

WOMEN

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LET'S EAT

Onions Add New Flavor To Fluffy Potato Whip

By Ida Bailey Allen

From the hall outside the test-kitchen came a crash! Bang! clatter, and clatter! "That clatter and the trash man have a most disagreeable way of announcing themselves," exclaimed the Chef. "I shall . . . Suddenly, there was a lull. Then, softly, a baritone voice began the lifting melody of a Spanish song, while a tenor took up the harmony. The Chef opened the door and beckoned to me. There stood the two noise-makers, work forgotten, as they sang.

"They are singing a Spanish carol about Navidad, the Nativity," whispered the Chef. "It is the magic of the Christmas spirit!"

TOMORROW'S DINNER

Vegetable Soup
Croustons
Chopped Beef Minute Steaks
Green Beans
Onion-Whipped Potato
Buttered Apple Pie
Coffee
Tea
Milk

Onion-Whipped Potato: Peel 1 1/2 lbs. white potatoes and cut in halves; peel and thin-slice 1/2 a medium onion. Place together in a 3 qt. saucepan. Add 1/2 tsp. salt and boiling water to a depth of 1 1/2 inches.

Eskimo Women Do More Carving Than Men In N. W. T.

By DON PEACOCK

Canadian Press Staff Writer OTTAWA (CP)—Women seldom are famous as artists or sculptors, but among Eskimos in the Coppermine area of the Northwest Territories they do more carving than men.

James Houston, an expert on Eskimo handicrafts, mentions one in particular, Tomiak, as having talent. One of her works is included in a 100-piece exhibition of Eskimo carvings which will be shown in Europe during the next two years. Mr. Houston, whose job is primarily to encourage and develop handicraft skills of Canada's primitive northern natives, mentioned other Eskimo carvers he has come across since he began his work with the northern affairs department in 1948.

GETTING CARVERN

There was Sheropik at Povungnetuk in the eastern Arctic; Innukpuk at Fort Harrison on the east coast of Hudson Bay and Oshwetuk at Cape Dorset—"Those are very special carvers; they have outstanding ability."

He said the Eskimos don't take their art too seriously, although it is more than a hobby with them. "It's all just sort of a pastime. They're hunters first and the women are housewives or the Eskimo equivalent."

The Eskimo carvings are usually fashioned from serpentine stone, similar to sandstone or soapstone, but harder. They are done free-hand; that is, without benefit of mallets and chisels and calipers.

NUMOURING THEM

Auntie: Are you hanging up your stockings tonight, Freddie? Freddie: Oh, yes Mother and dad seem to expect it, and it would be a pity to disappoint them!



GALA HOLIDAY EVENING

With plenty of parties on the schedule for the Christmas holidays an evening gown to grace the festivities is a very important item in the life of every girl who loves to dine and dance.

choice. Made of royal blue net underlined by tulle of the same color, it is embroidered all over with bouquets of pale blue and green linked by trails of ribbon down its center. The fitted bodice is cut low and has a narrow opening of shimmering tulle at the waist.

Then Came Three Wise Men

Legend not only has identified the Wise Men as Gaspar, Melchior and Belshazzar, it has crowned them and given them the kingdoms of Tarsus, Arabia and Ethiopia. It has symbolized their gifts to become—gold for a king, frankincense for a high priest and myrrh for a great physician.

The Gospel text's specific wise men from the east logically identifies them with Zoroastrianism—an ancient monotheistic religion of Persia. Zoroastrian priests were called Magi; they were powerful in public and private life since they, and they alone, possessed the priestly mysteries involved in the worship of Mazda—who represented the Zoroastrian power for good.

The Magi may or may not have been fabulously wealthy. St. Matthew does not elaborate their treasures nor the amount of gold, frankincense and myrrh which they presented to the Christ Child. The gifts may have been more tokens of their treasures or the sum and substance thereof.

And if they were soothsayers, mystics and possibly clairvoyants they were also truly wise—in as much as they did not return to Herod, but departed into their own country by a different route.

MARY HAWORTH'S MAIL

Mother Insists That Marriage Is A Degrading Tie

DEAR MARY HAWORTH: I am a fairly attractive girl, 19, and my problem concerns my mother, who is making my life unbearable by her fanatical ways. My father was a shiftless drunkard who walked out on us when I was 9 years old. Since then, mother has preached to me that all men are to be avoided, and that marriage is sinful and degrading to the human race.

In my adolescence, I was never permitted to go to mixed parties, no matter how well supervised. In high school, in my junior year, when I was just becoming aware of the opposite sex (as such), mother strictly forbade me to walk home with a boy, or to receive telephone calls from one. Due to this I drew myself and always pleaded "a previous engagement" when boys tried to date me. They soon decided I was stuck-up and grew to dislike me intensely.

