

WOMEN

Page 8 The Guardian, Friday, Sept. 2, 1955

LET'S EAT

Why One Woman Made Soup Out Of Gingerbread

By Ida Bailey Allen

"As I came up the walk to the house," said the Chef, "I met a lady coming out. She had a strange expression on her face, as if she were both relieved and embarrassed all at once."

"You're a good judge of emotions, Chef," I told him. "She lives in the village. It seems she has not been able to make gingerbread, even with a mixer. This made her feel foolish, inferior and unsure of herself, so she finally decided to ask my help."

SAYS SHE'S JINXED

"I'm jinxed, at least as far as making gingerbread goes," she began. "I follow the recipe exactly as it says on the box, but the gingerbread always turns out soupy."

"Soupy?" I exclaimed. "Is this box of mix you show me the same brand as the one you used?"

"Yes," she replied. "You put the contents of the package in a bowl and then beat in seven cups of water just as it says."

"Seven cups?"

"Yes—there it is, seven!"

WEARS GLASSES

"Do you usually wear glasses when you read?" I asked.

"Yes, but not when I cook. They get all sticky and steamed up."

"Please put your glasses on," I told her. "Now read the recipe aloud."

"Put the contents of the package in a bowl," she read, "and then beat in one cup of water. One cup? But before, when I read it, it looked like seven because I thought I saw a little notch on the top."

KEEP IN TRIM

Get Into The Streamlining Act

By Ida Jean Kahn

A slender silhouette with a snug waist predominates fall fashion. High time for direct action.

When it comes to figure shaping, calisthenics, actions speak louder than words. Time and again readers explain that they simply cannot get the gist of exercise instructions by reading them. Of course not—exercise must be acted out.

Set the stage by thinking of the measurement you wish to slim down. Such concentration helps to direct the action. Also the trick of visualizing brings streamlining results faster.

Today's streamliners will be directed to the three figure controlling measurements—waist, abdomen and hips. First an easy exer-



Tones fore and aft muscles

Use to tone the girdle muscles. Position: Lying on back on floor, with knees bent, soles of feet on floor, arms down at sides.

Movement: The action is merely to raise the hips off floor, pulling up and in firm with the abdominal muscles, and hold this movement for six seconds. The holding increases the strength of the muscle. Try a six word count such as "slim, svelte, snug, for-slender-fall-styles." Lower hips, again pull firm with middle muscles, raise hips and repeat action. Three times is sufficient, when done daily.

The second exercise tones waist and girdle muscles. Position: Kneel in an upright position with back straight, head erect. Now, sit back on the heels. Hold arms out at sides, shoulder level. In this position hips are held firm so there is no way to go wrong on this exercise.

Movement: First pull up-and-in

with girdle muscles and, keeping this snug grip, bend slowly side-wards to the right until fingers of right hand touch the floor. Bend side-wards to the left, touching fingers of left hand to floor at left side. Do this slowly and smoothly. Hold the bending movement and stretch up with the raised hand as you reach downward with opposite hand.

That exercise may sound difficult in words, but if you'll kneel, sit back on heels, and bend slowly side-wards, you've got it. And it does come to grips with flabby middle muscles.

Now for the hip slimmer. Position: Lying on right side, legs straight down, left leg on top men and hips. First an easy exer-

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Movement: First pull up-and-in

right arm, with palm of left hand braced on floor for balance.

Movement: Swing top leg rearward, then forward, and back again—hold. Swing to the rhythm of to-wear-a-narrow-skirt. Hold on the second backward swing for six seconds, then swing through routine again, three times. Change sides and repeat.

When you act out exercises daily they are surprisingly streamlining.

MORNING SMILE

Two boys who were visiting a local museum suddenly came across an Egyptian mummy in a beautiful case beneath which appeared a small card bearing the notation "2543 BC."

Said the first boy: "What do you suppose that '2543 BC' means?"

"I dunno," replied his companion, "unless maybe it is the licence number of the car that hit him."

COOK'S CORNER

LEMON SHERBET

2 cups of milk
1 cup sugar
salt to taste
1 teaspoon grated lemon rind
1-3 cup lemon juice

Method—let milk, sugar and salt stand in bowl for 15 minutes. Then add juice and rind. Freeze to a mush, beat quickly once, then freeze until firm.

