

WOMEN

Thursday, Dec. 30, 1954 The Guardian Page 3

Serve A Bowl Of Soup To New Year's Callers

By IDA BAILEY ALLEN

A big tureen of bubbling soup keeping hot over a warmer. Plenty of sandwiches on the table, and more ready in the freezer. Christmas cookies galore. Steaming coffee and beverages of man's choice. What more can guests ask on a round of calls on New Year's Eve? Make the sandwiches a day in advance, and refrigerate or freeze them. Have clam chowder, shrimp or lobster bisque, New England fish chowder, oyster stew or potato soup ready to heat.

Set a big table, buffet style, ready for service. Add a few dishes of assorted olives, pickles, or raw relishes on ice. With the first ring of the bell the party is on.

"To save time and energy, I suggest the ladies use the new frozen soups," observed the Chef. "They are all really tops. To date, the soups of various companies include oyster stew, fish chowder, shrimp bisque, clam chowder and potato soup."

"It would be a good plan for the hostess to have two kinds. The potato soup can be given a vichyssoise touch by adding a little cream and plenty of minced chives."

Fish Stick Sandwiches: Dust frozen fish sticks with monosodium glutamate. Broil 8 minutes, turning once; or spread on a pan and bake 25 minutes in a hot oven. Serve in buttered hot buns spread with sauce tartar.

Hot Ham-Biscuits: Bake thin baking powder biscuits in relays as needed. Spread with butter blended with table mustard and put together with slices of hot baked or pan-broiled ready-to-eat ham.

Now I'd like to suggest some assorted fillings for cold sandwiches. They can be made in advance and refrigerated or frozen.

1. Cooked minced beef, veal or lamb, slightly butter-sautéed, grated raw carrots and minced celery, combined with ketchup and butter.

Mustard Mayonnaise

2. Chopped eggs, minced chives and chopped cooked spinach, moistened sparingly with mustard mayonnaise. Butter the bread before spreading.

3. Chopped cooked bacon, cream cheese and minced clams mixed with homemade or canned Italian sauce.

4. Minced ham combined with cream cheese, butter, minced pickle relish and a few drops of Worcestershire.

Cut crusts from sandwiches, then put together as usual with the desired filling. Cut in halves or triangles. Stack up, slip in polyethylene bags, seal and refrigerate all day, or freeze up to two or three days in the food freezer. In the latter case, allow 30 minutes to thaw.

NEW YEAR'S EVE HOME DINNERS
(Nice Enough for Guests)

Tomato Aspic Salad
New Orleans Shrimp
Flaky Rice

Green Peas Hot Biscuits
Deep Mince-Apricot Pie
Plain or a la Mode

Coffee Tea Milk
New Orleans Shrimp: To 6 c. boiling water, add a bouquet of herbs, juice 1 lemon, 4 bay leaves, 3 peppercorns, tsp. salt, 1 sliced small onion, 1/2 c. sliced celery and 1/2 c. sliced carrot. Add 2 lbs. jumbo shrimp, either fresh or frozen. Simmer-boil 15 min.

Cook in the liquid. Drain; remove the shells and devein. Split the shrimp lengthwise.

While the shrimp are cooking, sauté 5 min. in 1/4 c. butter, 6 chopped peeled shallots (or 1/2 c. chopped onion) and 3/4 c. cleaned sliced mushrooms and stems.

Add the shrimp, 2 tbs. minced parsley and 1 crushed peeled section garlic. Cook gently 5 min.; turn often. Add 1/2 tbs. lemon juice, 1/2 tsp. beef extract (optional) and 1/2 tbs. sherry flavoring. Serve over flaky rice.

Deep Mince-Apricot Pie: This calls for cream cheese pastry and mince-apricot filling.

Cream Cheese Pastry: Combine 1/2 c. shortening and 1/2 c. cream cheese. Add to 2 1/2 c. already-sifted enriched flour re-sifted with 1/2 tsp. salt. Chop in with a pastry blender. Add 1/2 c. ice water or enough to make a firm dough.

Roll on a floured pastry board or cloth to an oblong shape a scant 1/4 in. thick that will fit the top of a 7" x 11" oblong baking dish or pan.

Mince-Apricot Filling: Over 1 c. dried apricots pour 2 c. boiling water; cover and let stand 1 hr. Add 2 prepared mince-meat, 1/2 c. sugar and 1/2 c. fine cracker crumbs; bring to boiling point.

