

WOMEN

Page 8, The Guardian Thursday, Jan. 12, 1956

LET'S EAT

Good Food Deserves Attractive Service

By Ida Bailey Allen

"A meal made up of good quality everyday foods, carefully arranged and garnished, always reminds me of a woman who could always be attractive, but who does not take the trouble to look well in everyday clothes," said the Chef.

INTERESTING VIEWPOINT

"That's an interesting viewpoint, Chef. Won't you elucidate a bit?" I asked.

"The comparison is quite evident," he continued.

"Par example, Madame: The good grooming of food means neat service, no gravy spilled on the platter edge. This always reminds me of a lady whose slip is showing."

"The accessories to the attractive service of foods are suitable serving dishes of a color that flatters the food and simple garnishes to make it attractive."

TOMORROW'S DINNER
Green-Bean Egg-Plant Salad
Mustard-Grilled Skinless Frankfurters
Escalloped Potato Casserole
Pumpkin-Nut Pie
Coffee Tea Milk

Green-Bean Egg-Plant Salad: Peel and slice 2 medium-sized onions. Sauté until lightly browned in 2 tsp. not-sweet French dressing. Add 1½ c. drained cooked shredded green beans (fresh, canned or frozen).

KEEP IN TRIM

Improve Your Upper Arms

By Ida Jean Kain

So you want an exercise that is guaranteed to beautify the upper arms? Here's a bouncing good exercise devised by a spirited grandmother who decided that flabby upper arms can be far and away more aging than grandchildren.

The only equipment needed is a rubber ball such as a tennis ball. The exercise is to hold the arms at shoulder level and bounce the ball and catch it at about that same level. The ball will bounce about five feet and the aim is to bounce and catch the ball 100 times a minute. She reports:

"This ball game is surprisingly streamlining... I have taken off fat from my upper arms and back, as well as through the waistline and midsection. The exercise is a wonderful pepper-tipper."

The proof of exercise is in the results. Our model didn't tell any one about her game, but it wasn't long before her friends began making favorable comments. She is particularly happy about it.

Wife Preservers
People will be crumpled if it is kept in a tightly closed container for a day or so before eating.

HOUSEHOLD HINT

Occasionally wipe the inside of dresser drawers with soapy cloth, rinsing with a damp clean cloth. Use wallpaper or plastic sheeting to line drawers.

Happenings

Friends of Mr. Roy Binns will regret to hear of his illness in the Prince Edward Island Hospital.

The Earl of Hillsboro Chapter of the I. O. O. F. met on Monday evening at the residence of Mrs. J. W. Hunter. The assistant hostess was Mrs. George Barter.

Mrs. Betty Alexander has returned home from Goose Bay, Labrador, after an enjoyable three week's visit with her daughter, Mrs. C. J. Stead.

A happy reunion took place at Christmas at the home of Sgt. Stephen McCabe Picton, Ont., when Mrs. McCabe had as her house guests her brothers, Ron of the Signals Corp of Kingston and Roland of the R.C.A.F. St. Johns.

Ron who has joined the para troop division of Signals had recently returned from Fort Churchill, and had many interesting experiences to tell. He said his party tramped for twenty miles over barren territory and slept in tents and snow caves. Many of the party suffered frozen and blistered feet including Ron. Most of their trekking was on snow shoes in sub-zero weather of 50 below.

Roland is being posted to Clinton, Ont., where he has been assigned to a course in electronics.

Mr. and Mrs. James Harris from Bremerton, Washington, are visiting at the home of Mr. and Mrs. Mark Pound, 220 Hillsboro Street. Mrs. Harris is the former Freda

Pound. Her husband is in the U.S. Navy.

MARY HAWORTH'S MAIL
Should Older Woman Marry Younger Man?

DEAR MARY HAWORTH: Will you be kind enough to comment on the advisability of marriage in cases where the woman is older than the man?

I have been going for about four years with a man who is six years my junior. At present I am 47 and he is 41. We think a great deal of each other and have practically decided to marry. The only thing that makes us hesitate is this difference in age. I have wondered if it would be fair to him—especially the fact that he wouldn't mind too much about that but admits he does wonder if the age-difference will matter.

Friends who know about the difference tell me that it isn't important; and most of them are kind enough to say that it isn't particularly noticeable. Others who don't know our age seem to regard us as a well-matched couple and express the opinion that they'd like to see us married.

