

WOMEN

Page 10 The Guardian, Monday, Oct. 17, 1955

LET'S EAT

Substantial Puddings Are Favorite Desserts

By Ida Bailey Allen

The dinner menu of a rather elegant Fifth Avenue restaurant featured chocolate nut pudding for dessert.

"Have many of your guests ordered it?" I asked the hostess.

"It is very popular. In fact we always feature a pudding of some kind. Many of our patrons, especially men, say they rarely get them at home."

Men Like Them

"Men like substantial puddings," said the chef. "They give a feeling of luxury and wellbeing to the finale of a dinner. But what desserts do your patrons like best, Mademoiselle?" he asked.

"Golden apple pudding with lemon and hard sauce. Monsieur Rice pudding made with eggs, so it is firm. Old-fashioned apple berry steamed date or cherry pudding. Warm bread-better-raisin pudding. Indian pudding, cottage pudding with nut fudge sauce and whipped cream—all are favorites.

"And they like plenty of sauce," she continued. "We often serve two sauces: a liquid sauce such as lemon, with a rossette of lemon or orange hard sauce. Some of these puddings we serve a la mode, with a topping of a suitable ice cream."

"For instance, vanilla ice cream on chocolate nut pudding, lemon ice cream on apple berry, or butter pecan on Indian pudding."

"Often, men or women on a reducing diet will order merely a pudding and coffee at lunch."

"On first thought this seems fantastic," I commented. "But it really isn't. The calorie count would be only about 300. And the eater would lose that feeling of frustration and self pity that causes many a reducing diet to fail."

TOMORROW'S DINNER

Tomato-Cucumber Salad
Broiled Haddock Filets Maitre D'
French Fried Potatoes
Spinach Vinaigrette
Chocolate Nut Pudding
Ice Cream Sauce

Coffee
Tea
Milk
Chocolate Nut Pudding
Vinegar: Melt 3 sq. unsweetened chocolate in a double boiler.
Meanwhile, sift together 2 c. already sifted enriched flour, 1 tsp. baking soda, ½ tsp. instant coffee and ½ tsp. salt. Add ½ c. chopped walnut or pecan nutsmeats. To the melted chocolate, stir in ½ c. sugar and ¼ c. milk. Cook 5 min. or until slightly thickened.

In a bowl, cream ¼ c. butter or margarine until fluffy; cream in 1 c. sugar. Beat and add 2 eggs. Beat until smooth. Stir in the chocolate mixture. Add the flour mixture alternately with 1 c. milk and 1 tsp. pure vanilla extract. Transfer to an oiled floured 9½" tube cake pan. Bake 1 hr. and 10 min. in a moderate oven at 350 degrees F.

Serve warm or at room temperature with ice cream sauce.
Ice Cream Sauce: This delicious sauce does not contain ice cream, but tastes as though it did!

Whip ½ pt. heavy cream until stiff. Beat 1 egg light. Beat in 2-3 c. confectioner's powdered sugar, ¼ tsp. salt, 1 tsp. pure vanilla extract and ¼ c. melted, unsalted butter.

Fold into the whipped cream. Serve as is, or half-frozen if the pudding is cold.

Spinach Vinaigrette from the Chef
Whip ½ pt. drained chopped cooked spinach, add 1 reduced pimento sauce and 1 small diced pimento. Heat and serve. Or chill at least 30 min. and serve in lettuce cups.

MARY HAWORTH'S MAIL

Man Loses Interest In His Marriage

DEAR MARY HAWORTH: My wife and I have been married for 12 years and were reasonably happy together until three years ago. We went to the same college, have similar interests and had known each other for several years before we married.

Our only child, a daughter, was born four years ago in Europe, where we were then stationed with the Army. We were very happy about this precious little girl and hoped to have other children eventually.

When Dina was a year old we moved to this country, and visited my mother-in-law en route to our new station, nearby her home. From then on, she insisted we shouldn't have more children. She argued that having more children would reduce our ability to give Dina her due. If my wife hadn't yielded to her point, I should have simply ignored this outrageous attempt at interference and we might have had more children. But as it is, our marriage means nothing now.

HOLDS NO HOPE

Our conjugal relationship has lapsed almost entirely due to this preposterous situation. If it weren't for my love of Dina I would have got a divorce some time ago. I have long realized that Mrs. X is a dominating person who controls my wife like a puppet when near her. But until the last three years, we lived so far away that her bossy striving lost much of its impact, slowed down by the mails.

