

WOMEN

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LET'S EAT

The Smart Cook Uses Every Bit of Chicken

By Ida Bailey Allen

"For years," I was telling the Chef, "an ambition of countless American homemakers was a chicken dinner every Sunday. Finally, the idea crystallized in the slogan of a presidential campaign, 'A chicken in every pot.'"

"Now, years later, this dream is realized. There are plenty of chickens available at reasonable prices, not only for Sunday dinner but for any day in the week. Chicken is a first-class protein, easy to digest, especially if it is roasted, broiled, fried or boiled. It ranks with beef in nutritive value."

A GOOD SOUP

"I would like to add, Madame," he replied, "that a good chef uses a chicken to the last bite. The giblets also, except the liver, are pressure-cooked into a good soup for lunch, along with the chicken bones and oddsends, carrots, celery, a bunch of soup greens, a quart of water and a little rice. "It is amazing how much flavor there is when the chicken bones are pressure-cooked. And the liver makes a delicious pate."

"A chicken dinner is a treat in every country. For example, this recipe from Norway is very good."

Chicken Norwegian: Prepare (3 to 4 lb.) roasting chicken as necessary. Dust inside and out with a mixture of 1 1/2 tsp salt, 1 tsp monosodium glutamate and 1/2 tsp pepper.

Pull enough small parsley sprigs from the long stems to make 3 c. Mix with 1/2 c. melted butter. Pack into the cavity of the chicken. Then, generously rub an 8 inch

square piece of heavy-duty aluminum foil with butter.

Place the chicken in the center; press the foil over the chicken. Fold up and overlap the edges, envelope fashion. Bend the ends to form handles—no trussing necessary, as this holds the chicken in shape.

Place in a pan and roast 1 hr. in a hot oven, 450 degrees F. Open the foil; turn back to expose the heat to 375 degrees F. Continue to roast until the chicken is golden brown and slightly crisp, then remove it.

There will be at least 1/2 c. drippings in the aluminum foil. Pour this off; add 1 c. commercial sour cream; reheat, season to taste with salt and a dash of Tabasco; use as a sauce.

TOMORROW'S DINNER

Mixed Vegetable Saladettes
Chicken Liver Pate Crackers
Chicken Norwegian
Flaky Rice Deviled Beets
Butterscotch Pudding
Mocha Nut Sauce
Coffee Tea Milk

HURRY-UP CHICKEN LIVER PATE FROM THE CHEF

Chop 1 medium onion fine. Add 1 tsp. minced celery. Steam-saute until soft and yellowed in 2 tbsp. butter.

Add 1 or 2 chicken livers and slow-saute about 5 min.

Add 1 hot hard-cooked egg and 1 tbsp. minced raw celery. Chop very fine.

Work in 2 tsp. butter. Season to taste with salt and pepper.

Pile into a small dish, and chill. Serve on crisp crackers.

Happenings

Mrs. Claude Smith returned by air from Calgary, Alta., on Monday after spending two months with her daughter and family, Mr. and Mrs. William Reynolds and their six-month old son, Thomas. Mr. Reynolds is employed with the Pule Construction Company. Mrs. Smith arranged a brief stop-over in Regina with her mother's sister, Mrs. J. A. Lane, who prior to taking up residence in the west 40 years ago, lived at Crows Roads.

MEMORIAL L. O. B. A.

At the regular meeting of Memorial L. O. B. A. No. 266 held on December 23rd., the following officers were duly elected for 1956: W. M., Mabel McLean; D. M., Edith Saunders; Rec. Sec'y, Janet Beaton; Fin. Sec'y, Florence Gillespie; Treas., Margaret Shaw; J. D. M., Jessie Beaton; Chaplin, Mary McDougal; Guardian, Alice Jewell; D. of C., Jessie Larter; St. Lect., Elida Brehaut; Dep. Lect., Rena Cook; Inner Guard, May King; Outer Guard, Mary Doucette.