We have to look at the matter in a practical way and we think that we are well suited in all other respects. We have mutual friends and interests, enjoy the same type of social life, are workers in the same church, have similar ideas about money and so on; and we both would like very much to have home.

What is the consensus of those who make a study of such matters?

DEPENDS ON EDUCATION
DEAR G. S.: A leading magazine, addressed to an international women's audience, published an article on this subject a few years ago. And as I recall, the findings were favorable to the better educated, more gifted circles of society.

The report indicated that men and women in the writing field, also those in creative jobs in art, music and the theatre, and others in highrow professions—where the mind is daily exercised—tend to ignore age-differences in marrying for love. That is to say, they don't consider it a handicap or happiness, automatically, if the wife is some years older than her spouse.

These more complex people marry for comprehensive rapport.

Christmas Theme Forms Setting For Alberton Marriage

St. Peter's Anglican Church at Alberton was beautiful with Christmas decorations when Verna Faye, daughter of Mr. and Mrs. Ralph Rayner, was united in marriage to Ralph Callbeck of Tryon on December 27, 1955. The late afternoon ceremony was performed by Rev. J. R. McMahon and the wedding music was played by Mrs. Hubert Campbell.

The bride was attired in a tailored suit of light navy with white fleck, and a white sequin hat. Her accessories were white and she wore a corsage of white carnations.

Miss Norma Rayner was her sister's maid of honor. She wore a charcoal suit with white hat and accessories. Her corsage was pink roses.

Mr. Henry Clarke was best man. For a brief honeymoon trip to the Mainland, the bride donned a top coat of charcoal gray.

Mr. and Mrs. Callbeck have taken up residence in the Campbell Apartments at Alberton. The groom is an employee of West Prince Dry Cleaners and the bride is dental assistant to Dr. O. H. Phillips.

MORNING SMILE
The lights were low, the radio played sweet music, and for the seventeenth time, he made his proposal.

She (firmly)—No for the last time, no!

The swain sighed with relief. "I can hardly wait till tomorrow night. I promise you, the next time you contradict me, I'm going to kiss you."

She—Oh, no, you're not!

They marry with intelligent reference to what they want and need, rather than with an eye to public opinion. They prize understanding, affirmation and congeniality in conjugal intimacy. Thus they gravitate to the companionable stimulus and emotional security to be found in sharing life with someone who "speaks" their language, socially and spiritually.

It is not uncommon for the psychologically adult woman in this category, married for love to a somewhat younger man, to remain perennially youthful in appearance and outlook, thanks to her husband's influence and camaraderie. When this type of alliance is mutually sympathetic, the husband profits also, by assimilating from his mate a mellow confidence in dealing with life that gives him a sense of serenity. Thus to all intents and purposes, the initial age difference is gradually erased.

FEAR A HANDICAP
It is the emotionally immature woman, clinging obstinately to juvenile ways, and feeling anxious, insecure and aggressively jealous of possible rivals, who can't afford to marry a younger man. There is trouble ahead for both as she tries (and she will) to secure him with a stranglehold. This frightened endeavor only hastens the aging process in her, while driving the man to break away.

Specialists tell us that emotional maturity stretches out at full length, would be out of the question, while a standing shower would involve the risk of a fall. So you

Doing over a bathroom is fun, for there is so much that is new, handsome, useful and available.

The built-in seat is fast becoming a characteristic of the modern bathroom as the overhead shower. Some tubs have corner seats, some end seats, while practically all have a flat front bench rim.

The built-in bathtub seat is a blessing to elderly folk who find getting in and out of a tub a hazard, even with non-skid mats and hand rails. And for a person with arthritis, a bath in the conventional manner stretched out at full length, would be out of the question, while a standing shower would involve the risk of a fall. So you

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ELLEN'S DIARY

By An Island Farmer's Wife

A pretty remnant of the summer, a geranium flowers in twin blossoms of crimson against panes, beyond which a dim night passes. It goes by in the showers and dripping eaves of a January thaw. And hearing the quiet pattering and rustle and whisper of the thawing we find that we listen for still another sound usual, in this weather, at Alderlea: the deep rumble of the millstream in freshet.

