

WOMEN

Page 8 The Guardian, Friday, July 22, 1955

LET'S EAT

Food Tastes Better Served Gypsy Style

By Ida Bailey Allen

"NO matter how good food may taste indoors, Madame," the chef was saying, "it is my opinion that it tastes better in the open. It is wonderful here in Canada and the United States how you can motor from coast-to-coast and find so many parks with well-constructed outdoor grills that are ready to use."

It was great fun. Little Lynn and Diane were delighted. This is what the chef served.

COOK-OUT DINNER

Chilled Tomato Juice (Thermos)
Celery Drill Pickles
Barbecued Beef Bunwiches
Roast Corn-on-Cob
Neapolitan Ice Cream Sandwiches (Dry Ice)
Hot Coffee
Milk

Grilled Beef Bunwiches: Before leaving home, prepare barbecue sauce. Add 1 tsp. kitchen bouquet, 1 (3 oz.) can chopped mushrooms and ¼ c. pickle relish. Pour into a jar.

BUILD A GRILL

"Once they get the habit, the family will soon be constructing a grill in the backyard, or else they will buy a portable charcoal grill to use for cooking on the terrace or in the patio, or any place they want to go."

COOKING EQUIPMENT

"The cooking equipment needed depends on the type of portable grill you buy and family food preferences. You will certainly need a fine-meshed broiler with long handles for broiling meat, chicken or fish; a long-handled frying pan; a griddle for baking pancakes; a big utensil for heating water; a pot for boiling corn or making a stew; a long-handled fork and spoon; tongs and some asbestos mitts."

"Take along plenty of paper napkins, paper cups and plates and a roll of paper towels."

GYPSEY DINNER

"Madame, I cannot wait for a gypsy dinner. I hope you feel the

same. I invite you and your two adorable little granddaughters to a grilled Beefburger Cook-Out tomorrow."

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Shape 2½ lbs. chopped beef into burgers, pack in layers in aluminum foil and refrigerate at least 1 hr. Split and butter hamburger buns. When you reach the picnic grounds start the fire.

Put a hot pancake grill over the glowing coals; set the barbecue sauce to heat on one end. Grill the burgers, basting with the sauce; toast the buns and put together to order.

Barbecue Sauce: In a saucepan, melt ¼ c. butter. Add 2 lbs. minced onion and ½ section crushed, peeled garlic; ¼ tsp. table mustard, ¼ tsp. salt, 1 tsp. chili powder, ¼ c. tomato juice, ¼ tsp. sugar, 2 lbs. lemon juice and ¼ c. water. Simmer 10 min.

THE CHEF'S NEAPOLITAN ICE CREAM SANDWICHES

Put slices of Neapolitan ice cream between thin slices of pound cake and eat sandwich fashion.

Giroux-Reid Wedding



Above are the principals in the Giroux-Reid bridal party. From left to right are Mr. Joseph Reid, groom, Mr. Joseph Reid, best man; Miss Frances Reid, bridesmaid; and seated in front is the bride, Mrs. J. A. Giroux. Craxwell Photo.

The marriage of Mary Pauline Reid, daughter of Mr. and Mrs. James Reid, Stanley Bridge to Joseph Reid, son of Mr. Reid and Mrs. Jean Baptiste Giroux of Charlebourg, Quebec, took place in St. Ann's Church, Hope River, Mass. at 8 a.m. on June 18. Rev. Earl Dalton officiated.

The church was decorated for the occasion with apple blossoms, tulips and various flowers and potted plants. Soloists were Misses Aline Doreen, Helen Reid and Mary Fleming, and organist was Miss Helen Reid.

The bride, given in marriage by her father, chose for her gown a floor-length dress of white satin, with panels of Chantilly lace and a high neckline trimmed with seed pearls. Her finger-tip veil was of nylon tulle with a coronet of white rosebuds, and she carried a bouquet of American Beauty Roses tied with white ribbon.

Miss Frances Reid, attending her sister as bridesmaid, wore a ballerina-length dress of pink nylon net on taffeta, with a headband of nylon net and sequins. She carried a bouquet of yellow

and white carnations tied with pink ribbon.

Mr. Joseph Reid, brother of the bride, acted as best man, while Mr. and Mrs. Lloyd Simpson of Franktown, Ontario. The bride's mother was dressed in navy blue and white and navy accessories, and wore a corsage of white carnations. The groom's mother wore a grey suit and also wore a corsage of white carnations.