STANDING COMMITTEE:

2nd, Murielle McLennan; 3rd, Helen Turner; 4th, Addie Affleck; 5th, Mary Dickie; Auditors, Annie Darrah, Hazel Large and Mary Roberts; Sick Committee, Edith Saunders; Mary Doucette and Rebecca Bulman; Juvenile Guardian, Lilla French.

NEW LONDON W. I.

Mrs. Leigh McEwen was hostess to the New London W. I. for their January meeting which was held on Tuesday evening January 10, 1956. The meeting opened with Happy New Year to all, followed by collect in unison. Roll call was then answered by a new year resolution by 11 members. Three visitors were also present. Minutes were then read, approved and signed. Mrs. Harold Mayhew gave a report on the hall, then a discussion

followed on a curtain for the hall so it was decided that the Sec'y send for samples and prices. Sick committee reported the shuttles were remembered at Christmas also the school children with treats. School committee reported that soups had been purchased for the school children and several other articles. It was moved and seconded that all bills be paid. Correspondence was read and several thank you notes.

Mrs. Morton Adams will be hostess for the February meeting. It was decided to have a card party at the home of Mrs. Marion Cole on January 19. Collection received \$1.60. Birthday Box was passed around. Program then followed on a paper on A. C. W. W. conference which is to be held in Ceylon this year, by Mrs. Eric McEwen and one on "How do We Benefit by electricity," by Mrs. James E. Cole. Then came a Geography match won by Mrs. Marion Cole and a spelling match won by Mrs. H. Mayhew. Meeting closed with the Queen.

Lunch was served by Hostess and committee in charge and a social hour followed with Mrs. Fred McEwen and Miss Ruth McEwen at Piano.

MURRAY HARBOR W.M.S.

The Dec. meeting of the W. M. S. of the United Church Murray Harbor met at the home of Mrs. Nathan Irving with eight members and eight visitors from the W.M.S. of Murray River United Church. The worship service was led by Mrs. Nathan Irving and Mrs. John Machon with the Christmas story and carols singing. Collection was received and roll call was answered by a verse of Scripture.

Minutes of last meeting were read and approved. The Treasurer gave a report of the thank offering collection. Thirteen sick calls and

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Words Of The Wise

It would be folly to argue that the Bible cannot make political mistakes. They can and do make grave mistakes. They know it, they pay the penalty, but compared with the mistakes which have been made by every kind of autocracy they are unimportant.

—(Calvin Coolidge).

PRE-NATAL DIET

Diet of the expectant mother should include plenty of milk and milk products, and at least three glasses of water daily.

Mary Haworth

Was Happy In Family Until She Found She Was Adopted

DEAR MARY HAWORTH: I am a girl 19, and until two months ago I was very happy at home. I was genuinely devoted to my parents and then suddenly my happiness was shattered.

Quite by accident, I overheard my mother talking to my aunt about the death of my father. Knowing that my father is in excellent health, I asked mother what she was talking about. She stammered some excuse, then said: "It is time to tell you the truth. You are adopted. We love you so much that we didn't want to hurt you by telling you that you weren't our own daughter. Please don't hold it against us."

I was so shocked and appalled that I didn't know what to do or say. Finally the numbness began to wear off and I asked about my real parents. It seems they couldn't afford a child, so my foster parents offered to take me; and thought it best not to tell me.

WANT HER BACK

Even though I had never met my real father I wanted desperately to look like him. I told my foster parents of my wish, and they were furious at them and threatened to leave home; but they wouldn't change their minds. I didn't go, and that was the beginning of trouble between us.

Later I came home one evening and found my mother talking to a strange woman, and after just a look, I knew she was my real mother. The mistake was my foster mother's, for letting me see this woman to whom I really belong. She was sitting on the couch, crying and saying how lonely she was, and that she wanted back the only thing that was really hers—that is, me.

That is my problem. I realize my foster parents love me very much and I love them; and I am very grateful for all they have done for me. But I love my real mother too, and know that she needs me badly. What should I do-stay with the kind people who raised me? Or go to my rightful mother, who is a very lonely unhappy woman? Please help me; I am desperate.