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MARY HAWORTH'S MAIL

How To Keep Child Unspoiled

DEAR MARY HAWORTH: We have a somewhat luxurious modern home in a fashionable neighborhood. Our neighbors are friendly, though reserved with one another. They include prominent people—the country club set, retired couples, a few phony social climbers, and many moderately prosperous families like ourselves.

We like the standards set by this community. I believe I am a better person for the associations—and so are my husband and the children. The children thrive in the excellent school and we are cordially accepted in the community.

Bob and I are harmonious companions, without any desire to join country clubs or to enter a whirl of social activity. We live simply, as we always have—entertaining at home, devoting much of our time to the children, sharing much of our recreation with them. We are active in church work, as are most of our neighbors.

SELECT SOCIETY

PROVING COSTLY

Our eldest child is in the fourth grade at school and, ever since kindergarten, each year has brought a greater whirl of parties, ever more lavish and expensive. Against my better judgment I find myself spending more and more on clothes and return hospitalities. That we can afford it is not the point. But I have begun to see my children outgrow simple pleasures, and I am afraid they will lose the common touch.

Now our children are unspoiled and sweet; but what shall we do when expensive camps, fabulous parties, European tours, all that money can buy, are expected of us? How can we be sure of adjusting them to these exemplary people, without catering to a social life that we do not approve? I would thank you kindly for your comment.

SOME EVASION OF REALITY HERE

DEAR R.S.: I am not sure that you are quite clear what your point—or your worry—is. In discussing the ever-expanding costs of children's social activity in your community, you say "That we can afford it is not the point." Does this mean that you can, or cannot, afford the luxury standards set by those households you most admire? Your phrasing is rather ambiguous.

It seems you are trying to persuade yourself that your future potential spending power isn't the uncertainty mark at the core of your social policy for your children. You indicate a belief in the simple life, per se, as the dependable source of good experiences. You imply that expensive camps, fabulous parties, European fluences on children, from your viewpoint.

However, your present performance casts doubt on the sincerity of your philosophizing. Already you are "spending more and more on clothes and return hospitalities" (for your children). You say, "Which suggests that you aren't substantially in-the-money; because the fact is that conservative expenditure, and independent social policy are characteristic of families that feel solidly secure, psychologically and/or financially, in relation to friends and neighbors."

GIVE CHILDREN INSIDE COMPASS

If it isn't in the cards for you to spend comfortably on a par with the really well-heeled in your neighborhood, the sensible course for the children's sake, is to cut your goods according to your cloth—as proverb says—in a calmly self-respecting way. Establish your own honest pattern of social maintenance, in keeping with your resources, and stick to it.

Teach your children gradually to consult, and to adhere to, the family's own dependable compass of values—and not the neighbors.—In adjusting their sails to prevailing winds. This is part of your duty as parents—to instruct and adapt your children harmoniously to the disciplines of reality, as reality manifests in their particular set-up.

Nobody else, no other group, can ever walk in your family's shoes, nor encounter experience on the same terms. And none should try to track in another's path of unfoldment.

In children, the essence of self-respect begins in being securely loved and firmly directed by self-respecting parents, who aren't overawed by the fashions of Mammon in making decisions.

M.H.

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



On Wednesday, August 24 at 8:30 p.m. Pownal United Manse was the scene of the marriage of Shirley Joan, daughter of Mr. and Mrs. Willard Stewart, Waterside, P.E.I., to Sterling Louis Kennedy, son of Mrs. Ralph Condon of Montreal, P.Q. The bride

and groom are pictured above with their wedding attendants. From left to right in the photo are: Mr. Nelson S. Kennedy, best man; Mr. and Mrs. Sterling Louis Kennedy, the groom and bride; Mrs. Nelson S. Kennedy, matron-of-honor.

Bridal Party at Pownal

Pownal United Manse was the scene of a wedding on Wednesday, August 24, at 8:30 p.m. when Shirley Joan, daughter of Mr. and Mrs. Willard Stewart, Waterside, became the bride of Sterling Louis Kennedy, son of Mrs. Ralph Condon of Montreal, P.Q. The ceremony was performed by Reverend T. R. Goudge.