I have been trying for a year to decide what would be best for Dina to grow up with parents who aren't happy together, or with parents who are divorced. Her welfare must come first. If we divorce, I should like to keep Dina, but realize there's not much chance of a father getting custody of a small child.

I haven't mentioned divorce to Ann (my wife) though we've had several arguments over our difficulties. There is no other woman or other man involved. I don't see how our marriage can be happy again after what has happened. Mrs. X has destroyed everything a marriage should stand for. Please advise me.

FRONTS FOR WIFE

DEAR E. P.: I get the impression that you are passing the buck for trying to, when you hold Mrs. X entirely blame for the unhappy state of your marriage. But it is my guess that she simply slipped in officiously, as busybody, in a relationship already manifested in need of deep help, on your return from Europe three years ago. So I wonder, what was wrong then between you and your wife? We may take it as a fact that your wife wouldn't have carried out her mother's dictate, to limit the family to one child, if of her idea, or the interference, were offensive to Ann. Even the most mother-bossed daughter isn't so biddable as to obey mama in matters so intimate, once she gets a congenial man of her own. Thus I infer that Ann, for reasons of her own, didn't want any more children of the marriage—and that Mrs. X was boldly fronting for Ann, in "arguing" you into conformity.

The inside story may be that character, conditioned to be somebody's echo in her basic relationships—and unconsciously appalled by the implicit obligations of parenthood. Also perhaps she found you more intimidating than mama, comparatively, in that you expected her to be your solace, whereas she treated her as a child. And thus she yearned for mama's supervisory championship, when living with you out of mama's reach, and was greatly relieved to get back to mama's arms, and take refuge in mama's skirts.

LACKS SPIRIT
In your letter, here condensed, you say that your business is making (400 degrees F.) for 12 to 15 minutes. Cut smiling faces in cheese slices (just as you do in your Jack-O-Lantern), using tiny cutters or a paring knife. Place a "cheese face" slice over browned meat on each bun. Return to oven for one or two minutes, just until the cheese starts to soften. (Keep faces intact.) Yield is 12 ghost "burgers."

SKIRT OR PETTICOAT!
Two newest styles — to sew as stunning skirts — as bouffant petticoats beneath your dressy fashions! Lovely long-torso line, 8-gore "princess" style — make a whole wardrobe in varied fabrics!
Pattern 4633: Misses' Waist Sizes 24, 25, 26, 28, 30, 32 inches. Long-torso version in waist size 28 takes 1½ yards 54-inch; other style takes 3 yards 39-inch.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
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Send order to ANNE ADAMS, care of the Charlottetown Guardian, Pattern Dept., 60 Front St. West, Toronto, Ont.

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A LAUNDRY HAMPER AND A SHOE SHINE KIT WITH SLIDING TOP

4633
24"-32"
by Anne Adams



Military Wedding

Colorful military uniforms and customs were highlights of an interesting wedding in Regina recently at Holy Rosary Cathedral. Rev. M. F. Daley officiated at the early morning ceremony.

A uniformed guard of honor formed an escort on the steps of the church when the bridal party left the church.

Principals were Lieut. James Maurice Flynn, RCOC and his bride was Miss Helen Elyane Saunders. The bride is the daughter of Mr. and Mrs. J. E. Saunders of Charlottetown and the groom's mother is Mrs. A. C. Flynn also of Charlottetown. His father was the late F. E. Flynn.

The bride was given in marriage by Major T. M. Allwood of Saint John, N.B. She wore a white cocktail-length gown of net over tulle with a dainty lace redingote after which the bride and groom left for a short honeymoon in the Qu' Appelle Valley. They will reside in Regina.

The uniformed groom was attended by Capt. M. Pepin of Quebec City and the bride was attended by Miss Paula Westergard of Regina. Ushers were Capt. P. P. Manion, Ottawa and Capt. A. P. Monette of Regina.

A reception was held in the Officers' Mess of Saskatchewan area military headquarters in Regina, after which the bride and groom left for a short honeymoon in the Qu' Appelle Valley. They will reside in Regina.

Sweetheart roses.

The uniformed groom was attended by Capt. M. Pepin of Quebec City and the bride was attended by Miss Paula Westergard of Regina. Ushers were Capt. P. P. Manion, Ottawa and Capt. A. P. Monette of Regina.