D.S.

INTOXICATES GIRL

DEAR D. S.: In a childish way, you are having a wonderful time, dramatizing to the hilt your discovery that you are an adopted daughter. Figuratively you are drunk with a sense of power over your (foster) parents, for a complex, egoistic, mixed-up reason, since you first got wind of her adoption from your foster mother's regards herself, apologetically, as four cards reported. Mrs. Whiteway thanked the member for their kind invitation to be present at this meeting and the president replied. The meeting closed with the Mix'nsh Benediction. Lunch was served by the hostess and members.

ROSE VALLEY W. I.

The monthly meeting of Rose Valley W. I. met at the home of Mrs. James Cousins on Jan. 4th. The president, Mrs. William Newsome, presided. Meeting opened by repeating creed in unison. Roll call was responded to by eight members. By making a New Year's Resolution or paying a fine. There were six visitors present. Minutes of last meeting were read, approved and signed. Correspondence was read and discussed. There were a few donations received. It was moved by Mrs. William MacDonald that \$2 be given to Bradshaw Library, seconded by Mrs. James Cousins.

It was reported that a Science Kit was purchased also other articles that were needed for school Red Cross Convener, Mrs. MacDonald, recorded the numbers of articles that the members were willing to make. The material to be given at next meeting.

A letter of thanks was received from Mrs. Ewen Todd. Mrs. Emma McKenna invited members to her home for the February meeting. Roll call each member donating a card, collection \$1.55.

Mrs. Dorothy Webster led a contest. Mrs. William Newsome was the prize winner. Meeting closed by the National Anthem. Lunch was served by the hostess.

KEEP IN TRIM

Reducing Together Strengthens Willpower

By Ida Jean Kain

Reducing together is exciting and amazingly effective, according to glowing progress reports of reducing clubs from all over the nation. Overweights who have never before been able to stay with a diet are now losing happily. Today's inspiring report is from an enthusiastic group in New Jersey:

"We are a club of 30 overweights and call ourselves 'Contours Limited.' That is what we aim to do—limit our contours. From all indications we are going to succeed. We have been meeting weekly for about two months and have lost well over 200 pounds so far.

"Our meetings are begun with a prayer. We then get on the scales and weigh in. That keeps us all 'on the ball.' No one likes to have the scales show a loss (or heaven forbid) a gain. There is a ten cent fine when there is no loss. Having to pay hurts our pride more than our purse.

"We then have individual discussions of particular problems. Since we read your column regularly and follow your suggestions, diets and exercises—somebody invariably pipes up with 'Ida Jean Kain says...' Many thanks for your inspirations and guidance." Cheers for Contours Limited, and with such a fine spirit, you are well on the road to healthy normal weight!

The clue to the heartening success



Vows At Summerside Manse

Mr. and Mrs. William Ross Letourneau. The groom is the son of Mr. and Mrs. Nell Bradshaw, Summerside. (Photo by Edwin Heckbert Studio.)

Mr. and Mrs. Nell Bradshaw, Summerside. The bride is the former Miss Joan Letourneau. (Photo by Edwin Heckbert Studio.)

something less than "the real article."

This has been your foster mother's biggest mistake (if any) in dealing with you; for the relationship is a credit to her, and a reproach to the natural parents who gave you away (as requiring too much care and expense) when you were totally helpless and dependent. So come down off your high horse at home—in facing your alleged "problem" of trying to decide between two mothers.

In lacking courage over the years, to acquaint you with your adopted status, your foster mother manifests too sensitive sensibilities towards your initial problem—of being rejected by your natural parents. And towards her initial problem, of being childless involuntarily. She keenly "felt" for you on the first score, hence unconsciously assumed you'd be cruelly "hurt" when and if you knew. And for herself she felt ashamed, as if she were less than a real woman, in not bearing children of her own. I take it. So much for her long-time reserve, which you penetrated by accident.