To Complete: Turn the mince-apricot filling into a 7" x 11" oblong baking dish or pan. Top with the cream cheese pastry; press it closely around the edges with the tines of a fork. Slash 3 times on top. Brush with the yolk of an egg, mixed with 1 tbs. milk to form a glaze. Bake 30-35 min. in a hot oven, 400 degrees F. Serve warm with hard sauce, or cold topped with ice cream.

For Sunday, better plan a simple, wholesome dinner, as everyone will be tired of holiday fare.

SUNDAY DINNER

Tomato Soup	Gravy
Roast Beef	Broccoli
Panned Potatoes	Orange Sherbet
Fruit Cocktail Sauce	

Coffee Tea Milk

SUGGESTION OF THE CHEF
Add 2 tbs. butter, 1 tsp. curry powder and 2 tbs. minced parsley to flaky rice.

Take Stock of Health At Start of New Year

By HERMAN N. BUNDESEN, M. D.

There's a New Year's resolution I would like all of you to make—and keep.

Make up your mind that from now on you will have a complete medical examination at least once every year.

Neglecting Our Health

A great many of us know more about our automobiles than we do about our bodies. We take better care of our cars, too.

Don't wait until you feel ill before going to the doctor. An evaluation of your health at regular intervals can do much to prevent needless deaths.

A Yearly Check

For more than a quarter of a century now, I have been going to the Mayo Clinic at Rochester, Minn., about once a year for a checkup. I didn't think there was anything wrong with my health, but I wanted to be sure there wasn't.

Maybe you can't take the time to go to the Mayo Clinic, but you certainly can go to your family physician.

Disease Can Start Slowly

Many diseases start slowly and insidiously and we may be unaware of them. Your doctor may be able to correct these diseases if treatment is begun early.

By making an electrocardiogram tracing he can determine the condition of your heart. He can find out how your heart reacts to exercise, and whether its size is normal. He can test your kidney excretions to see if your kidneys are working as they should. He can also get an indication of how your kidneys are functioning by determining the amounts of various substances in the blood.

Special Tests

He can make special tests to see if your liver is working properly. He can take your blood pressure, and make other tests to determine whether your circulation is operating efficiently.

He can search for infection in your teeth, tonsils, nasal sinuses and, if you are a man, in your prostate gland.

Additional Consideration

By carefully considering any complaints which you may have, he can decide whether additional X-rays and laboratory studies are required.

Through this health audit, your doctor can determine whether you need a special diet, whether you need more vitamins and minerals, whether you should exercise more or less, and whether you should have extra periods of relaxation. If any specific medical or surgical treatment is needed, he'll discover that, too.

Making Life Worthwhile

With all the modern methods at our disposal, we doctors can do a great deal to recondition a person and, in this way, not only add years to his life, but continuing life to his years.

QUESTION AND ANSWER

N. M.: Is peeling of the lips a symptom of venereal disease?
Answer: This ordinarily is not due to venereal infection.

CLERMONT W. I.

The monthly meeting of the Clermont W. I. met at the home of the president Mrs. Cecil Mill on Dec. 14. Meeting opened with Jingle Bells followed by Creed. 8 members answered roll call by exchanging Christmas gifts; 2 visitors were present.

Sick and School Committees gave their report. New School Committee is Mrs. Cecil Mill and Mrs. Frank Shields. Correspondence was read and discussed. It was decided to send each orphanage \$5.00. Mrs. William Mill was appointed in charge of Bazaar work.

Next meeting is to be held at the home of Mrs. E. Raynor. Roll call is to be answered by a donation to fish pond. Lunch Committee will be Mrs. G. Mill and Mrs. E. Mill; Program Mrs. H. Mill and Mrs. W. Mill. Lunch was served by committee in charge, after which Christmas carols were sung.

EAST BALTIC W.I.

On Dec. 7 the members of the East Baltic Women's Institute met at the home of Mrs. Arthur Dixon for their regular monthly meeting. The meeting opened with a Christmas message by the president and all the members sang "Silent Night," followed by repeating the Institute Creed.

Roll call was answered by an exchange of Christmas gifts. The minutes of the last meeting were read and approved; then the Red Cross sewing and knitting was distributed among the members.

