton James Barlow, Wellington. The marriage will take place in the near future.

## Former Islander Weds In U.S.A.

St. Peter's Church, Dorchester, Mass., was the setting on Saturday, July 2nd, at 3 o'clock when Dorothy Anne, daughter of Mr. and Mrs. Ronald J. MacGillivray, Dorchester, became the bride of William Donald, son of Mrs. Albert J. MacDonald, Flat River, P.E.I., and the late Mr. MacDonald. Rev. John J. O'Connor officiated at the double-ring ceremony. Mrs. Edward Manning was organist.

Given in marriage by her father, the bride was gownned in a dress of nylon tulle and Chantilly lace over white satin. The bodice was styled with a round neckline with scalloped lace and long sleeves forming points over her hands. Her fingertip veil of tulle illusion was held by a small crown and she carried a bouquet of white roses and a double orchid.

Mrs. Estelle Andrews, sister of the bride, was matron of honor, and she wore a floor-length gown of yellow nylon over taffeta with a matching headdress of petals. She carried a bouquet of pale pink Sweetheart roses.

Mr. Malcolm MacDonald, brother of the groom, was best man, and the ushers were Messrs. Robert and Al MacGillivray, brothers of the bride, and Mr. Walter Andrews, brother-in-law of the bride.

Mrs. MacGillivray chose for her daughter's wedding a crystalline blue silk dress with blue accessories and a corsage of pink roses. The mother of the groom wore a dress of blue crepe with navy accessories and a corsage of red roses.

A reception followed for one hundred guests at "The Hollow" where summer flowers were used for decoration.

The bride and groom honeymooned in the Maritimes, the bride traveling in a dress of yellow silk with white accessories. The bride and groom will reside in North Truro, Mass. where the groom is stationed with the U.S. Air Force.

Out-of-town guests were Mrs. Albert J. MacDonald, Mr. Malcolm MacDonald, Mr. and Mrs. John MacWilliams and Miss Edythe MacDonald, all of P.E.I.; Mr. and Mrs. Alexander MacPherson, Bronx, N. Y., and Mr. and Mrs. J. Hurley and son, John, of Portsmouth, Rhode Island.

## COOK'S CORNER



### EASY FUDGE

2 squares unsweet chocolate  
1/2 cup milk  
2 cups granulated sugar  
1/4 cup corn syrup  
1 tsp. butter  
1 tsp. vanilla

Mix all the ingredients except the vanilla. Cook, stirring constantly, until mixture boils. Stir occasionally to see it does not burn, until it reaches 230 deg. F. (Soft ball stage) remove from heat and cool. Add vanilla and beat until fudge thickens and surface begins to dull. Pour into oiled pan. Cut into squares.

## ELLEN'S DIARY

By An Island Farmer's Wife

The air was clean and pleasantly invigorating this morning beneath the touch of autumn, when we came with James to the chore he had in mind at his retiring. We stopped in the yard in a little minute of waiting to look out along the run of valley to the north.

There lie our farmlands at Alderlea, north from the houses, and to be sure east. The far boundaries of a neighboring farm being tucked in beneath this eastern arm. South whence the soft winds blow in upon us above the mill there is the farm and the house on the hill. East and west we look for the most part to wooded places, dark of spruce and fir, bright of leafed trees.

But north following the valley to the land of cool winds, beside our own woodlands, we have a pastoral of fields and near and far farmsteads, an engaging picture in any season, and pretty this morning when gilded by the sunlight. Like jewels the roofs show, emerald and garnet and dark pearl, the nearer houses and barns attractive in their painted shades, and like doll-size miniatures those which rest below or sit on the far-away skyline.

"It's good to get this over with," James said, carrying pieces of stovepipe to the orchard where the soot is left. We followed with another, the wind toying with our words.

"It's been fairly breezy of late," he continued, "and we're apt to get more of it instead of less. They're finding so many hurricanes in the south that one of these times we may get a real blow up here. You never know. Better then to have pipes and flues clean—it gives one a more contented feeling. It doesn't take much soot to kindle a fire in them...and with high wind, well, it's not the nicest thing to think about."

"Now then," he at length nodded, "I'll get these back in place, Ellen. You can clean the oven, and light your fire."

It crackles now, the hearth fire of home. So good its warmth with a cool night with promise of "frost in the valleys" closes in to our windows. James reads a farm-paper, the cover showing a lad of a farm at the milking. He is one of an age, and to our minds, bearing a marked resemblance to Jamie, eldest grandson of ours.

"But it's not Jamie," Mack small fellow of this place remarked with a smile. "Unless," he nodded, "it was at a time when the power was off."

We remember how pleasant this day was with the sun warming the wind to make good weather to dry and season for the threshing the harvest-sheaves our farmers helped stock on a neighboring farm.