The bride chose a dress of blue bengaline with matching jacket, and white accessories. She carried a nosegay of sweet peas and baby's breath.

She was attended by Mrs. Nelson Kennedy as matron-of-honour wearing navy blue sheer, with red and white accessories. She carried a

nosegay of mixed flowers. The groom was supported by his uncle, Nelson S. Kennedy. The bride's mother was dressed in mauve with white accessories, while the groom's mother was attired in pink with white accessories.

RECEPTION HELD

After the ceremony a reception was held at the home of Mr. and Mrs. Willard Kennedy, Village Green, for approximately 50 guests. The bride's table was decorated with summer flowers and centered with a beautiful wedding cake, topped with a miniature bride and groom.

Amid showers of confetti the newly-weds left on a honeymoon trip.

HOUSEHOLD HINT

Select a can opener that cuts the can, not you. Choose one that goes into the lid easily, leaves a smooth edge and allows no slivers of tin to fall into the contents of the can. A magnet on the can opener that lifts and holds the lid is desirable. Wall bracket types usually are preferable to hand models.

DARNLEY W. I.

The monthly meeting of Darnley W. I. met on August 3 at the home of Mrs. Clarence Hickey. The president presided and opened the meeting by singing the "Institute Ode" repeating the Creed in union.

Twelve members answered the roll call by donating ten cents. Five visitors were present. Committees gave their reports, and new ones were appointed as follows:

School—Mrs. Arthur MacKay, Mrs. Charles Hickey, Mrs. V. Adams, Mrs. E. Hickey, Mrs. L. Adams, Mrs. Mrs. A. Cousins, Entertaining Com.—Mrs. Clarence Hickey, Mrs. A. Cousins, Mrs. J. Hickey, Mrs. W. Pickering, Mrs. E. Hickey.

Collection was taken and news passed around. A contest was put on by Mrs. Clarence Hickey and won by Mrs. W. Adams.

The meeting was closed by singing "The Maple Leaf Forever." Lunch was served by the hostess, assisted by the committee in charge, and a social hour enjoyed.

RAISE COFFEE PRICE

NEW YORK (AP)—The two biggest independent coffee roasters in the United States raised their wholesale prices Tuesday. General Foods Corp. increased its Maxwell House brand by three cents a pound and Standard Brands added three cents to the price of Chase

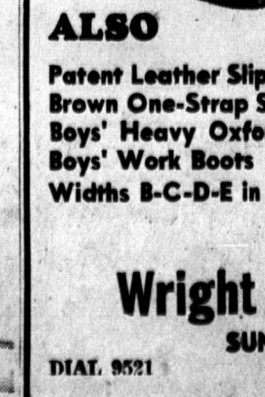
Happy Holidays!

IF YOU DRIVE ...

Stop for **TEA**

Date-Orange Pudding

Combine in a greased casserole (6-cup size) ¼ c. corn syrup, 1 tbs. grated lemon rind and ½ c. orange juice. Preheat oven to 375° (moderately hot). Mix and sift once, then sift into a bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted all-purpose flour), 2½ tps. Magic Baking Powder, ¼ tsp. salt and ¼ c. fine granulated sugar. Mix in ¾ c. corn flakes, slightly crushed, and ½ c. cut-up pitted dates. Combine 1 well-beaten egg, ½ c. milk, ½ tsp. vanilla and 3 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into prepared dish. Bake in preheated oven, about 40 minutes. Serve warm, with pouring cream. Yield—6 servings.



ELLEN'S DIARY

By An Island Farmer's Wife

We remember, now that a bright moon-bridge spans the dark of the millpond, and stars in number blossom in the blue gardens of the night, how fair and pleasant the day has been. With a new leaf bright on the calendar, one which could offer a spell of unsettled weather in the change that brings Autumn, how acceptable are the sun-warmed, azure-skied days of late summer.

In these we must prepare for the winter. Does a provident mamma-squirrel, we wonder, already drop a first brown spruce cone into some selected pantry? Or one of the sunny afternoons? Or in the fresh of the morning, when fair? Did some housewife today hold up betwixt her and the sunlight glasses of first apple jelly to catch the hewed glow? And maybe set them then on a window sill for the sun to clear better the contents as did housewives we knew in the long ago?

