

LET'S EAT

## Easy-Fix Company Meals

By IDA BAILEY ALLEN

Glamorous table decorations and an easy-to-fix company dinner can stem from a roll of aluminum foil, sparkling, fresh and clean.

Table Decorations

Use a white or pastel green cloth. For a centerpiece, cover a round tray with aluminum foil, cut with a pointed edge. Fill with sprays of greenery and colored glass Christmas balls. Surround with 6 tall red candles in low holders covered with the foil.

At each place, put an individual aluminum foilware dish filled with cracked nuts and raisins. The candles will pick up the lights in the foil and set the table a-gleam!

In the Kitchen

Prepare the duck for roasting unstuffed. Wrap envelope-style in oiled aluminum foil and bake 2 hours at 450 degrees F. or until a meat thermometer registers 190 degrees F. Uncover to brown the last half hour.

**Stuffing for Duck:** Roll in well-oiled aluminum foil; press ends together and bake separately. Allow 1 hr.

**Baked Sweet Potatoes:** Peel, season and fold each one envelope-style in aluminum foil. Bake 45 min. Serve in the foil as a glamour touch to the plate.

**Macaroon Bisque:** Line the freezer tray with aluminum foil, to insure easy unloading. Serve on a platter or tray, covered with foil if silver is not available.

NEW YEAR'S EVE DINNER FOR GUESTS

Tomato-Ham-Olive Hors d'Oeuvre Pie Beverages Celery Carrot Sticks Radishes

**Roast Long Island Duckling**  
Sweet Potatoes  
Brussels Sprouts with Celery  
Macaroon Bisque  
Cracked Nuts and Raisins  
Coffee

**Macaroon Bisque:** Dissolve ¼ c. sugar in ½ c. hot water in a saucepan; boil 3 min. Meantime, separate 3 eggs; beat the whites stiff and the yolks until creamy. Then combine and beat again. Whip the syrup slowly into the beaten eggs. Cool.

Beat ¼ c. heavy cream. Stir in 1¼ c. fine macaroon crumbs (plain or coconut macaroons). Add ½ tsp. each vanilla and lemon flavoring. Slowly stir in the syrup mixture.

Transfer to a freezing tray smoothly lined with aluminum foil. Freeze until firm, about 3 hrs. in the food freezer, or at the lowest freezing point in the ice cube compartment of the refrigerator.

Unmold on a large platter and remove the foil. Garnish with whipped cream, whole macaroons and maraschino cherries.

TOMORROW'S DINNER

Hot or Cold Tomato Juice  
Baked Pork Chops Pickles  
Baked Potatoes Green Beans  
Apricot-Baked Apples Milk  
Coffee Tea

**Apricot Baked Apples:** Fill washed and cored apples with chopped canned or stewed apricots. Pour over ½ c. apricot juice mixed with ½ c. sugar and ½ tsp. lemon juice. Bake 40 min. at 350 degrees F. Baste once with the pan juice to glaze. Serve warm or cold, with or without cream.

TRICK OF THE CHEF

Rub duckling, before roasting, inside and out with powdered ginger for excellent flavor.



## One Angel Unpredictable

When the Children's Aid "Angel Choir" in New York posed for a Christmas picture, everything was going according to plan. The expressions were earnest and faces were shining, but then Ernie Voight, five, took the occasion to prove that boys will be boys.



CHOCOLATE COATED POPCORN

Combine 1 cup sugar, ½ cup water and ½ cup corn syrup and cook for 5 minutes over slow heat. Add 3 tbs. butter and 3 1-oz. squares chocolate. Cook until a drop in cold water stiffens and cracks. Pour over 4 quarts popped popcorn and stir until chocolate is evenly distributed and turns sugary.

### Coconut Buns

½ cup flour  
2 tsp. baking powder  
¼ tsp. salt  
½ cup coconut  
½ cup sugar  
½ cup shortening  
2 eggs  
Cream shortening and sugar; add eggs; beat well. Stir in coconut, then flour that has been sifted with baking powder. Bake in patty tins until golden brown.

### ST. ANDREWS C. W. L.

The December meeting of the St. Andrews Sub-division of the C. W. L. was held in the Parish Hall. Meeting opened with prayer by Father MacDonnac.

Correspondence was read by the President. A first-aid course, which is to be held in Charlottemont in the near future, was also discussed. It was decided that the elderly ladies of the Parish, and also the three girls from the Parish who joined the Sisters within the last year, be remembered with boxes of chocolates at Christmas.

It was decided to have another Bingo party Christmas week, prizes to consist of candy only.

Meeting was closed with prayer. Entertainment consisted of a concert by Mrs. R. MacDonald and won by Miss Carlens MacEachern. A delicious lunch was then served by Mrs. David Mullen, Mrs. John Morrison and Mrs. Charles Campbell.

MARY HAWORTH'S MAIL

## Wife Learns Close Friend is Having Affair With Husband

DEAR MARY HAWORTH: I am 40 and have been married 20 years. My husband and I have always had a deep love for each other, and our children are well behaved and affectionate. I've always been proud of us as a family.