And for the farmwives at Alderlea, there was no unwilling-away of time today, no unwanted minutes to put in, but all granted, treasured and used. We give the day back now to move away, as a ship laden with a miscellany of cargo, catches the wind in fair sails and faces out to far seas.

Until tomorrow -- Diary -- Good-night...

Couple Wed At New Glasgow N.S.

The United Church Manse, New Glasgow, N.S., was the setting on August 20th when Barbara Louise, daughter of Mr. and Mrs. Angus Matheson, Glen William, P. E. I., became the bride of F.O. William George Dunlop, son of Mr. and Mrs. Hugh Dunlop, Kincairdine, Ontario. Rev. Manzer officiated at the double-ring ceremony.

The bride wore a street-length two-piece tailored dress of champagne daron with a corsage of American Beauty roses. Miss Patricia Clark, Bedouque, P.E.I. her only attendant, wore a two-piece dress in rose with a corsage of white roses.

Frank Clark, R.C.A.F., Summerside, was best man.

Following a short honeymoon in Nova Scotia, the young couple were honored at a reception at the home

of the bride's parents. The table was centred with a three-tiered bride's cake topped by a miniature bride and groom. Red tearoses and tall white tapers completed the decorations. The toast to the bride was proposed by Mr. Bruce MacPhee, uncle of the bride.

The couple will reside in Summerside where the groom is with the R.C.A.F. and the bride is on the teaching staff of the Selmon Park School.

## Early September Wedding

York United Church parsonage was the setting on September 3rd at 3:15 p.m. when Rev. J. M. Sproule united in marriage Lila June Gibson, daughter of Mr. and Mrs. W. Willie Gibson, Marshfield, and Mr. Willard Thomas Waugh, eldest son of Mr. and Mrs. Robert Waugh, Lower Bedouque, P.E.I.

The bride chose a street-length dress of white brocaded bengaline fashioned with Empire waistline and flared skirt. She wore white accessories and a corsage of Better Time roses.

Mrs. Blair Swan was her sister's attendant and she wore a rose taffeta dress with white accessories and a corsage of Talisman roses.

Mr. John Waugh, Shubenacadie, N.S., brother of the groom, was groomsmen.

A reception followed at the home of the bride's parents for 75 guests. Where gladioli decorated the rooms. The bride's table was centred with a three-tiered wedding cake, flanked by flowers and tall tapers. Mr. Sproule proposed the toast to the bride. Those serving were Misses Louise Andrew, Velda Houston, Freda Richards, Hazel Hunter, Janet Waugh, Georgie Waugh, Louise MacEchern and Mrs. Albert Boswall, Jr. Miss Betty Foster played piano selections during the supper hour.

Mrs. Gibson chose for her daughter's wedding, a white and navy nylon dress with pastel blue hat

and white accessories. Her corsage was of American Beauty roses. The mother of the groom wore a teal blue dress with white accessories and a corsage of Aristocrat roses.

The couple motored to New York and Upper Canada, the bride wearing a Briar Rose suit with white feather hat, matching accessories and a corsage of yellow roses.

The couple will reside in Lower Bedouque where the groom is engaged in farming.

Previous to her marriage, the bride was honored at a miscellaneous shower by the staff of S. A. MacDonald's where she was a member of the office staff.

(Photo by Barter's)



## President

HEADS BLIND GROUP

Mrs. Jean Eley, 35, Montreal housewife, is the first woman to be elected president of the Canadian Federation of the Blind. She does all her own housework but gets most enjoyment from cooking tasty dishes for her husband, an engineer. (CP Photo)

## Bernard MacLeod

A pretty wedding took place on Saturday evening at the home of Rev. George Somers when Mrs. Katie MacLeod, Long River, was united in marriage with Mr. William A. Bernard, French River.

Rev. Somers officiated at the ceremony. The attendants were Mr. and Mrs. Beecher Best.

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## MARY HAWORTH'S MAIL

### Vows To Wreck Marriage Because Wife Is Model

Dear Mary Haworth: A young fashion model, a very decent and respectable girl, is suspected by her mother-in-law—who is ready to believe the worst—of being indecent and perhaps immoral in the course of her professional activity.

The mother-in-law threatens to break up the girl's marriage unless she stops modelling at once. But the girl must continue modelling because her husband is in the military service, and meantime she is saving her modelling fees to buy a house they will occupy when he returns.

As a friend of the couple, I am interested in helping, if possible, is there a solution that you know of? R. D.

SICK-MINDED SLANT

Dear R. D. — Evidently the mother-in-law is a dourly jealous, sexually dissatisfied person — angrily envious of her daughter-in-law's youth and attractiveness, and ability to keep herself happily and fruitfully occupied during her husband's absence. She probably feels "it isn't fair" that the girl should be leading a self-reliant full life (of sorts) while Sonny is elsewhere enduring the lonely austerities of military training.

