WOMEN

LET'S EAT

Italian Style Fritters

By Ida Bailey Allen

"The making of a good fritter batter was a subject for special study by a graduate home economics student at a university last winter, and what do you know, Chef? The batter formula finally chosen was taken from one of my earlier cook books!"

Italian Fritto Misto

"Congratulations, Madame," said the Chef. "May I go a step farther and ask if the young lady, conducting these batter experiments developed a vegetable fritto misto? We have just perfected one in our taste-test kitchen, which is based on the Italian idea of fritto misto—or a mixed fry. In this case we have substituted vegetables in place of the usual several kinds of meats. It is an excellent dish to use during the summer vegetable season."

Fritto Misto: Sliced vegetables such as cucumber, zucchini, firm ripe tomatoes, are dipped into plain fritter batter and fried.

To the remaining batter, add 1 cup chopped cooked cabbage, cauliflowerettes, sliced onion, corn kernels, or a combination of carrots and peas.

The Batter: Mix 1/3 tsp. salt, ⅛ tsp. monosodium glutamate and 1 c. sifted enriched flour. With a rotary beater gradually beat in 1/3 c. each milk and water.

Separate 2 eggs; beat the whites until stiff and the yolks until creamy. Add the yolks and ½ tsp. melted fat to the first mixture; then fold in the beaten egg whites.

To Cook: In a shallow frying pan, put enough fat to barely cover the bottom. Heat and drop in the batter-dipped vegetables or fritter mixture by tablespoons, keeping the fritters two inches apart, as they spread in cooking.

Brown first on one side, then on the other, allowing about 4 min. Drain on crumpled paper towels.

If desired, fry in deep fat at 350 degrees F., or hot enough to brown a ¼" cube of bread in 1 min.

TOMORROW'S DINNER

Cucumber Dill Salad
Braised Beef
Vegetable Fritto Misto
Half-Frozen
Cinnamon Applesauce Cookies
Hot or Iced Coffee or Tea Milk

The Chef Freezes Applesauce: To the contents 1 (1 lb.) can applesauce, add ½ tsp. ground cinnamon, ½ tbs. lemon juice, ½ c. commercial sour cheese and sugar to taste. Whip until mixed with a wire whisk.

Transfer to a freezer tray; freeze 40 min., or until half frozen. Then stir and serve. Garnish with a dusting of cinnamon.

KEEP IN TRIM

How Fast Is It Safe To Reduce?

By Ida Jean Kain

Once you have made up your mind to reduce, it is only human nature to want to drop the burden of excess fat lickety-split and be able to slip smoothly into a size 14 or 16, but always there's the question as to how fast it is safe to reduce?

For most folks the answer is ... as fast as a sound, scientifically planned reducng diet allows. To safeguard health, a diet must include a normal amount of high quality protein and essential vitamins and minerals as well as a small amount of carbohydrate to slow down a too-rapid burning of fats and prevent acidosis.

In general, such a diet adds up to 1000 calories a day. Some doctors prescribe diets that are lower in calories, but for specific cases only. At any rate, for a sedentary woman, 1000 calories daily is about the right number; for a more active woman, 1200 calories is allowed. On that 1000 to 1200 calorie diet, you can expect to lose around two pounds a week, which is a satisfactory rate of weight loss.

However, one doctor recommends this rule of thumb: Reduce fast if you have more than 20 pounds to lose; reduce more slowly if you have less. His reason? Appetite re-education!

A reducing diet must provide more than a means of merely slimming down. It should help you to establish good food habits. Day by day eating of the right foods can retrain the appetite control centre in the brain and re-educate food tastes so that eating for normal weight is no great struggle. After all, what is to be accomplished if you lose weight and then turn around and pile the pounds all back on again?

The excessively overweight individual, however, has everything to win by losing at a fairly brisk pace at the beginning. For one thing, the sooner she sheds the excess fat that is burdening the heart and other vital organs ... the better. Then too, even at a fast clip, on a safe reducing diet, she has to stay with reducing long enough to re-educate her food tastes.

How long does it take to fix new food habits? That depends on your desire to change your food habits, of course, but for most people, it cannot be done in a few weeks. If you are ten pounds overweight and you reduce them in one month, chances are you'll regain the pounds. Take two months to reduce 10 pounds and you are more apt to keep them off.

All this shows why quickie diets bring such temporary results — they do little or nothing to change your food habits. That's the story.

TINY TOTS
Boys' and Girls'
SPRING COATS
Reduced
1-3 OFF

Miss Centennial

(Craswell Photo)

An exciting week lies ahead of Miss Noreen MacPherson who is representing P.E.I., as Miss Charlottetown Centennial in the Miss Canada Pageant. She leaves by plane on Sunday for London, Ont., where approximately 40 other girls will compete for the Miss Canada title.

The actual judging of the contestants will take place on Wednesday and Thursday evenings. The first evening half the contestants will appear in street clothes, evening clothes and bathings suits and the other half will present their various talents; on the following evening the procedure will be reversed. Her wardrobe was supplied by Moore and McLeod Ltd. and the LePage Shoe Co.

An interesting feature of Noreen's week will be three luncheon dates with the judges.

Miss MacPherson was chosen to represent the Province in the recent Miss Charlottetown Centennial Committee.