About 18 months ago my husband seemed to lose patience with the children and became argumentative with me. At first I thought he wasn't well, and when I would inquire solicitously he would simply say he was tired.

I suddenly realized it must be another woman, and this summer I learned her identity. The discovery shocked and frightened me, as we have been very close friends. She has two children and her husband has been in a wheel chair since a traffic accident some years ago. She plays up to all men and likes to discuss sex, but people have felt sorry for her because of her husband's condition.

### How to Cope With Threat?

My husband visited their home regularly of evenings, and I thought nothing of it until I heard that the husband and children retire early, leaving Ben and Maud (I'll call her) together. Now recently they've become quite bold and are meeting on the outside. I've had them followed the past month; and I can't understand how they can face their families and try to live normally, knowing their misconduct.

I am heartbroken and distraught, praying daily for guidance. There are innocent children to consider and I don't want to break up my home. I'd like to bring things out in the open, but I don't want to hurt Maud's husband, who thinks Ben is one of his best friends. Can a man still love his wife and have an affair with another woman for such a long time? Please advise.

### Hidden Penalty Of Wrong Doing

DEAR R. Y.: It is unfortunately true that a man may love his wife and yet get involved with an assiduous temptress. However, his ability to love will be lessened, progressively, to the extent that he consciously yields to unrighteous conduct—letting his will and imagination consent to wrong (or faithless) action. This is one of the

HOUSEHOLD HINT

To wash doeking gloves — provided they are labeled washable — use lukewarm water, making a rich suds of mild soap. Wash by squeezing and pressing, not rubbing, and do not wash them on the hands, since they may tear easily. If there are stubborn spots of soil, use a soft brush on them, but gently.

Wash the insides, if badly soiled. Turn right side out and rinse several times in lukewarm water. Some authorities advise a last rinse in light soapsuds for doeking.

Pat out excess water with a turkish towel, then stretch the gloves lengthwise gently, and blow into each one to puff it out. Lay the shaped gloves to dry on a turkish towel, and let dry slowly, away from direct heat or sunlight.

When gloves are almost dry, finger-press them gently by stretching the leather in both directions, to keep them soft and pliable.

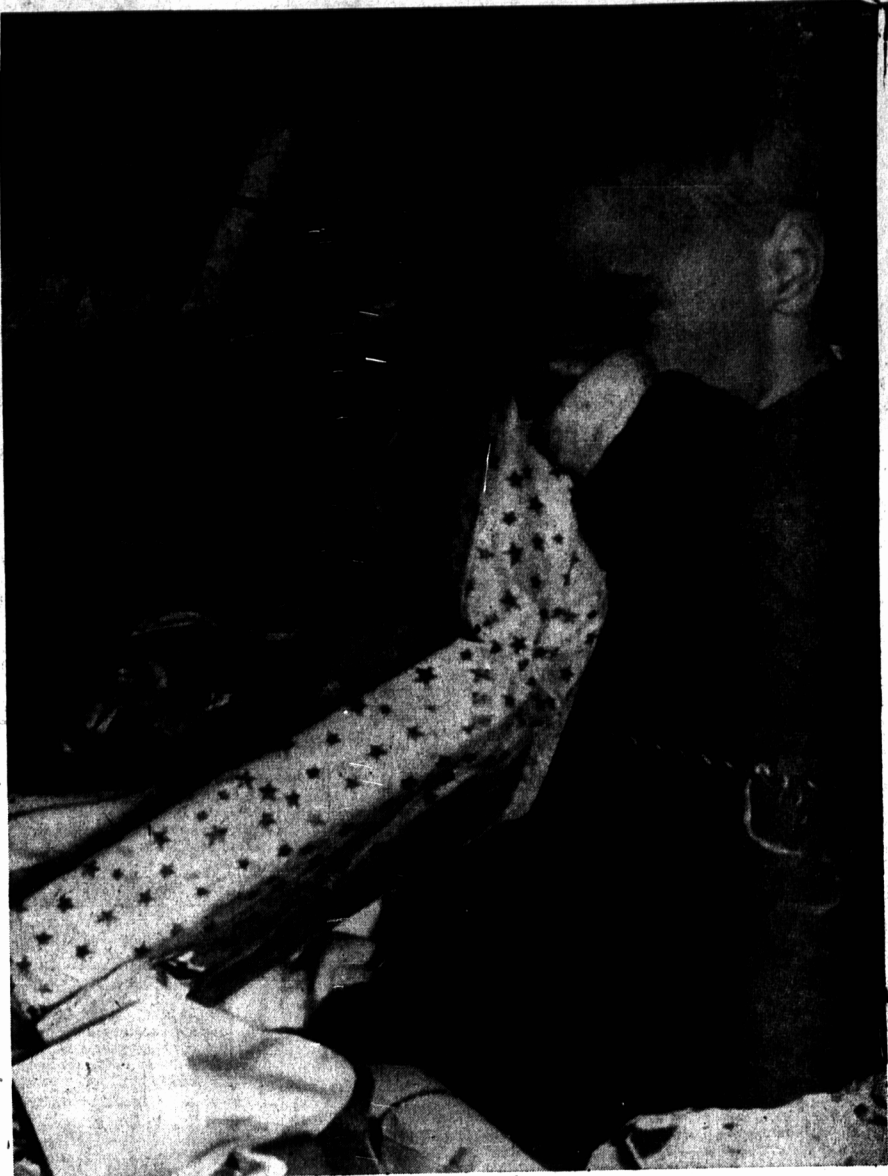
inevitable penalties of "sin"—namely, the diminution, the taking away, of vital human sensibility, for the duration of the offense against moral law.