The bride chose for her traveling costume a navy blue suit with a large white collar and cuffs and white accessories, and wore a corsage of white carnations. The honeymoon was spent in Prince Edward Island and Montreal, where the young couple visited the groom's brother.

SUMMER SLIMMING

Mr. and Mrs. Style

Tips on Weekend Slimming

In the good old summertime it's easy to slim off two or three pounds a week on delicious meals. In fact, on the right pattern of eating, you can drop fifteen pounds by Labor Day and wear a size smaller. That happy thought can put you in a receptive mood for weekend slimming.

Relax and eat slowly. Savor the flavor for satisfaction rather than eating for quantity. Tonight at dinner, try a psychological expedient that will make it easy for you not to eat to belt pressing proportions. First, anticipate what joy it will be to wear a size smaller suit or dress. Holding that thought, get up from the table while you could still eat a little more and, as you walk purposefully into the other room, remind yourself that those few steps are more slimming than a ten mile hike. They really are.

Here's an encouraging promise: thirty minutes later you'll feel satisfied. By then digestion is nicely under way and you are getting energy returns from the eaten. It is important to know that the feeling of enough is reached just before satiety, and that the sense of satiety is beyond the point of slimming, or even of healthy indulgence. Nature gives a signal, but it is often deliberately ignored because food smells and tastes so good. And while you remain at the table, your mind is on food.

Be alerted. When faced with a fattening temptation, don't revert to the old alibi, "Just this once, won't count." It counts. Do some mental gymnastics. Which would you rather have, the fleeting pleasure and 450 calories, or be able to wear a size smaller by Labor Day? The choice is yours.

Tomorrow we'll give week-end menus and talk about the pounds between sizes.

DEAR MARY HAWORTH: I enjoy very much your daily column, and applaud your expert advice and intelligent handling of people's problems. I read with interest the article of June 14, about the girl who can't dress as lavishly as other women in her office — and who is getting in trouble spending too much, trying to keep pace.

I agree thoroughly with your slant, that it is unsound and unsophisticated to spend disproportionately on clothes, just to keep up with office style queens.

But didn't you make a mistake, towards the end of the article, when speaking of income tax rates? You were suggesting that maybe the better dressed ladies are married, and have the advantage of a split income tax rate — hence may have more money to spend on clothes than a single girl getting comparable pay.

By consulting the Bureau of Internal Revenue, or referring to Form 1040, you will learn that if a married couple files single returns, each is taxed at the same rate as a single person. If a joint return is filed, the combined income would put the couple in a much higher tax bracket — except that the Internal Revenue allows them to split their income, to bring their tax rate down to the individual tax rate. The tax is

then doubled for the couple. I don't profess to be an income tax expert, but as a working wife I happen to know that a married wife pays the same tax rate as a single girl. E.P.

RENT BURDEN SINGLE GIRL DEAR MARY HAWORTH: You separate the sheep from the goats with consummate skill ... but have you tried filling out a long Form 1040 for a low income worker lately? I don't think the community property provision is the main reason why married women like peacocks while single girls go barefoot.

Let's assume A.R., your correspondent of June 14, earns less than \$4,000 a year. As a single person, she will pay an extra 4 per cent on all taxable income over \$2,000 and less than \$4,000 — and percentage exemptions and standard deductions would carry her a bit above \$5,000 gross before she gets into another tax bracket.

If she could have the "easy let-off" that goes with being a Mrs., she could divide her income by 2, compute her tax, and multiply the tax by 2 — a maximum savings of \$80 (as I figure it). And \$80 won't buy those \$100 suits, dozen pairs of shoes and expensive hats that her co-workers take for granted ...

I am not prepared to submit comparative budgets for single girls versus married women; but "other things being equal," such as living in an apartment, such that the monthly rental alone would be a surplus in favor of the married woman. Assuming that her husband pays this item. C.D.

BEST TEACHER DEAR READERS: My thanks to you both (and a half dozen others) for bearing down on the split income tax procedure. As you get the straight of the matter across to the audience."

As it happens, I let the experts tell me where to sign, when it comes to coping with income tax forms. And I realize now that it isn't safe to venture even so much as a generally about a subject so intricate, without first taking notes from a specialist, or having some firsthand experience in computing returns. M.H.

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

PLEASANT GROVE W. M. S. The monthly meeting of the Pleasant Grove W. M. S. was held at the home of Mrs. George Arbing, on July 13, with Mrs. W. MacRae presiding, in the absence of the President and Vice-President.

The devotional period, with the theme, "Trinidad and Canada," was opened with the hymn "Glory to God, the Father" and scripture readings by Mrs. Arthur Wyatt.

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