CRISIS LINKED

Back to your "problem": In later adolescence, many pampered boys and girls become invested in unconscious ego conflict with parents. They love their parents, yes; but even so, want to be rid of them, in terms of shucking-off their authority and no longer "needing" them as protectors. I think you were in this boat, subjectively, about the time you were discovered your real genesis; and that's why you are so excited about which way to jump nowadays.

It appears that your blood mother has been a problem to herself (and others) all her life; and is a "problem still—who erroneously assumes that if she had you back (to lean on) all would be well, at least.

COOK'S CORNER



BAKED PARSNIPS

1 cup coarsely grated parsnips
1/2 tsp. salt
1 tsp. lemon juice
1/2 tsp. sugar
2 tbsp. water
Mix and put in greased casserole (1 1/2 qt. size). Cover and bake at 350 deg. F. for 25 minutes.

ELLEN'S DIARY

It Will Be Remembered

Yes, in later years, children of now, and older folks will look back to this first month of a new year to remember well the silver thaw which came innocently, it seemed, out of a mild night to set the power and communication lines broken and tangled, rivers rambling, homes more or less flooded, trees and shrubs snapped and torn. They will for a while be some hat appreciate. 've when they chance to feel a soft wind of January blowing, remembering what the first ice storm is the history of the provinces and the prolonged spell of thawing following it had done.

We suppose that the like of Granddaughter and Mack looking back will recall the crystal dressings of ice-coated world about, the bent branches of the white birch and the snap and crackle of the breaking pieces. They will remember too the white of winter preceding his and the almost unbelievable change which followed it.

Will they recall when relating

HOUSEHOLD HINT

When your travel window drapes come together in the middle, the section should lap over the other by about four inches for privacy. This is called the "overlap," and you can purchase positive locking master slides that overlap generously.

MORNING SMILE

Policeman—How did you happen to hit the pedestrian?

Motorist—I didn't hit him. I came to the stop sign. I stopped. I motioned him to go across the street. And he fainted.

tales of their young years to children or children's children in strange new times, that on an afternoon and on into the dusk of a mid-January day—the 16th of the month to be exact—their Dad plowed a patch of three acres in a field up the rise from the buildings to be the mangel land of the year? Part of it too had been treated by the manure spreader the same day, beneath a sky which gave pale sunlight briefly before lapsing back into the quiet damp of showers, continuing the kind of weather which had been prevailing for days. Nor was it only on this farm that such husbandry was done of late but on various farms throughout the countryside. Turnips too, caught in the rows by November snows have been harvested on these strange January days.

And will this lengthy spell of mild weather prolong unduly the winter, we wonder?

"We'll soon know," a visiting farmer commented with a twinkle at week-end. Come Candlemas Day that will settle it! I reckon there'll be plenty sun that day! Of course one never knows. But this much is certain—spring won't come in the middle of winter."

"That's right," James agreed. "There'll be cold and snow yet before the robins come. There'll be mornings when we'll see tractors coaxing the cars along, again."

"That will be like the joke I was reading," one of the household laughed.

"It seems, two farmers were discussing the weather. And one said, 'I've seen it so cold, one morning our tea kettle was frozen on top and boiling underneath!' And the other said, 'oh, that's nothing—the other morning it was so cold I saw a blue jay towing a red squirrel to get him going!'"

"And that's the way it will be



New Parliamentary Reporter

Francoise Cote, recently appointed Ottawa parliamentary correspondent by the Montreal paper, La Patrie, works at her desk in the Centre Block. The first French-speaking woman member of the

press gallery, she worked for eight years with L'Evenement-Journal, Quebec City, and one year with Ottawa's Le Droit before joining La Patrie. (CP Photo.)

one of these fine mornings." James that roofs the cup of this valley, Until tomorrow—Diary—Good chue!—d. But tonight, it is a dim, dank sky night.



SPECIAL OFFER THIS WEEK

Save 5¢ on **GIANT SIZE BREEZE**

And inside the package you'll still find a **CANNON TEA TOWEL**

[in both Blue Breeze and White Breeze]