ELLEN'S DIARY

By An Island Farmer's Wife

"Did you enjoy it?" That was the question that went around the party in the car—our companions on the outing which had taken us to town to see the film "The Man Called Peter" and was now returning us to our homes...What a precious night this was, in the balmy autumnal dimness and starlight! One pleasant to be abroad.

"It was American," one offered. "Yes, America was Dr. Marshall's land of opportunity, as it has been for millions of other folks, including, we must remember, many an Islander," another commented.

"It was quite well done," the one native-born and always American in the group remarked. "Washington, where much of the scene is laid, is a beautiful old city with fine buildings and memorials and avenues of trees. There was, for my liking too little of it shown... Yes, it's nice, especially I would say in the springtime when the trees are in blossom. Then to my mind it's the loveliest."

"The Americans do have beautiful churches," his Island-born wife offered.

"Even their smaller ones, like living decisions that may affect the lives of many. In short you are an Army officer, with a duty to be autocratic; and possibly by temperament and training a crushingly difficult spouse, from a timid wife's angle. Perhaps you aren't sympathetic, communicative and receptive regarding a difference in outlook; and maybe you didn't know how "dead" the marriage was, from your wife's view, by the time you returned here.

You don't write as one who has ever felt real love for his wife. Rather it seems you've valued her docility, obedience, etc. And if she obeys another ahead of you, you are thorough—that's your snafu. Perhaps you come of a loveless family background, which may explain your acute concern to make Dina's welfare your first consideration. In dealing with the marital problem. Maybe you are hoping to spare Dina the psychological handicaps you inherited.

To sum up Mrs. X. hasn't destroyed your marriage. The fact is, you have a sick relationship with Ann—and your utter failure to touch on the inner meaning of the problem indicates that your emotional ignorance is a sizeable contributing factor. All things considered, my advice is to get psychiatric help in taking inventory of yourself and Ann—and Mrs. X.

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

MORNING SMILE
Ruth—What would you do if you had five dates with a man and he never attempted to kiss you? Mary—I'd lie about it.

Sausage Makes Luncheon Dish Popular Item

The full exciting flavor of sausage makes any luncheon or dinner menu more tempting and satisfying. It combines readily with many other foods and is especially convenient for use in attractive new quick 'n' easy recipes.

Such a recipe is a novel combination called "Sausage Sweet Potato Tovers." It consists of a pineapple ring and a fluffy mound of sweet potato topped with juicy cooked sausage links. Requiring only 10 minutes of baking, this combination is ready to serve in the time required to thoroughly heat the mashed sweet potatoes.

This is possible because of the new Brown 'N' Serve sausages now on the market which have been pre-cooked by an infra-red process to preserve the original freshness, remove waste fat, and require only a quick browning and heating through to serve.

To make these sausage tovers, add ½ cup chopped pecans to 2 cups of cooked, mashed, or canned sweet potatoes. Place ¼ cup of the mixture on each slice of pineapple and top with one or two links of Brown 'N' Serve Sausage. Dot with butter and spread each mound with orange marmalade. Bake in a hot oven (400 degrees F.) for about 10 minutes.

This is one of the many quick recipes and menu suggestions included in the "Meal Magic" cooking school to be featured here on Thursday Oct. 20 at the Coliseum Exhibition Grounds.

All homemakers in this area are invited to attend the schools. Tickets are available without charge from food stores and General Electric appliance dealers sponsoring the cooking schools.

Marjorie Ellis, one of Swifts graduate home economists will appear as Martha Logan. Miss Ellis, an expert on meats and meat cookery, travels extensively throughout the country bringing new food ideas to homemakers.

HOUSEHOLD HINT
If you are planning lighting fixtures for the hall and stairway, install at least one ceiling fixture, or two, if needed, to light the entire stairway. Place or shield bulbs so direct light never strikes the eyes.

Words Of The Wise
It is right to be contented with what we have, but never with what we are.
—(Sir James McIntosh)

COOK'S CORNER
FRUIT SALAD
2 cup grated cabbage
1 cup grapes
1 cup pineapple bits
1 cup marshmallows
2 green onions
Add homemade mayonnaise
¼ cup whipped cream
¼ tsp. vanilla

SKIN ITCH
To quickly clear your skin of embarrassing, external blemishes, Eczema, Rash, Pimples, Itching, Cracking, Peeling Skin or Foot Itch get new scientific, anti-septic, healing, germ killing NIXODERM from drugists today. Use NIXODERM tonight, for a clearer, softer, smoother skin tomorrow. Satisfaction or money back trial offer. Don't suffer from a blemish any longer. Get NIXODERM today.

