WOMEN

LET'S EAT

Chopped Beef's Better If It's Ground Twice

"Unless fine quality beef is used for grilled or chopped beef patties, Madame," the Chef remarked, "they are likely to be rather dry when cooked. That is why a chef usually pours plenty of melted butter over them or tops each patty with a thin slice of Maitre d'Hotel butter.

"Of course the patties are not so dry if the meat is ground twice. However, much chopped beef is purchased pre-packaged, so this is not always convenient."

Scandinavian Method

"But it can be ground a second time at home, Chef. And if hamburger has been purchased instead of chopped round or chuck, the patties will be tastier and more moist if the meat is ground with vegetables. This method is used in Scandinavian countries.

"Because they are not dry when cold, beef-vegetable patties make wonderful sandwiches for the lunch-box. Just split the patties, brush with mustard, relish or ketchup, insert a little lettuce, and nest in buttered hollowed-out buns.

TOMORROW'S DINNER

Hot or Chilled Tomato Cream Soup
Beef-Vegetable Patties on Toast
Cabbage Baked with Cheese
Tossed Lettuce-Cress Salad
Deep Dish Rhubarb Pie
Coffee Tea Milk

Beef-Vegetable Patties Scandinavian: Put the following ingredients through the food chopper twice: 1 lb. chopped beef, 2 peeled medium-sized white potatoes, 2 peeled small carrots, 1 c. sliced outer stalks celery, 1 peeled medium-sized onion and 2 sprigs parsley. Add 1 egg, 1 tsp. salt, ¼ tsp. pepper, ¼ tsp. monosodium glutamate. Mix until smooth.

Form into flattened balls containing 1 tablespoon each; for this purpose use a deep spoon first dipped in flour. Slow-brown in 2 tbs. fat on both sides. Add ½ c. hot water and 1 beef bouillon cube. Cover; simmer-cook 30 min. Make gravy from the residue in the frying pan. Serve the patties on toast.

Cabbage Baked with Cheese: Fine-shred enough cabbage to make 1 qt. Boil 7 min. in salted water to half-cover; then drain. Add 1 recipe creamy cheese sauce. Transfer to a low casserole or deep 9" pie-plate; brown in a hot oven, 400 degrees F.

Creamy Cheese Sauce: Gradually stir 1 tbs. flour into ¾ c. commercial cheese sauce. Stir in ¾ c. homogenized milk; then stir and cook until blended and boiling. Add salt and pepper to taste. Use as directed.

THE CHEF'S HOT OR CHILLED TOMATO CREAM SOUP

To 1 can condensed tomato soup add ¾ can-measure hot water. Bring to boiling point; simmer 3 min. Then stir in ¼ c. commercial sour cream. Serve either hot or well-chilled; top with snipped chives or parsley.

MARY HAWORTH'S MAIL

Frowns Upon Visit With Man's Family

DEAR MARY HAWORTH: Three years ago I met a young Army officer who was stationed in the East. We dated throughout the first summer we met, but then it was college for me, and overseas service for him.

We corresponded for 18 months while Dick was overseas. When he returned, he stayed at our home for a couple of days before going on to the middle west, where he lives. A year passed and he made a trip to our Eastern city, where he spent a week with us — my widowed mother and me.

During dinner with some family friends while Dick was here, these friends mentioned that they were planning a trip to his part of the country this summer. Dick immediately asked if it would be possible for them to bring me along when they make the trip, as he would like me to meet his family. Frankly I am very fond of Dick and he seemed very intent on having me meet his folks.

Thumbs Down Vote From Her Mother

Now the problem is, these friends will gladly take me along, but my mother doesn't think it is proper for me to go and stay with Dick's family for a week or so. Dick has said he will have his mother write, formally asking me to stay with them. Still my mother isn't sold on the idea.

I am 21 and Dick is 25, and I feel that if I were staying with his family, at his mother's invitation, the visit would be perfectly proper. Kindly give us your advice on this. C. C.

Man's Attitude Seems Impeccable

DEAR C. C.: Your mother's objections to the proposed visit must be subjective and emotional, not based on objective consideration of the proprieties. Nothing could be more correct, according to standard etiquette, than Dick's manner of promoting the whole idea. Look at the record:

In company of your mother and her friends, he takes opportunity to broach the invitation and enlist right chaperonage. Also he says nicely that his mother will write, formally asking you to be her guest. In short, he guarantees that you will be welcome, and that your mother shall have documentary evidence of this in advance — in the form of a letter from his mother.