As for what the wife should do about the mother's jaundiced suspicions and ugly ultimatum, my advice is, ignore them. I see no sound reason whatsoever for knuckling under to her evil thinking. Indeed, to surrender to her "rule or ruin" threat, in attempted peacemaking, would be to demonstrate character weakness.

If the girl proves so weak, so lacking in moral stamina and self-esteem, that she can be pushed around by this "mom"-in-law who uses defamation as her big stick, then she is also too weak to be trusted on her own in the business world, perhaps. She would be a pushover for other wrong influences, probably.

DEFENDS RIGHTS

However, I hope for her sake that she has the inner strength and self-esteem to maintain her rights in this hassle. And among her indisputable rights is the right to work in any reputable field, fashion modelling is one, without getting a licence from her mother-in-law to do so.

If the man in the case is such a poor creature, so dispossessed of manhood, that his mother can wreck his marriage at will, then the relationship isn't worth having—and the girl shouldn't trouble trying to save it. She had just as well let events prove his worth, beginning now with the mother's ultimatum. Which means that she, the wife, should continue her work as outlined—assuming her motivation is innocent, as you say, M.H.

NEEDS A LIFT

Dear Mary Haworth — Some weeks ago you were thanked by a correspondent for calling attention to a book that brought her daughter out of despair, after having lost a child. Kindly repeat the information about this book—I believe the author's name is Helen Chappell Smith—and tell me where to get it; for I too need a lift out of despair, B. L.

Dear B. L. — The book "With Wings as Eagles" is authored by Mrs. Helen Chappell White (not Smith); and published by Rinehart and Company, New York City, price \$2.75. Libraries and bookstores offer it; or the Service Department of the publishing house might furnish a copy by mail on receipt of a postoffice money order to cover the price of the book plus postage costs, M. H.

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

MORNING SMILE

Papa—Why, hang it, girl that fellow only earns ten dollars a week.

Pleading Daughter — Yes, but Daddy, dear, a week passes so quickly when you're fond of one another.

HOUSEHOLD HINT

After washing a household brush in hot sudsy water, rinse it in clean water, shake it to straighten the bristles or fibers, and hang it to dry.



## Wed In Hamilton

Mr. and Mrs. Aubrey Rogers, who were married September 3, 1955, at St. Ann's Church, Hamilton, Ontario. The bride is the daughter of Mr. and Mrs. Stewart Adams, Montague, P.E.I., and the groom is the son of Mr. and Mrs. Charles Rogers, Peakes Station, P.E.I. (Photo by Kingscourt Studios, Hamilton)

## ANNE ADAMS PATTERNS

FOR GIRLS AND BOYS

Your youngsters will love wearing this outfit — with colorful applique trim! For little girls — there's a cute blouse and whirl-skirted jumper! Boys can wear their shirt as a warm jacket too; overalls in long or short version.

Pattern 4701: Child's Sizes 2, 4, 6. Size 6 overalls 1 1/2 yards 35-inch; jacket 1 1/2 yards; blouse 1 yard; jumper 1 1/2 yards. Transfer. 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 St. West, Toronto, Ont.

GORA FOR SORE GUMS

GORA is a pleasant sedative that brings immediate relief in teething time and enables both mother and baby to enjoy undisturbed rest. GORA can be applied with the fingertip.

OBTAINABLE AT ALL DRUG STORES

4701 2-4

by Anne Adams

## I am Upside-down Shortcakes

Combine 1 lbs. soft butter or margarine, 1/2 c. thick jam, 1 the lemon juice and, if desired, 1/2 c. broken nutmeats and divide between 6 greased individual baking dishes. Mix and sift twice, then sift into a bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted all-purpose flour), 3 tps. Magic Baking Powder, 1/2 tsp. salt, 1/2 tsp. grated nutmeg and 1/4 c. fine granulated sugar. Cut in finely 5 lbs. chilled shortening. Combine 1 well-beaten egg, 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly. Two-thirds fill prepared dishes with batter. Bake in a moderately hot oven, 375°, about 20 minutes. Turn out and serve hot with sauce or cream. Yield — 6 servings.

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Lemon Meringue Pies ..... 25c ea.  
Coconut Cream Pies ..... 25c ea.  
Apple Pies ..... 30c ea.

Friday Hours: 9 a.m. - 9:30 p.m.  
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MAPLE LEAF BAKERY  
115 Kent St. Dial 8432

## Kennedy's Ladies' Wear

FRIDAY'S SPECIALS

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1 Rack of SKIRTS going at ..... \$1.49  
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1 Rack of SUITS ..... \$15.00

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Relieve Suffering Fast—Effectively with VICKS VAPORUB