Appointed committees were as follows: Program committee, Mrs. John B. Fay, Mrs. Walter Dixon; Lunch committee, Mrs. Harry Dixon, Mrs. Wallace Rose, Mrs. Colin Dixon. It was decided to send \$5 to T. B. League, also to get cod liver oil capsules for school children. Plans were made to show films and have a sale of lunches in the school on Monday night, Dec. 13. Proceeds from the lunch to help pay for new stove for the school.

It was moved and seconded to get two new blinds for the school, also to make a fruit cake as a gift to the Souris Hospital for Christmas. The secretary and Mrs. John Dixon were asked to pack candy and apples as treats for school and pre-school children at Christmas. Collection for the evening amounted to \$110 four new members joined and one subscription for Institute news. Roll call for next meeting to be answered with a small gift to the hospital. Mrs. Wallace Rose invited the members to her home for the January meeting. Meeting was adjourned by singing "God Save The Queen." A delicious lunch was then served by the hostess, assisted by two of the younger members.



MR. AND MRS. STANLEY B. ZINCK

Wed in the Church of the Ascension of Our Lord, Westmount, Montreal, recently, are Mr. and Mrs. Stanley B. Zinck. The bride, the former Tisie McCardle, is the daughter of Mr. and Mrs. Daniel J. McCardle of Chelton, P. E. I. Mr. Zinck is the youngest son of Mr. and Mrs. Winton H. Zinck of Kentville, N.S.

A Clean-up Campaign For Holiday Trimmings

By ELEANOR ROSS

The holidays are over. The tree is looking bare, its trimmings awry, the festive bows and boughs are sagging.

Now begins the job of storing away trimmings that can be reused, and putting the house to rights in proper workaday order.

To avoid strewing about any more evergreen needles than necessary, it's a good idea to carry a big carton or basket around with you to gather the greens from the mantel and elsewhere.

Pitch Spots

Then check for any sticky pitch spots, and wash them off with a soapy cloth before they collect dust and grime.

It'll pay to make a production of dismantling the tree. Take your time, gathering the loops and hooks of each ornament in a small jar or box so there won't be a frantic search next year.

Wipe off all balls and bulbs with a soapy cloth to restore their shine, dry carefully, wrap separately in tissue and pack away in well-labeled boxes.

Egg cartons make fine and sturdy containers for the smaller items.

Tree Stands

Metal tree stands need to be washed in soapy water and dried thoroughly before putting away, to keep them from rusting.

Cotton batting used under a tree

KEEP IN TRIM

Banish That One Cylinder Look

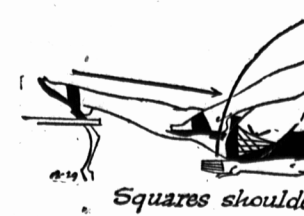
By Ida Jean Kain

Take a deep breath . . . we're going after curves! You flat-chested girls keep asking for a routine to put a little meat on the collarbones and banish that plucked chicken look through the chest. Fine . . . that and better health, too!

Exercise normalizes. All exercise is building in places where you are underdeveloped. Exercise can work wonders in the direction impoverished tissues. Of course, only the right nutrients can properly nourish the tissues. You can't expect magic from building-uppers if you are not providing your body with

floor until they are stretched out on floor beyond head. Swing back down to sides and repeat. Feel how this pulls your shoulders squarely into line? When you get the knack of this movement, then bring alternate knees toward chest as your circle around with arms. Pull up and in strongly with stomach muscles and press the small of your back against floor, for that straightened-out sway-back. Do this exercise daily . . . 6 times.

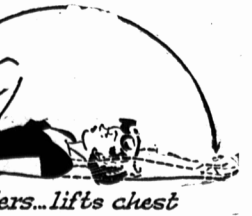
Borrow the handle from the carpet sweeper . . . sit in a straight chair and hold wand overhead,



the materials to do the building! If your appetite is none to robust, then it is foolish to fill up on the foods which do not furnish their full share of essential nutrients, now isn't it? Check your meals to see that they include 3 glasses of milk; protein in the form of eggs, meat, fish or fowl; green leafy and yellow vegetables and two other vegetables; fresh fruits, including a citrus fruit; and enough grain cereal and good bread and butter to furnish nourishing calories. It takes extra calories to gain.