VALUABLE OFFER!
Your baby's picture on 6 beautiful Christmas cards

ONLY 50¢ and 2 Strained or Junior Meat Labels
Order as many sets as you like

DON'T DELAY—SEND FOR YOUR CARDS TODAY

GREET YOUR FRIENDS WITH THESE LOVELY CHRISTMAS CARDS. Specially printed with your own baby's picture (or your own family's picture), they are YOURS at this exceptionally attractive price. Merely follow the directions given below and mail with one negative or clear snapshot PRINT (NEGATIVE preferred) no larger than 4" x 5" and no smaller than 1" x 1½" (it will be returned) . . . along with cash and labels from Heinz Strained or Junior Meats. Choose from . . . 8 Strained Meats (green label) and 5 Junior Meats (yellow label). Beef • Beef Heart • Veal • Beef Liver • Liver and Bacon • Lamb • Chicken • Haddock

YOUR BABY DESERVES THESE HIGH-QUALITY PROTEIN MEATS
Of course your baby deserves the best! And Heinz offers mothers a complete range of Meats for babies. Doctors will tell you that meats are a wonderful source of nourishing proteins. Why not supplement your baby's diet with Heinz balanced, easily-digested protein meats? And be sure to try this exclusive Heinz variety—Strained Chicken. A top favourite with babies.

HEINZ MEATS FOR BABIES



Hallowe'en Fare

Hallowe'en, with goblins, ghosts and witches making strange shadows in the evening twilight, had its origin many years ago in an ancient medieval festival celebrating All Souls Day. To appease the ghosts that walked on the Hallowe'en Evening, the folks who gathered for feasting and song ate little "soul cakes" which they collected from house to house. Today's youthful ghosts and goblins imitate neighbourhood doorbells and performing for treats of fruit and candy.

Whether your Hallowe'en celebration is planned for family or guests, the appetites of "goblins," "ghosts," and "witches" will be pleasantly appeased with the wholesome eating in ghost "burgers." These hearty, enriched buns, spread with a pizza mixture and topped with laugh-provoking

"cheese-face" slices will add a real festive note to any occasion. Quickly prepared and cooked under the broiler, ghost "burgers" are best served with crisp, green relishes, hot potato chips and tangy, chilled cider.

GHOST "BURGERS"
1 cup (½ pound) ground beef
2 tablespoons finely chopped onion
1-3 cup tomato paste
¼ teaspoon salt
¼ teaspoon oregano
6 hamburger or sandwich buns
12 slices Canadian processed cheese

METHOD:
Combine ground beef, onion, tomato paste, salt and oregano to make pizza mixture. Spread 2 tablespoons pizza over cut side of each bun half. Place buns on a cookie sheet and brown in a hot

oven (400 degrees F.) for 12 to 15 minutes. Cut smiling faces in cheese slices (just as you do in your Jack-O-Lantern), using tiny cutters or a paring knife. Place a "cheese face" slice over browned meat on each bun. Return to oven for one or two minutes, just until the cheese starts to soften. (Keep faces intact.) Yield is 12 ghost "burgers."

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"Hey, Jane, the Martha Logan cooking school's in town. Let's go!"

"Sure thing! They're giving away a GE Electric Range. I want to win it!"

Swift Canadian's
MARTHA LOGAN COOKING SCHOOL

DATE: Thursday, October 20th
TIME: 8.00 p.m.
PLACE: Coliseum, Exhibition Grounds
YOUR HOSTS: Charlottetown Food Dealers

FREE!

GET YOUR FREE TICKET AT YOUR FAVOURITE FOOD STORE!



HEINZ MEATS FOR BABIES

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ONLY 50¢ and 2 Strained or Junior Meat Labels
Order as many sets as you like

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HERE'S ALL YOU DO
It's so simple as this—just print your name and address on a slip of paper. Choose your favourite snapshot. Enclose the slip and the negative in an envelope along with 2 Heinz Strained or Junior Meat labels and 50¢ for each set of 6. State if greeting is to be in English or French. Mail to—Heinz Baby Foods, Leamington, Ontario.

IMPORTANT—DO NOT MAIL AFTER NOV. 15
To insure that you will receive your cards in plenty of time for Christmas mailing, this offer must expire on November 15th.

HEINZ MEATS FOR BABIES