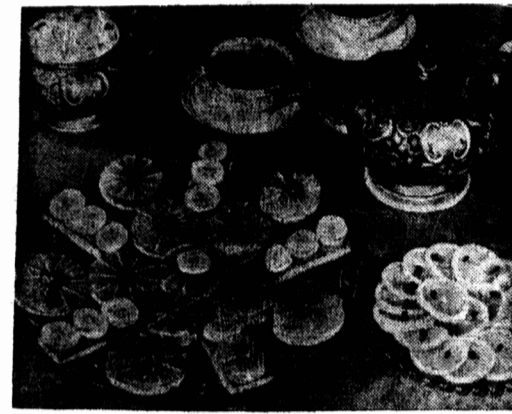


WOMEN

Page 8 The Guardian, Thursday, June 2, 1955

LET'S EAT Sunday Sit-Down Meal For The Whole Family

"Several times a year, I entertain my immediate family at dinner—usually ten or twelve come."
Miss Genevieve Lynch was speaking. She is vice-president of an important New York City spice company and Chairman of The American Spice Trade publicity.
"How can a busy person like you find time for such big dinner parties?" I asked.
"I give them on Sundays," replied Miss Lynch. "Saturday morning I shop. Then I come home



CINNAMON FRUIT TOASTS, daintily arranged on a pretty tray, are a new food fashion when served with tea—steaming hot or iced.

and cook everything, as far as possible, do any necessary house-keeping and get the linen and silver ready. It's merely a matter of organization."
Here is the menu for Miss Lynch's most recent dinner party. She adds it was not a buffet, but a "sit-down meal."

SUNDAY DINNER FOR THE CLAN

- Spiced Tomato Juice
- Olives
- Baked Turkey
- Baked Idaho and Sweet
- Green Lima Beans
- Lemon Sponge Pudding
- Fudge Nut Brownies
- Coffee

Cook's Corner



FUDGE SQUARES

- 1 square butter
- 3 beaten egg yolks
- 3 squares melted chocolate
- 1 cup white sugar
- 3 tbs. cold water
- 1/2 cup flour
- 1/4 tsp. salt
- 1 tsp. vanilla
- 2 beaten egg whites
- 25 marshmallows

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY
Teenagers! Here's a terrific wardrobe of newest sun-separates—fashioned just for you! Colorful poncho, pedal pushers, classic shorts; halter top to sew in long and short versions! Wonderful for sun and fun—all easy sewing too!
Pattern 4602, Teenage Sizes 10, 12, 14, 16, Size 12 poncho, 1 1/2 yards; halter, shorts, 2 1/2 yards.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
THIRTY-FIVE CENTS (55c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.
Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.

CONSTIPATED BABY...
Give Baby's Own Tablets...
BABY'S OWN TABLETS

ELLEN'S DIARY

by an Island Farmer's Wife

There is an exquisite night-hush over the valley overlaid with the silver of moonlight. How pretty dim and shadowed and lovely it is, as the world about goes to rest! Nice was the birds' evensong which lasted into the twilight. It put the children to bed. Granddaughter and Mack, and homed the farmers to the choring. It is likely that the younger farmer will return later to the fieldwork, to give this or that patch of grainland another stirring, or apply with Rob a scatter of fertilizer before he will be content to call this a day.
The hours of farming are long now but seemingly not tedious since we hear no word of complaint. Only when the affairs of the choring detain the farmers over-long about, when thoughts have already gone before them into the fields. For despite the fact that the younger cattle, the (idle) horses, the cows, some mastrons of the piggery and the sheep have been turned before this wholly or part time to pasture, there are still housings of stock on whose account many a step must be made.
These days more than once, lapsing easily into old habits, we come to a point of vantage in the yard or about to look over the fields at Alderlea—the nice old fields that mean Home. It is we deem our finest privilege to have another springtide, another season of the cropping with James amid the scenes we have long known... good to see again the maple woodland leaf redly, to find here and there about after our interval of absence the trees we used to see: the wild cherries "up the creek" beyond the Public Bridge in their white garments and every delight of place and season about.