Now to the exercises . . . you need to create a demand for more oxygen, then you'll want to breathe deeply. Take a daily walk and lift your chest and breathe deeply . . . you'll come home all aglow. Ask a friend to take a penny walk with you . . . at each corner, flip a coin to see which way to go! It's fun! You'll never add curves if you sit huddled in a chair, watching TV for hours on end!

You can't banish that one cylinder look if your round your shoulders. To square your shoulders do this exercise: Lie on back on floor, with feet propped up on low bench, arms down at sides, backs of wrists on floor. Now, keeping backs of wrists on floor, slowly circle arms on the



hands wide apart, palms forward. Slowly lower wand behind shoulders — hold. Put force on the downward motion, keeping head erect. Finish by returning the handle to the carpet sweeper!

You won't see much change by next Tuesday, but 30 days from now you'll start feeling like a new girl . . . and come spring, you'll have curves across the collar bones!

Wife Preservers

The long loops of beads, that are so much the fashion now, may be washed by first basting the neckpiece to a Turkish towel. Dip them up and down in a basin of lukewarm suds, using only one needle each at a time. Use a soft complexion brush to scrub between the beads. Rinse and hang them up to dry still sewn to the towel.

MARY HAWORTH'S MAIL

Depressed by Mate's Neglect; wife Steals

DEAR MARY HAWORTH: I have a young sister who has been married only a year. She has a lovely baby girl, and since the baby came Ellen has been very depressed, owing to the fact that her husband is always "out with the boys", spending his earnings, never concerned about living expenses, etc.

When Clyde is home for an evening, he ignores Ellen to the point that if she shows any affection, he tells her to get away, to leave him alone, he is too tired and so on.

Ellen always has been a lovely girl and has good morals; but because of her emotional depression and financial worries (also because she is a sister I love very much), I have been giving her what little financial help I can.

How Control The Mistake

Now the real problem is that I have caught her stealing money from my wallet; and I know her motive is to pay some household expense. I don't know how often she has done this, but I do know that it is something new for her, and she wouldn't do it unless she were desperate. I am worried sick about the whole thing—Not because she has taken money from me but for fear she may do it to somebody else.

How can I tell her that I know she has been taking money from me? I know she will cry from shame and hurt, to think that she has stooped so low; and I will, too, but what can I do?

E. R.

Each Disturbs Other's Fears

DEAR E. R.: It appears that Clyde and Ellen are two of a kind in their piteous immaturity of character, evident in the behavior you report. Each is manifesting a childish kind of panic, in the wake of the shock of producing a baby—as if this were a form of responsibility they'd never counted on, and have no idea how to manage.

Clyde has, in effect, taken to his heels, back to the thicket of bachelor days—as if to kid himself in company of "the boys", that nobody has any strings on him; that he isn't tied to a wife and baby; that he is just as free as he was before marriage. And in pushing Ellen aside, spurning her affection, when at home, he is figuratively rejecting mate-love as a trap—because he profoundly resents the "costs" of love; the obligations that go along with sharing the life of the girl you want (or once thought you wanted exclusively).

Ellen's critical depression, in the rejection experience, signifies a chronic private history of emotional confusion and insecurity that pre-dates her involvement with Clyde. It suggests a habit of helpless dependency upon some "next person" to protect her from, and carry her through life.

Morbid Childish Neurosis Evident

Perhaps Ellen was both overly supervised and meanly treated by parent (or caretakers) in formative years, so that all along her personality has been shaky and disorganized for lack of suitable support and instruction, in getting conditioned for healthful self-reliant living. In any case, the record indicates that she brought a rather sickly personality to marriage, and now the problems posed by Clyde's childlikeness seem too much for her. Neither party is to be of help to the other at this juncture. Instead, each aggravates the other's hysterical sense of weakness in time of trial.

In stealing from your purse, Ellen exposes the early-childish level of her neurosis. It is well known that disturbed children pilfer this way—activated by unclarified feelings of anxiety, in revolt against dependency. It is vitally important to bring the error to her attention, to keep the tendency under control, until her whole neurosis has been remedially treated.

My advice is to get confidential guidance immediately from the Family Service Association (or Family Society) in your vicinity. Also, write to 22 East 36th Street, New York City, 16, for Evelyn and Sylvanus Duvall's pamphlet "Solving Your Marriage" (25c). M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

HOUSEHOLD HINT

Papers, rubbish and litter anywhere in your cellar, especially near the furnace, are a dangerous fire hazard. Paints, turpentine and painting materials should not be near the furnace.