MOTHER BLIGHTS

As time went on, Paul and I fell in love and I wished to marry him, but I put off an engagement, fearful of mother's reaction; and, due to shame, I never told Paul about her attitude. Last summer, following my freshman year, Paul learned my home address and called to see me while passing through our town on a business trip. I was out at the time and he returned, Paul was leaving the house hurriedly and hardly spoke to me. I haven't heard or heard from him since; and I didn't return to college this year, due to shame.

After the visit mother flew into a rage and condemned me for letting myself "fall under the devil's spell" of love—for Paul, not knowing mother's prejudices, had reasoned out of love. Now with doubled insistence, she has put me against the "immorality" of marriage, and even turns off the TV when a romantic movie is shown. I am more miserable than ever, and have often contemplated suicide; but this does not seem to be the way out. Please advise me before I lose my mind. C.F.

BIG PROBLEM

DEAR C.F.: Your mother's behavior as described seems symptomatic of emotional illness and mental unbalance. Thus I consider it urgently necessary for you to get first-hand help from specialist sources in your own community, in saving yourself from demoralization. And also, for guidance in doing what's best for your mother's welfare, assuming she is amenable to therapy.

Your desperate awareness that you do need help is proof that you are realistically intelligent, and that you have a basic will-to-health that is, as yet, unscathed by your mother's chronic sickness. But you must take self-protective steps, immediately; you can't afford to let things drift any longer.

Domained as you are by your mother's morbid outlook, and fettered as you are, by sympathetic dread and shame, to her reclusive routine nowadays, you are in danger of gradually losing your mental balance too. You are in danger of coming under a cloud of psychotic confusion, and losing sight of healthy reality.

CONSULT A SERVICE

Evidently Paul was so shocked by your mother's mental distortions towards love, etc., that he fled the house in a panic state—not even passing to treat you civilly, much less fondly. Poor fellow, perhaps he thought: "Like mother, like daughter; so wonder she is knowing you has died off from love, engagement, marriage, etc."

Words Of The Wise

The bride chose for her wedding an open-line wool dress with wrist-length sleeves topped by a ruffled jacket. She carried a white



TURKEY-OLIVE CURRY

IN A CHAFING DISH A Christmas turkey that's crammed with good ingredients, including the dairy

Dairy Foods Are Starred In Chafing Dish Recipes

So you're a holiday season bride, or at least you feel like one with a simply gorgeous chafing dish as your newest prized possession. All gleaming and coppery, or high-lighted hammered aluminum, perhaps with an ebony black handle and wrought iron stand, it's a treasure that you'll want to use often, and as soon as possible, you'll be that proud. We wouldn't blame you one bit for wanting to "show it off", specially to those favorite few, those nearest and dearest friends of yours, some time during the holiday.

With your chafing dish as near as your elbow dinner parties run so smoothly, too, in this era of "do-it-yourself". Bring your lovely treasure right to the table with the main dish cradled inside and simmering over the flickering flame of its tiny burner. Most or all of the preparation will have been done in the kitchen we know, but you have the nicest illusion that the food is cooking before your very eyes.

Into the chafing dish put the makings of any one of the following recipes, festive fare that's traditional enough to be identified with the season and yet each with a different twist that's as appealing as the shining newness of your chafing dish. And each combination helped to such heights with the inclusion of crunchy almonds or mushroom soup, green pepper or ripe olives and of one or more of the dairy foods, milk, cream, butter or cheese.

Holiday menus featuring turkey-olive curry, gala ham or golden rarebit with toasty bread logs, a chafing dish might include: heated chow mein noodles with the turkey-olive curry, a tossed green salad, toasted and buttered rye bread, sweet watermelon pickle, a glamorous cheese tray with fruits and crackers and a steaming hot beverage. With the gala ham, serve buttered biscuits or scones, spiced peaches or crab-apples, lettuce wedges with confetti cream dressing (half mayonnaise and half whipped cream with

foods, milk and butter, in a smooth cream sauce is a feature of the holiday season. At-table service allows for easy holiday entertaining.

bits of pimiento and green pepper (folded in), flaming cherries (use your chafing dish again), lady fingers and beverage. More of a supper menu could be centered around the golden rarebit with le salad, accompaniments of celery curls, pickled onions and ripe olives, with Christmas cake and hot coffee to finish off.

Let the evening be easy, the entertainment (chatter) engaging, the eating enchanting, not difficult with the star appointment, your elegant chafing dish.