It was colder today, we remember. The wind came over the fields from the north causing us to bring the piece of carpentry that was our consuming interest to a sheltered verandah.
"Don't you worry your heart about those screen doors, Ellen?" James said this morning, lifting himself surely, but with not quite the agility of once, astride the mare that was to carry him to Rob's and the sowing. "Once the crop's in, I'll attend to them. Or maybe there'll come a rainy day soon." When the crop is in—then will have come the summer. And at Alderlea rainy hours but bring convenient speels for the farmers to catch up on incidentals to the farming about. Besides, I was only to replace with the new, lengths of worn and torn wire. We used the screw driver and tack hammer with satisfying results... and off an on had an interested audience to notice the progress of the work. Mack came by with one of the two pet lambs in his arms to inquire curiously: "What taught you to take out old tacks that way?" "Skinned knuckles" we laughed, "that's what teaches one best... That's what they mean by 'learning the hard way'."
And Jennie stopped... ment to chat, to tell of the surprising growth of the early vegetables, not long planted in the garden. Granddaughter too appeared after classes in school to find a cookie and catch up on the doings at home during her absence there.
Gone is our day, pleasantly busy for us and full. And now there is an exquisite night-hush over the valley, overlaid with the silver of moonlight.
Until tomorrow... Diary
... Good-night...



MR. AND MRS. C. O. PETERS

The marriage of Delma Irene Matheson, daughter of Mrs. Bruce R. Campbell and the late Mr. Matheson of Augustine Cove, P. E. to Clarence Orwell Peters, son of Mr. and Mrs. Wilfred Peters, Charlottetown, P. E. I., took place on May 14 at 4:30 p.m. at 10 Lapthorne Ave., Charlottetown. The ceremony was performed by Rev. J. H. Bishop.
For her wedding the bride chose a white satin gown trimmed with seed pearls, fashioned of Dior lines and a bouffant skirt with overskirt of tulle. From her nylon headdress trimmed with seed pearls fell a hand embroidered finger-tip veil. She carried a bridal bouquet of pink carnations.
Miss Florence Darrach, the bridesmaid, wore a pink satin dress with an over-skirt of net, and a headdress of nylon with sequin trim. Her bouquet was of yellow mums.
Best man for the occasion was Mr. Lowell Campbell.
After the ceremony a reception was held at the bride's home, which was decorated with pink and white streamers and wedding bells, for approximately twenty-five guests.
Mr. and Mrs. Peters left on a trip to Toronto, the bride wearing a blue costume with navy and white accessories.

Mental Hospital Visitations Organized By Saskatoon Lady

By PAULINE KENNEDY
Canadian Press Staff Writer SASKATOON (CP)—When Mrs. M. P. Toombs heard that 70 per cent of the mental patients in Saskatchewan hospitals never received a visitor, she decided something should be done.
She organized a voluntary visiting group of 50 men and women more than a year ago who make the 200-mile round trip to Saskatchewan hospital in North Battleford faithfully twice a month.
"The visiting idea wasn't new," she said in an interview, "we copied it from Manitoba who started a similar scheme four years ago."
TRIP TAKES FULL DAY
But Mrs. Toombs, who... vice president of the Saskatchewan division of the Canadian Mental Health Association, thinks her group has farther to go. The visitors give up an entire day, leaving by bus in the morning and arriving home at six or seven in the evening. They have weathered snow and rain storms but always managed to get through.
Mrs. Toombs believes that familiarity with a situation breeds understanding.
"So many people have a medieval outlook on mental hospitals," she said. "Our visiting plan has taken away all fear any of us may have had and each month more and more people volunteer to go."
At first patients were wary of visitors. "Many hadn't been out of the hospital or had a visitor for many years and didn't trust us." But now they crowd the entrance gates and corridors to greet visitors.
"MUTUAL EDUCATION"
"I don't know who has benefited most—the patients or us," she said. "It has been a mutual education."
After a few months of visiting the benefit to patients was notable. Many who had been badly dressed before spruced up and appeared in clean clothes. The women put on makeup and the men fuss over ties and shoes when they know a mixed group from outside is coming.
Happiest about the success of the scheme are doctors and nurses at North Battleford. They say visiting has raised the hospital morale immeasurably.
At the hospital Mrs. Toombs' party splits into small groups to visit patients in all wards where they are allowed. They talk, help write letters and take orders for little trinkets and extras patients may want to buy. Later in the afternoon they organize craft and party groups.
SUGGESTS IMPROVEMENTS
"Just to know someone is interested gives mental patients a big lift," Mrs. Toombs said. "Too often they have been abandoned by their family and friends as hopeless cases and have little love or affection left in their lives."
Mrs. Toombs, a short motherly woman, has some suggestions for improved hospital care.
"I would like to see more cities start visiting groups such as ours," she said, "and I think the idea of a large mental hospital—built far