That's just about as decorous as a swain can be, in trying to bring about a friendly interchange between his parents and his best girl (and her guardians). And I gather you are Dick's best girl — in his mind, at any rate. He seems to be courting you the old fashioned way, at a measured pace, allowing plenty of time for individual growth, and social comparisons and quietly matured decisions on both sides.

She'll Be Safe With Man's Mother

Since you met Dick at age 18, with college still ahead, perhaps he feels he must wait until you are fuly grown before he may properly speak of marriage to you. Or maybe he is waiting to see what kind of woman you are going to become, before he invites serious consideration of a lifetime partnership possibility.

Your mother's reluctance to have you visit Dick's people may reflect unconscious fear of "losing" her daughter to a mate — as the prospects of marriage begin to draw nigh. But that is a risk she has to face, and a deprivation of sorts she must philosophically accept in season, if she is to continue her own growth as a person.

If Dick's mother asks you to visit, and you go, I think your mother may rest assured that you will be well supervised. The average man's mother is pretty determined to keep him out of the clutches of other wmen as long as she can; and I'll wager Dick's mother is no exception to the rule. So my advice to your mother is: relax and let you make this visit with her blessing if you get the chance—relying upon Dick's mother to supply both the letter and spirit of "safe conduct."

M. H.

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

MR. AND MRS. STUART FRASER

MR. AND MRS. JOHN W. RYAN

Exchange Vows in May Weddings

The United Manse, Elmsdale, was the scene on May 21 at 1.30 p.m. of the marriage of Mary Eleanor, daughter of Mr. and Mrs. Heber Ramsay, Alberton, P. E. I., to Stuart Bedford, son of Mr. and Mrs. Herbert Fraser, Alberton, P. E. I. The ceremony was performed by Rev. MacDowell.

For her wedding the bride chose a powder blue suit with navy and white accessories and wore a corsage of red roses.

Bridesmaid was Miss Anna Ramsay, who wore a black and white checked suit with pink accessories. She wore a corsage of pink roses.

The bestman was Mr. Roy Fraser, brother of the groom.

A reception was held at the home of the bride's grandparents, Mr. and Mrs. Brenton Ramsay, for 45 guests, after which the newlyweds left on a honeymoon trip through the Maritimes.

Out-of-town guests present at the wedding were: Mr. and Mrs. Preston Clark, Saint John, N.B., and Mrs. Norman Horseman, Moncton, N. B.

The marriage of Mary Elizabeth, daughter of Mr. and Mrs. Camille Gaudet, Summerside, to John Watters, son of Mr. and Mrs. William Ryan, Digby, N. S., took place at St. Paul's Church, Summerside, at 8 a.m., on May 18. The officiating clergyman was Father McLeod.

Wedding music was played by Miss Irene Peters and the soloist was Miss Ann Wedge.

For her wedding the bride chose a gown of strapless nylon net with a tiered skirt of lace and satin and a matching lace bolero. She wore a finger-tip veil and carried a bridal bouquet of yellow roses.

The bridesmaid, Miss Shirley Clow, wore a turquoise nylon net dress over satin with a matching headdress. Her corsage was of pink roses.

Bestman for the occasion was Mr. Martin Healey. A reception was held at the bride's home for approximately 35 guests, after which the newly-weds left on a honeymoon trip through Nova Scotia. For travelling the bride donned a beige suit trimmed with brown and white accessories.

KEEP IN TRIM

Thin Girls — Relax At Mealtime

By Ida Jean Kain

Gather round, thin girls, we'll take the weight problem from your corner today. Persistent underweight is more often than not caused by excess tension which squanders calories and poor food habits which slight nutrition. The combination can keep a thin girl on the ragged edge and take much of the fun out of daily living.

Perhaps you do try to relax, but our fast tempo of living makes it difficult to know just where to start. You cannot change your whole life around, so it is puzzling to know what measures would be most helpful. One good way to begin is to practice relaxing at mealtime. Worry is oftentimes the basis of undernutrition. Decide in your mind to abandon worries at least during the meal hour. Think about how good life is — enjoy your meal.