"What do I smell?" That was Granddaughter coming by this evening. "Well, whatever it is," she winked, "it's good!" First picking was spice-scenting the kitchen. Of the Bread and Butter variety these were, vegetables thinly sliced—the dozen cucumbers of medium size, fresh from the garden, and the eight onions the

recipe called for. (And for some tastes, maybe the pickle is a little too sweet.)

Over all then we sprinkled a half-cup of salt, and here and there in the mixture we tucked away all the ice cubes of our store, covered all with a heavy plate and set aside for three hours to rest... A bit important are we now in the conveniences which electricity has given? Without benefit of cubes we should have added a few cups of cold water and rested the mixture beneath an over-turned tub or pail in the cellar!

Did not the hours speed away—the sunny lovely hours of the waiting? Then in a cooking pot we assembled the rest of the ingredients required—the 4 cups of white vinegar, the 5 cups of white sugar and 1-2 cup of cold water. And the spacings: 1-2 tsp. ground cloves, 1 tsp. celery seed, 1-2 tsp. turmeric. And two tablespoons of mustard secured in a snipping of the cheesecloth we find so useful about the housework. Into this liquid went the (drained) cucumber-onion mixture. "Bring to a scald" the recipe says "and bottle."

Back along the trails of our yesterday in mind we went this afternoon with another who had known them with us. Old homes of that yesteryear we remembered, faces, and names, and trails, of a golden young summer that was. It is pleasant to linger a while in "the dear dead days" that were, to read too the lovely tales the years between have written—and good also to meet the always interesting visitors who stop by this door.

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

Davey-Reid Vows Wednesday

A pretty wedding took place at Riverview Tourist Home, Lower Montague, at 4 p.m. on Wednesday, August 31, when the Reverend Carl Currie united in marriage Gladys Willena, younger daughter of Mr. David Reid and the late Mrs. Reid and Cephas Ellsworth, son of Mrs. Austin Davey and the late Mr. Davey.

The wedding music was played by Mrs. Leigh Wight and the soloist, Mrs. Nettie Millar, sang "The Marriage Hymn," during the signing of the register.

The bride chose for her wedding a powder blue dress with matching accessories and corsage of red roses.

The bridesmaid, Mrs. Russel A. Gillis, sister of the bride, was dressed in wine with matching accessories and corsage of yellow roses.

The groom's mother wore a navy blue dress with matching accessories and corsage of pink carnations.

The groom was attended by Mr. Cameron Reid.

The rooms were attractively decorated for the occasion and the bride's table was centered with a three-tier wedding cake topped by a miniature bride and groom, the cake being cut in the traditional manner. Serving at the tables were Mrs. Ellsworth Llewellyn and Mrs. Harold Sted, Reverend Carl Currie proposed the toast to the bride which was responded to by the groom.

The newly-weds left on a short honeymoon to be spent in Nova Scotia.

Words Of The Wise

Don't say things. What you are stands over you the while, and thunders so that I cannot hear what you say to the contrary. —(Emerson)

FAREWELL TO SCHOOL PRINCIPAL

The people of Kinkora parish took advantage of the assembly of former pupils to bid farewell to Sister Mary Peter, C. S. M. who was principal of Kinkora School since 1941 and superior of Kinkora Convent since 1948.

An appreciative address, thanking Sister Mary Peter for all she had done in school and parish, was read by Mr. Albert McCordle and a substantial gift was presented by Mr. W. McKenna. Miss Margaret Smith read a short address on behalf of the Sodallists of Our Lady and Miss Katherine McMahon presented Sister with a Deluxe Holy Bible. The ladies of the Catholic Women's League gave Sister a zippered leather portfolio. Sister Mary Peter thanked all who so graciously showed their gratitude and said she accepted kind words and gifts as a token of thanks to all the Sisters, not just for herself personally. She said she would ever have found memories of her happy years in Kinkora and hoped God would bless all the friends she was leaving there.

Sister Mary Peter will attend S.T. Mary's College, Notre Dame, Indiana, for further studies.

LARGEST ISLAND

Athens, the capital of Greece and a great city of ancient times, now is a modern city of 800,000 population.



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