An Inviting Hallway

By ELEANOR ROSS
How many homes really have attractive entrance halls? As a rule, the average foyer, vestibule or entrance hall is a dark place with uninteresting furniture, haphazardly placed—a spot that leads to the living room.
A visitor gets his first impression of a house from the hallway. Apartment house builders know this and often hire name decorators to add the finishing touches to the lobby. The hall, whether it's in a large house or a small apartment, should be inviting, bright and cheerful—a cue to the home and the kind of people who occupy it.
No homemaker should overlook the fun she can have decorating even a tiny foyer—and some of the tiniest foyers are really gems. In the foyer, she can use the gayest colors and patterns without worrying over whether they're going to prove too dizzy to live with. Nobody's going to live in the hall, nobody's going to linger there for more than a few moments at a time. But those few moments can and should be made cheerful and inviting. So even a wallpaper or paint color you wouldn't ordinarily use anywhere else in the house can be a perfect choice for this spot.
It is a good idea, in many instances, to pick up one of the interior colors, but in a brighter shade. This will act as a tie-in between the hall and the rest of the house—especially if there is a view of one of the rooms from the hallway. Since the entrance space is usually small, it won't take a mint to do it over.
Brighten it up with pale, lovely pastels or gaily florals. See to it that walls, floors and any decorative pieces you use in the hall are all washable and you won't have to worry about keeping them in good condition. There's no trick to washing so small an amount of wall and floor space. And if you choose a rug that can go into the washing machine, you can choose a delicate color.
Key the Space
As for furniture, a console table, a desk, a comfortable chair, or one of those decorative tote or brass and wrought iron umbrella stands, help key the space. So too, does a pretty but serviceable tray

HOUSEHOLD HINT

This is the way to keep your sweaters shapely and ready to wear: Never overload the pockets so they sag out of shape. Do not put sweaters on hangers between washings; fold them neatly and lay them in a drawer. Before washing haste the buttons together, so they won't stretch out of shape.
or salver for cards or mail.
With a little imagination, the entrance can be a most interesting spot.
Wife Preservers
To enjoy its full flavor, each batch of frozen fruit juice should be mixed and shaken in a clean container. Wash the shaker in hot soapsuds and rinse as soon as it is empty.

SAVE by Shopping at ZAKEM'S!

- STEERS & HEIFERS
- SHOULDER ROAST, lb. ... 43c
- PORK LIVER, lb. 19c
- PORK HOCKS, lb. 19c
- BOLOGNA, piece, lb. ... 25c
- INSTANT OR REGULAR
- Jello, 3 for 29c
- Duz, Giant 69c
- 16 OZ.
- Javex, 2 btls. 35c
- Matches, 3 for 25c
- COTTAGE
- Toilet Tissue, 3 for .. 25c
- SHERIFF'S WHITE & HONEY
- Cake Mixes, both .. 49c
- Chicken Haddie ... 15c
- Oranges, 2 doz. 69c
- Rhubarb, 2 lbs. 25c
- Grapefruit, 6 for ... 49c
- Cottage Cheese ... 25c
- SNOWFLAKE
- Shortening
- 4 Lbs. \$1.00
- Belanger
- Stoves and
- Parts
- FREE DELIVERY
- ZAKEM'S
- THE BEST SHOP TO SHOP BEST

KEEP IN TRIM

How To Get A Beautiful Effect From A Store Girdle

By Ida Jean Kain

A woman expects quite a lot of a modern girdle... she expects it to hold her in, slim her down, help realign posture. It is important to ease into any exercise program.
Position: Lying on back on floor, knees bent, soles of feet flat on the floor. This is a safety position, for it prevents straining girdle muscles moderately arms out at sides on floor at shoulder level, elbows bent, fore-



yourself in the same dilemma as the overweight who wrotes, "I've spent quite a bit of money on girdles, but instead of them giving me a 'shape' to every girdle."
To improve the shape of your own girdle, two measures are necessary. Stop eating just short of full, so as to cut calories a little below the amount used daily. To accomplish this, decide in your mind to cut out all second helpings. Take one serving of all food, relax, eat slowly to savor the flavor. With fast eating the tendency is to rely on quantity for satisfaction, and 'quantity' is fattening. If you will resolutely get up from the table short of that full feeling, twenty to thirty minutes you will feel content, for you will be getting the energy returns from the food.
Now the muscular girdle—flabby middle muscles are about as much help to the figure as a worn out two-way stretch. And the muscles that form the abdominal wall are probably the most neglected in the body. Since everyday activities do not provide sufficient exercise to keep them in proper tone, some conditioning is needed. Not everyone is up to taking vigorous callisthenics, so



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