If you are in the habit of hurrying through lunch . . . change that. Eat leisurely, speak slowly. Incessant talking builds tension. Particularly avoid "shop" talk. On the nutrition score . . . add a glass of whole milk and a slice of bread and butter to the noon meal.

One thin girl asks if breakfast really is the most important meal of the day. The results of three years of research on the effects of starting each day with a breakfast that furnishes ¼ to 1/3 the day's food needs emphasizes the benefits of a good breakfast. On coffee only, there is a false energy spurt, followed by a sharp decline, fatigue, irritability and physical tremors. Those who skip breakfast often have a pick-up of coffee and a sweet roll or doughnuts. For the thin girl, this takes the edge off appetite for wholesome foods at lunch.

To avoid the feeling of pressure in the morning, get up twenty minutes earlier. This is the perfect time of year to start — give it a try. Allocate a full fifteen minutes for eating breakfast. Relax to get a refreshing start for the day. Even a little change in routine can pull one out of a rut.

The thin girl who inquired about breakfast asks if being a heavy smoker is keeping her underweight. Cigarettes have a dulling effect on appetite. When they are curtailed, appetite sharpens and food tastes better.

Does it help to snack between meals? Between meal pick-ups are often helpful, provided they do not spoil the appetitie for regular meals. The best foods to have between meals are those which are easily and quickly digested, such as milk, fruit juices or egg-nog. Orange juice with a beaten raw egg is nutritious and delicious. However, sweets dull the appetite and should be avoided between meals. A glass of hot milk on retiring often help woo sleep.

By the way, don't "hurry" to bed. Relax . . . make it a pleasant, leisurely time . . . and so to sleep.

Cook's Corner

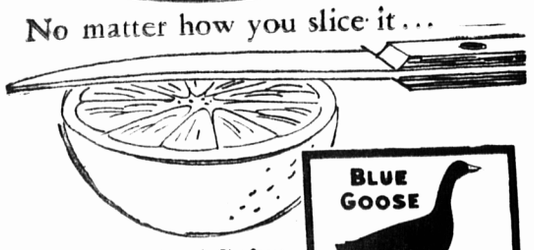
RHUBARB JAM

Wash 2 pounds of rhubarb, do not peel, slice very thin. Take 3 cups fruit, 5 cups white sugar, 1 can crushed pineapple. Put all in large kettle, bring to a rolling boil and boil hard for 3 minutes, stirring constantly. Remove from fire and add ½ bottle Certo. Seal. If rhubarb is not red, a little red coloring may be added.

HOUSEHOLD HINT

Use low temperatures when ironing or pressing rayon, nylon, orlon and acetate. Too much heat can scorch, stiffen or melt the fabric. Rayon and acetate should be pressed while slightly damp, or use a steam iron.

No matter how you slice it . . .



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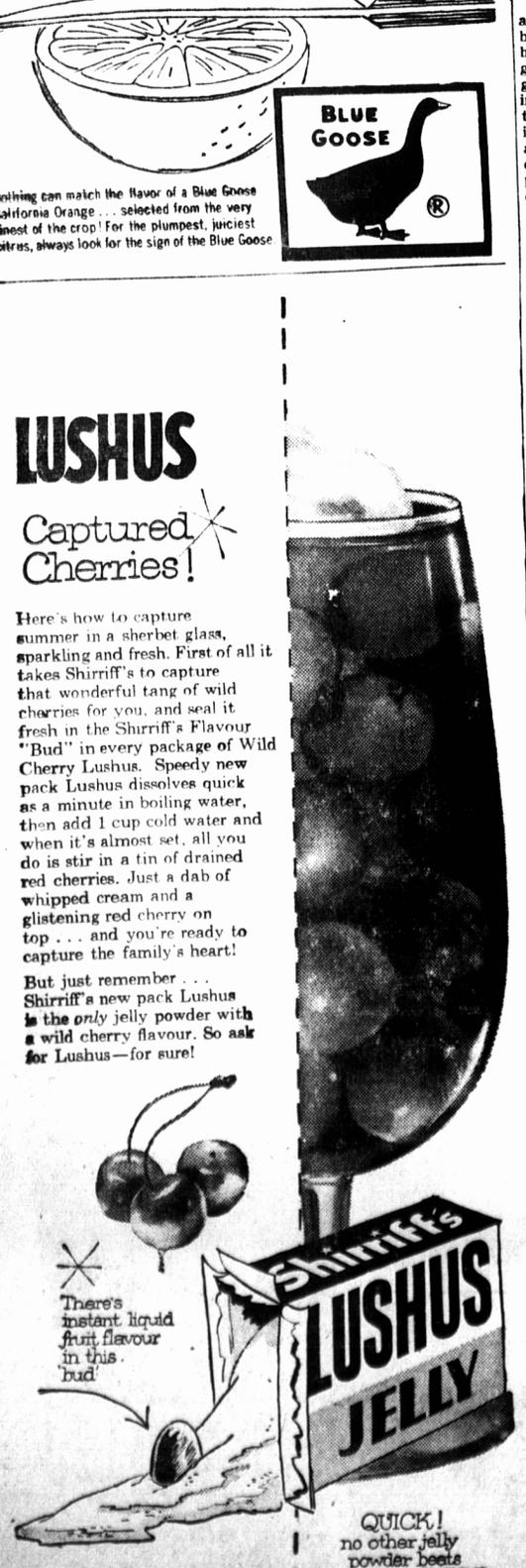