MARSHMALLOW FUDGE

4 cups sugar
1 large can of evaporated milk
1 cup butter or margarine
2 6-oz. pkgs. semi-sweet chocolate
1 pint marshmallow creme
1 tsp. vanilla
1 cup broken walnuts
Walnut halves

Cook sugar, milk, and butter to soft-ball stage, stirring frequently. Remove from heat; add chocolate pieces, marshmallow creme, vanilla, and one cup nuts. Beat until smooth. Melt and blend. Pour into buttered 8x8x2-inch pan. Immediately score in squares and top each piece with a walnut half. Cool and cut in squares. Makes five dozen one and one-half-inch pieces.



Choice for Midyear

One of the most talked of fashions that has come up at this time of the year is the baby doll dress for wear between seasons and year round.

The reason for its name is the youthful styling which includes an abbreviated Peter Pan collar, tiny puff sleeves and a graceful skirt. This one is in a strikingly different jumbo plaid woven cotton. Red and navy combination, sizes are ten to eighteen.

Celebrate Golden Wedding Anniversary

A very large number of friends called on Mr. and Mrs. George R. Bowness at their home in Norboro on the occasion of their 50th wedding anniversary. Golden tapers and white and gold mums lent their beauty to the tea table, featuring the two wedding cakes and presided over by Mrs. W. P. Callaghan of Summerside.

Receiving with Mr. and Mrs. Bowness were Mrs. Marshall Constable in the afternoon, and in the evening Miss Lottie Sims, and Mr. Hugh Morrison, best man of 50 years ago. On that auspicious evening of Dec. 14, 1904, Mr. Morrison drove to Malpeque and ably supported his brother, William, who was also being married, and returned to Kensington in time to act as groomsman for Mr. Bowness.

Mrs. Bowness was the former Johanna MacKelvie and her bridesmaid was her sister, Eliza. She is now Mrs. Prater and had returned to her home in Butte, Montana, after a visit here earlier this year and so was unable to be present at the Golden Wedding. The couple were married at the bride's home in Kensington by the Rev. A. D. Stirling.

Among those assisting at the reception were two granddaughters, Elaine Murray who ushered, and Donna Bowness, who was in charge of the guest book. An only daughter, Mary (Mrs. Charles Murray) and an only daughter-in-law, Mrs. Gerald Bowness, all of Charlottetown, also assisted in serving. Others assisting were Mrs. George Cotton, Mrs. Harlie Sims, Mrs. Frank Bowness, Mrs. Harry Bowness, Mrs. Alex Douglas and Mrs. Clark Harding.

Family, friends and neighbors honored the celebrants with gifts. An address was read by Mrs. Everett Glover on behalf of Norboro neighbors and a studio couch was presented. A large mirror was a gift from Kensington friends and relatives, and the Summerside cousins and friends presented Mrs. Bowness with an electric clock. An end table was presented to the couple by their family, and a number of individual gifts were also received.

Mrs. Bowness was the recipient of a Women's Institute Life Membership and pin at the December meeting of Norboro W.I., in recognition of her devoted service. She has been the capable secretary to the Norboro School trustees for many years. —Bur.

ALICE BROOKS DESIGNS

FOR CHILD'S P. J.'S

Every morning the children's pajamas go into this happy clown's tummy! Such fun! Such a clever way to teach youngsters to pick up and put clothes away.

Use scraps — the gayer the better! Pattern 7239: pattern pieces, cutting guides, directions.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

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Pattern 4556: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 4 1/2 yards 35-inch fabric.

This pattern easy to use, simple to sew is tested for fit. Has complete illustrated instructions.

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MORNING SMILE

Grandpa—Yep, I put nigh on to three hundred men out of action once when I was in the army.

Sonny—I didn't know you were such a hero. You never showed me your medals!

Grandpa—No medals. It just happened I was camp cook for a week.



WE WILL BE OPEN

NEW YEAR'S DAY
11 A.M. to 1 P.M.; 6 P.M. to 8 P.M.

SUNDAY, JAN. 2nd
10 A.M. to 9 P.M.

Hughes DRUG CO. LTD.