TURKEY-OLIVE CURRY
(Makes 4 servings)
2 tablespoons butter
1-3 cup minced onions
2 1/2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon celery salt
1/4 teaspoon curry powder
1 chicken bouillon cube
1 1/2 cups milk
1 cup sliced ripe olives
1 cup diced, cooked chicken or turkey

GALA HAM
(Makes 4 to 5 servings)
1/2 cup heavy cream
1 1/2 cups milk
2 tablespoons melted butter
2 tablespoons flour
1/4 teaspoon pepper
1/4 teaspoon paprika
2 cups diced cooked ham
12 cooked or canned asparagus tips
1/4 cup silvered blanched and toasted almonds
Heat cream and milk in the chafing dish pan, set over hot water. Blend the butter and flour to

HOUSEHOLD HINT

Washable snowsuits for the kids are a wise buy.

Here are a few helpful hints for drying them: Before you hang the garments up to drip dry, put a small terry cloth hand towel in each trouser leg. The towel smooths the fabric and absorbs much of the moisture. Also, stuff a washcloth into the hood or cap. If you do this, no matter how often the garment is washed, it will come out looking nearly as good as new.

gether and stir into the hot milk mixture. Add the seasonings, ham, asparagus and almonds. When very hot, serve on split buttered biscuits or scones.

GOLDEN RAREBIT

(Makes 4 to 5 servings)
1 (10 ounce) can condensed mushroom soup
2 cups grated Canadian cheddar cheese (1/2 pound)
1/2 cup milk
1/4 cup diced green pepper
1/4 cup chopped toasted almonds
dash of paprika
pimiento
chopped parsley
Combine soup and cheese in chafing dish. Stir in milk; heat until cheese melts, stirring occasionally. Add green pepper, almonds and paprika. Garnish with pimiento and chopped parsley, in wreath design. Serve over toasty bread logs.

TOASTY BREAD LOGS

Cut unsliced sandwich loaf in sticks 1 1/2 inches wide and about 6 inches long. Brush tops with melted butter then toast under broiler.

Most of us could not find sufficient space to hold all the Christmas cards we receive during a period of years, but Mr. Jonathan King was a collector of Christmas cards—his own and other people's. In 1894, he is supposed to have had a collection of about 3,000 cards, which he collated in 700 separate volumes, weighing between six and seven tons!

"A windy Christmas" is a sign of a good year".
"If Christmas Day on a Monday be, a great winter that year you'll see."

Reside In Manitoba Following Vows In Recent Wedding

Evergreens and white mums adorned Keir Memorial Presbyterian Church, Malpeque on Saturday, Dec. 10th at 2 p.m. for a pretty early winter wedding when Miss Barbara Joyce MacKay, R.N. became the bride of Lt. John Darach Murray, Rivers, Manitoba.

The bride is the daughter of Mr. and Mrs. A. Earle MacKay, Sea View, P.E.I. and the groom is the son of Mr. Francis Murray, Graham's Road, and the late Mrs. Murray.

A floor-length strapless gown of nylon net and Chantilly lace over bridal satin was worn by the bride who was given in marriage by her father. The fitted jacket of Chantilly lace featuring a mandarin collar trimmed with tiny pearls and sequins had long sleeves tapering to points over her hands. A chapel veil of tulle illusion misted from a Juliet cap of Chantilly lace studded with rhinestones, and she carried a cascade of Better Time roses.

Mrs. George C. Burgess, R. N. was matron of honor, and the bridesmaids were Miss Joan Bradshaw, R.N. and Miss Dorothy Murphy, R.N. The attendants were gowned alike in ballerina-length models of poinsetta red velvet fashioned with scooped necklines, three-quarter length sleeves, fitted bodices and bouffant skirts. Matching leather hats and cascade bouquets of white mums completed their ensembles.

Lt. Stephen Roman was groomsmen and Lt. Gerard Bernard and Lt. David Guy were ushers.

A reception followed for sixty guests at the home of the bride's parents which was decorated with white streamers and bells, and baskets of white mums and Christmas lilies. The bride's table was centered with a three-tiered wedding cake and tall lighted tapers. Miss Margaret Bearisto was in charge of the guest book.

The bride's mother chose an ensemble of brocaded taffeta in charcoal brown with pink and brown accessories and pink carnations en corsage to receive the guests. A dress of Queen's blue wool with navy and white accessories and en corsage of white carnations was worn by Mrs. Murray who assisted in receiving the guests.

For travelling the bride donned a boucle suit of brick go' with brown and winter white accessories and a corsage of yellow roses. The couple will reside in Brandon, Manitoba.

The bride is a graduate of the Prince City Hospital Training School for Nurses and the groom is with the R.C.A.S.C. presently stationed at Rivers, Manitoba.