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MORNING SMILE

Manager—Are you sure you are qualified to lead a swing orchestra?

Applicant—Absolutely. I've had two nervous breakdowns, was shellshocked in France, and I live in an apartment above a family with twelve noisy children.

ELLEN'S DIARY

by an Island Farmer's Wife

Now among our first blossomings the wild pear in a corner of the lawn is a bower of bloom. This is an attractive tree and native to the woodlands and hedgerows surrounding Alderlea, though it seems to be becoming more rare than once. The blossoms are raggedy — not nearly so compact or so sweetly fragrant as are the wild cherries now commencing to put on their finest gowns; but engaging and part of the history of the place. For was it not James' father who selected and planted, with little thought we suspect that one day a little great granddaughter would with much pleasure gather the flowering, fashioning from it nosegays and bouquets to give impartially, though not without some deliberation, to this housewife and the mother in the House across the Lane?

Roots of yellow Dahlias we planted in a row along the edges of the front verandah today, posting a warning sign to any bees who traffic with "ordinary" red ones about, to keep away from these precincts. And then were ashamed that we should favor one color, or that we should wish to keep these "pure", since all Dahlias are attractive in blom.

And again we see the Bleeding Heart head — while today another heart was somewhat lovely for a household divided. Because James was up and away with the team and seeder to the first of the sowing at Rob's, whither also had gone the younger farmer Mack (coming-six grandson of this place) to lend assistance at the spreading of manure. These days a (hired) lift is being employed to shorten the time of that work and allow the farmers to liquidate smartly the endeavours of the seedtime.

* * *

Again in a practice followed in recent years on these farms, there has been allowance made for only small acreages of potatoes, a program which stands to win or lose in the farm-earnings but nevertheless as these farmers see it lightens considerably the labor of mixed farming.

And we find ourself missing now the continued quiet busy days of the set-cutting we have known and enjoyed with the members of the Family and others in the younger years — miss too noting the gold and lengthening shadows of the new sun about, the sounds we can still fancy in intimate detail and all which belonged to that season.

We shall miss too the days at the planting, with June young and lovely along the fields. With the sons of the place, and other youngsters we shall always remember. Quite easy it was to match paces at first but soon we had to bend every effort to keep up with them and finally in the later years one or another having come to the end of his would return to meet us, droppin seed to hoe finish the row that was ours.

We doubt if we shall ever plant potat again. Unless it may be in th visionary farm of which Jame sometimes facing a surfeit farming speaks: "Oh just a bit land somewhere, Ellen where we could farm at leisure. We'd keep a horse and a cow and a sow-or two (If a fellow kept one, he might as well have two, and it would be surprising, if we had good luck, the returns they would bring!")

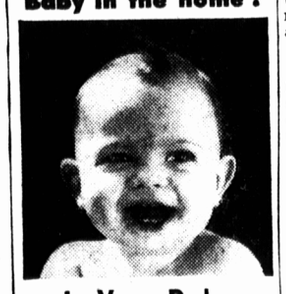
Today for all Island farmers, how busy! And June, beloved month, just born.