James too has noticed its absence for in his armchair he turns a page and says as though our own thoughts had been voiced, "This thaw won't make much of a freshet. Since the ground isn't frozen, it will absorb much of it. And a good thing too. It will fill the wells and the cisterna. Here, we've had plenty of water, but they tell me that both on and off the Island, in places there is a scarcity of it. Folks used to say that winter wouldn't set in before the swamps were full" he offers, "but this one did, and in earnest too!"

He watches the silver drops light and merge and wash down the window. "We just may get a spell of this," he nods, returning to his book.

These days the grandchildren are back to the usual course of their classes. Not we are aware with the happy expectancy and busyness of the pre-Christmas season, nevertheless, enjoying the days that come to them each one fresh from the hands of the New Year. So the mornings take the four in two pairs, that facing in opposite directions go to the schools of their districts. Sometimes mach-

ines bear them along the wintry trail, at other they go by horse and sleigh.

Jamie, the eldest, is now into his fifteenth year. He is a quiet, conscientious lad, tall and manly, brown of hair and eyes. Gage's hair is darker and his eyes are a lighter brown that can light up quickly into merry glints. He too is tall, a friendly fellow, kind and extremely quick of turn. And approaching now his ninth birthday.

Granddaughter celebrated hers in the last cherty-blossom season. She is a "young leddy" of a miss, not so tall as Gage but older in her ways. She is slight and fair, and still has the long sunny braids and sprinklings of the sun's kisses along her nose—a nose which according to Mack sometimes "would rather be stuck into a book than come out to play!"

Mack, midway between six and seven years, is as fair as his sister, and in build continues to be shortish and broad. He is the merriest of them and his chuckles are infectious. We hear him laugh at the antics of a kitten or the Blackie-dog, whose master he is. A mixture of a fellow, he is. "He's an industrious chap and a great hand with the stock" James will say. "He'll make a good farmer some day."

And another down-to-earth farmer takes stock of his chapter, close his book and with a smile reckons now. "This is all very fine Ellen! But what about the morning?"

Until tomorrow—Diary—Good-night....

Smart Bathroom Decor

It was a very worried builder with whom we chatted at a recent home show. What he wanted to know was when this craze for no less than two and one half bathrooms, even for small houses, was going to end. We told him to make up his mind that the craze wasn't a craze any more, but an established trend.

DECOR AND FIXTURES
Bathrooms, today, are so handsome, so interesting in decor and new fixtures that women can't get enough of them. So they insist on no less than two bathrooms and a powder room even in a small home.

Those of us who own houses that are past their first youth have discovered that nothing gives a house such a lift as a redecorated bathroom and a little powder room. Show it become necessary to put a house on the market, it is the bathroom and closets that generally tip the balance.

NOT FADS
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COOK'S CORNER



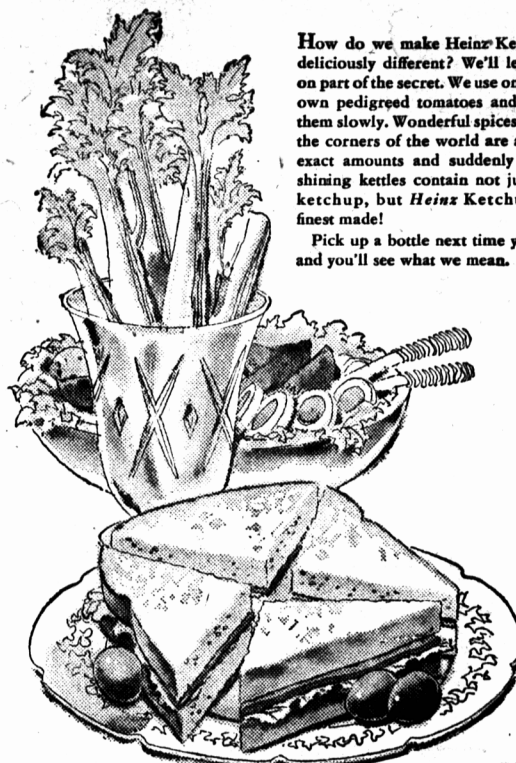
SALAD DRESSING
1 can condensed milk
2 eggs (well beaten)
2 tsp. mustard (level)
¼ cup vinegar
pinch salt

Beat eggs till fluffy, add mustard salt and milk, vinegar. Beat with rotary beater till well blended.

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