Couple Reside In Summerside After November Bridal

St. Paul's Church, Summerside, was the setting at 8 a.m. on November 23 for the marriage of Miss Margaret Mary McArthur and Mr. Leo Alexander Cass, River. Rev. Fred Cass officiated and Mrs. C. Roy Ahern was organist. The bride is the daughter of Mr. and Mrs. Angus McArthur, Fredericton, N. B., formerly of Enmore, P. E. I., and the groom's parents are Mr. and Mrs. Parvin P. Cass, Summerside.

Given in marriage by her father, the bride chose a suit of navy blue with black and white accessories and a corsage of red roses. Miss Jessie McArthur, sister of the bride, was her only attendant. She wore a grey suit with navy accessories and a corsage of red roses.

Mr. Francis McNeill, Grand River, was groomsmen. A reception followed at the home of the groom's parents. The mother of the bride wore a grey two-piece dress with black accessories and red roses en corsage. A grey dress with black accessories and a corsage of Better Time Roses was chosen by the groom's mother.

For travelling through the Maritimes the bride wore a tangerine coat, white feather hat and black accessories.

Upon their return they will reside on McEwen Road, Summerside East. The groom is employed with the Canadian National Railways, Summerside.

COOK'S CORNER

CREAMED POTATOES
4 1/2 cups raw potatoes
Onions
2 tps. salt
Boil 5 minutes. Drain.

SAUCE:
3 tpsps. butter
7 tps. flour
1 tsp. salt
Pepper and paprika to taste 1/4 cups milk
Add to potatoes. Cook in 400 degs. oven for 35 minutes.

CREAMY EGGS ON TOAST
4 hard boiled eggs
2 tpsps. butter
2 tpsps. milk
1/4 cup salt
Pinch of salt and pepper

Make white sauce of flour, milk, butter and seasonings. Separate the eggs. Add the chopped egg whites to the sauce. Cut egg yolks into quarters and add to sauce and whites. Stir gently with a wooden spoon. Put on warm slices of toast. Serves at least four.



SUMMERSIDE BRIDAL VOWS

LAC Martin Francis Healey is the bride's father and Mrs. Victor Clow, Summerside, is the groom's mother. The groom is the son of the late Mr. and Mrs. Thomas Healy, Sydney, N.S. (Photo by Edwin Heckbert Studio).

KEEP IN TRIM

Shapely Figure Demands Slim Mid Measurement

By Ida Jean Kain

Unhappily, added pound tend to widen the waist more than any other measurement. And when it comes to spreading, the abdomen runs a close second. Alas, these are crucial figure measurements.

It is easy to understand why weight tends to settle in the middle. The mid-section depends solely on muscles for support, and that and backbone. Nature equipped us with a most efficient muscular girder, but when the foundation muscles lose tone, the figure loses shape. . . waist first.

Stretching and bending help to slim the waist and tone the muscles which bound the silhouette at the sides. So here we go . . . Position: Standing, feet wide apart, interlacing fingers behind head, elbows straight. Pull snugly up and firmly in with middle muscles and hold this contraction throughout the exercise.

Movement: Bend slowly to the right, hold. Return to position, bend to the left and hold for a count of six. Feel the pull? Keep the movements smooth and repeat 5 to 10 times, alternating sides.

Twisting exercises wring inches off a bulky waist in record time. However, not everyone should twist. If you do not have a normally strong back, skip this next exercise. In fact, you should avoid all twisting movements.

Position: Sitting on floor, legs wide apart, back held erect, fingers clasped back of head. Again pull up firmly and in snugly with the girder muscles.

Movement: Twisting gently at the hips.

MORNING SMILE

The braggart was letting everybody know he could bend a horse-shoe with his bare hands. All of a sudden one farmer had enough. Farmer—That ain't anything to brag about. My wife can tie up ten miles of telephone wire with her chin.

"The good old days" are always represented on Christmas cards and calendars as "white", yet records show that even in Dickens and coaching times, Yuletide weather was more often of the warm variety. In 1852, for instance the Christmas Day temperature reached 56 degrees, while in 1886, spring flowers were picked in the South of England and birds were seen building their nests out in the open. On the other hand, Christmas 1860 was attended by thick snow and 17 degrees of frost.



SAFETY IS HOSPITALITY

Courteous hosts and hostesses during the Christmas holiday season consider their guests' safety as well as their entertainment. Above, former Canadian hockey star, Gerry Heffernan, and Mrs. Heffernan, follow the modern guide to party hospitality and urge parting guests to make their "one for the road" col. ce. They thus make a contribution in their own home to the nation-wide program to reduce holiday accidents by serving an alertness beverage which combats fatigue and over-indulgence on the part of holiday drivers.