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

Words Of The Wise

It takes wit and interest and energy to be happy. The pursuit of happiness is a great activity. One must be open and alive. It is the greatest feat man has to accomplish, and spirits must flow. There must be courage. There are no easy ruts to get into which lead to happiness. A man must become interesting to himself and must become actually expressive before he can be happy.—(Robert Henri).

Baby in the home?



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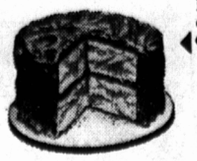

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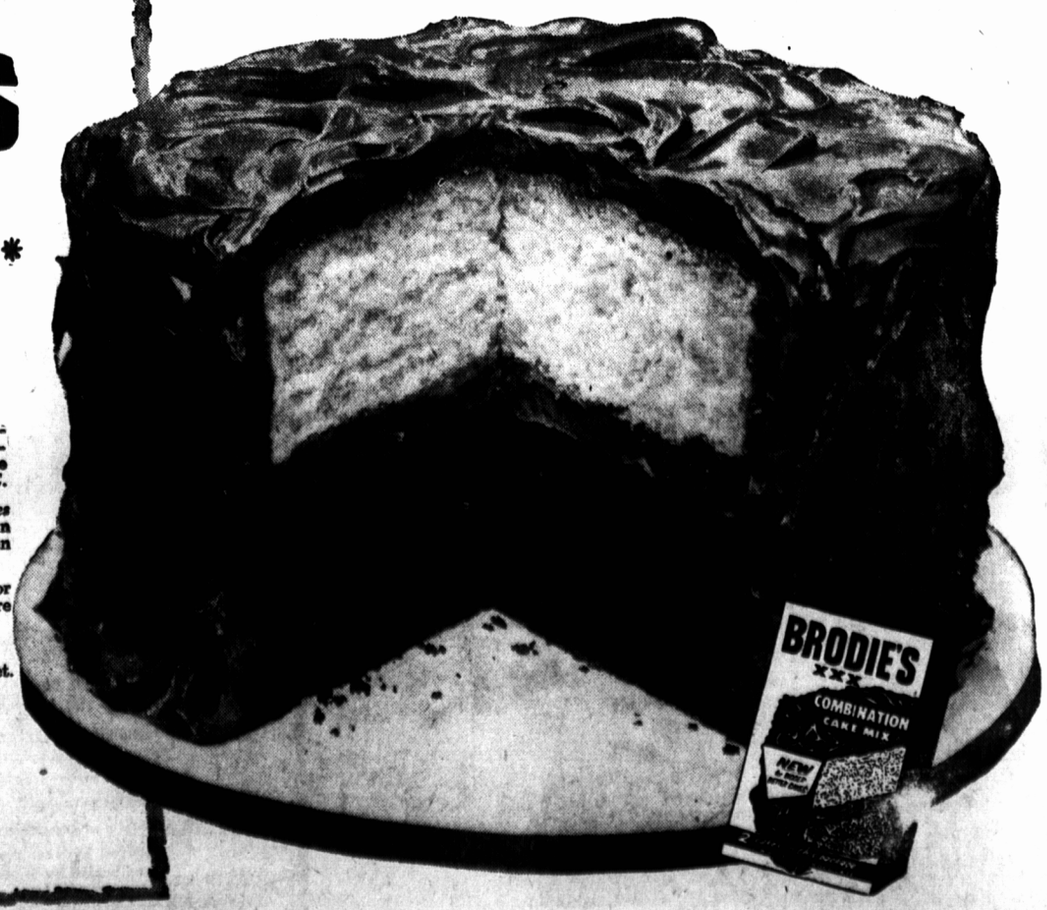

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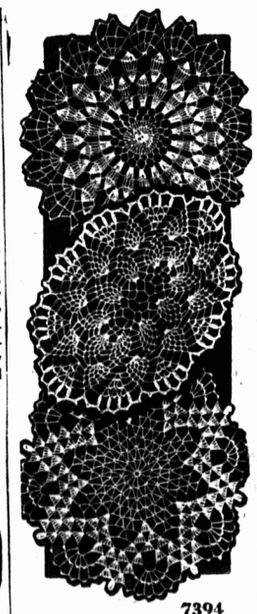

7394
by Alice Brooks