In religious language, this lapse from the upper levels of human potentials, back to the swamps of animal instinct, is known as loss of God's grace—i.e., loss of spiritual life (spiritual vibrance, spiritual perception and spiritual care for the general good: qualities buoyantly alive in a morally foursquare personality). Loss of God's grace may be a temporary phenomenon—temporary in the sense that the loss can be overcome, and spiritual aliveness regained, by quitting the damaging (or deadening) course of action for right reasons.

But back to Ben's problem: His conscience was still alive and kicking when he first became irritable with you and the children. He was suffering the nerve-wrecking stress of inner stalemate—knowing he shouldn't play Maud's game, yet going ahead nevertheless. In a way he was sick, just as you inferred—morally sick, and emotionally "tired" by his losing struggle to maintain integrated control of his personality. Evidently he is a beaten man now, with spiritual sense and common sense both blotted out, as he "boldly" meets Maud about town.

### Silent Pretense Isn't Advisable

You are to be commended for trying to think ahead, instead of raving unguardedly. Breaking up the family isn't a solution, especial-



## Can't Wait To Get The Wrappings Off

Curiosity has really got the better of this little Charlottemont fellow, who has decided against the usual procedure of first the ribbon and then the paper, and is opening his gifts via the direct approach.—(Guardian Staff Photo).

KEEP IN TRIM

## Word to Remember is "Up"

By Ida Jean Kain

It's fun to be able to wear a high styled dress, particularly at this happy holiday season. The long torso line encourages perfect posture. You can't settle down. This demure style can do wonders for your figure . . . for you are forced to get on the posture beam and give your figure a lift.

The streamlining trick is to lift your weight by pulling up firmly with the middle muscles, beginning with the lower girdle muscles, and at the same time contracting the big hip muscles. This centers the lift through the middle of the figure, puts you in perfect balance and presto — the fore and aft bulge disappears. The waist slims up too, for with the lift through the middle, the ribcage is elevated and the chest raised to normal high position.

The old posture correction rule to "throw back your shoulders and throw your chest out" did enormous harm. Shoulders were never meant to be carried behind you or forced rigidly back, and pushing the chest out gets the whole lineup out of kilter. Shoulders should be relaxed and straight, not raised. It's easy to see there could be no benefit from lifting the shoulders . . . there are no figure lifting muscles attached there.

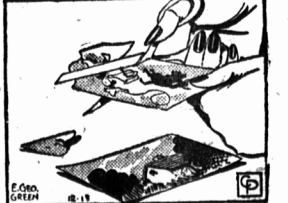
Another wrong emphasis given in the old time posture rules was to hold the stomach in — the emphasis should be to lift, pulling up with the girdle muscles, and the in-pull follows. It's uncomfortable to try to hold the stomach in, but not if you pull up and in. This results in a snug, secure feeling. Try this, pulling up first. In fact, the single posture rule to keep in

mind is UP. But remember, the secret is to make the middle muscles take the action and literally lift your figure. It's surprising the feeling of buoyancy and balance which follows. Not only does control give the figure a lift . . . it gives you a lift. It helps you feel poised and self-confident. Remember the instructions a wise teacher gave an actress . . . "Walk onto the stage as if you were a woman of thrice your beauty and you will be considered a beauty." That's true for you, too!

### MORNING SMILE

Mr.—She sang that song in a haunting manner.  
Mrs.—Do you think so?  
Mr.—Yes, there was just the . . . of a resemblance to the original air.

### Wife Preservers



Picture puzzles are a help in amusing a child who must lie in bed, but is not too ill to amuse himself. A quick way to make a puzzle for a young child is to cut a picture postcard into four or five pieces and let him reassemble them.



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VICKS MEDI-CATING COUGH SYRUP  
It Medicates as it Penetrates

For Sore Throat of Colds, try VICKS MEDI-CATING THROAT LOZENGES



## Early Morning Carollers At Local Store

Pictured above are a group of carollers, composed of the staff and early morning shoppers at Holman's who broadcast daily from the store in Charlottemont. The music was under the direction of Mr. Stanley Lancaster with Mr. Stanley Pope at the piano.

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