Many readers will remember Miss MacPherson as Batina in the Little Theatre radio adaption of "Beethoven," which was broadcast a few months ago. She had also appeared in other Little Theatre stage production, one of which was "Aladdin."

At present Noreen is studying dramatics, in which she is very interested, and piano with Miss MacLure. She has also studied piano with Mother St. Adolphe Marie and painting with Mother St. Adolphe Marie both of Notre Dame Academy.

An only child, she is the daughter of Mrs. Alec MacPherson, R.N., and has been a student at Prince of Wales College and this year attended Notre Dame Academy.

ELLEN'S DIARY

by an Island Farmer's Wife

From the rise of farm-lane flecked now with many a lowly, lovely meadow-flower, we stopped in a stroll this afternoon to look out over the reaches of countryside about. How beautiful it is! It never was more fair. More strikingly colorful it will yet be, but without the rich promise and verdure of now. Gently the fields rolled away to hazy distances of hills—the green of the haylands and that of young grain; the red of potato-land and roots, the grace and freshness of tree and woodland, new-clad. How could it be? we wondered. How could there have been spread now such loveliness where not long ago lay the quiet white and starkness of Winter? How magically it had arrived at this perfection! It was, we said remembering truths written of olden times, just such a miracle as those ... a great and beautiful miracle.

"Unless there is a miracle — and there are none nowadays" a friend worried a little at the tightening of some web of circumstances smiled ruefully but not hopelessly not long ago. Yet there are. They come to pass all about us if we have been given eyes to see, ears to hear. Miracle of mind and spirit, of circumstance too, of romance ... and of health.

* * *

This very morning a man who was an invalid for seventeen years, time spent for the most part in bed and indoors, drove his car into this yard. For some time now he has been up and about, back to the enjoyment of active, though we suppose, still somewhat restricted, everyday living.

Seventeen years spent in the fullness of health is a considerable time. To be obliged to spend it in the tedious land of invalidism would naturally not shorten the days. What changes the interval would bring. In this instance, it took the two babes of daughters through school and college days and into the school-teaching years. Time added an odd silver thread to the tresses of the small mother who in her day by day tasks, ever-faithful to her little family, did better by them than she could ever dream.

"Why, the children grew up in that time" he said this morning speaking of those "lost" years. "And ..." but it was all still too much to put into mere words. And the joy of it. "The first time we four were able to go out together, it was ... but how can anyone who has not experienced the like commence to understand the thrill it gave me? It was wonderful ... it was" he smiled as though his every last wish and hope had been fulfilled "something out of this world!"

So miracles can, and do happen in this day and age as of old, lovely things to brighten and make glad our hearts and our homes.

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

CHRISTOPHER'S CROSS SCHOOL

—Christopher's Cross School report for the month of May:

Grade IX 1. Ruth Harper, 2. Linda Bernard, 3. Wilfred Heywood.

Grade VII 1. Joanne Handrahan, 2. Alice Harper; 3. Philip Harper.

Grade VI 1. Frances Gallant. 2. Jean Handrahan, 3. Winston Keough.

Grade V 1. Henry Gallant.

Grade IV 1. John Keough.

Grade III —1. Gerard Gallant; 2. Robert Harper; 3. Freida Harper.

Grade II. 1. Mark Handrahan.

Grade I. 1. Howard Ready.

RICHER BREAD

Bread enrichment, the adding of synthetic minerals and vitamins to bread products, was adopted on a large scale about 1940.

MARY HAWORTH'S MAIL

Says In-Laws Can't Tolerate Criticism

DEAR MARY HAWORTH: My husband's mother cannot tolerate the slightest implication of criticism that might apply to her; Why? We live near her, and she expects my husband to drop by daily to see her, and most often we go together in the evening.

But every once in a while something Bob has said will cause her to take offense. Then next morning before he leaves for work, she will telephone him, all aquiver with anger—saying that she will not be criticized! And that he is to stay away from her house!

However, after a few days she phones again, asking us over, and making no mention of her previous outburst of anger. She is 75 years of age and lives alone, so maybe that accounts for these tantrums.

I, being an in-law, watch myself that I do not say anything to offend her, so that she never gets angry with me. In fact we get along fine, and what my husband says that upsets her is really trivial; and of course it doesn't happen too often. But I often wonder why it is that she, and others—but some more than others—will not take criticism? Can you explain? C. B.

Lonley People Get "Touchy"

DEAR C. B.: It seems to me that, by and large, sharp sensitivity to criticism has to do with a sense of precarious isolation from humanity; with a feeling of being rejected (overlooked or not needed) either by society or by those special persons whose regard we most value—and who therefore have power to get our goat, most easily.

By virtue of her age, and by dwelling alone, your mother-in-law is pretty much cut off from livingness—to use a psychologist's word for "living it up." Thus her sons daily call on her is perhaps her only consistent, and by all odds her most meaningful contact with the living, from her viewpoint.

And, because she has so little portion of him in a given 24 hours, and so much time for rehashing her second thoughts concerning his sayings and attitudes, she is apt to wind up with wrong versions—just as stories get twisted in the re-telling. She loses perspective, makes mountains out of molehills, and Bob is the scapegoat when finally she feels she has to blow her top—for momentary relief of chronic frustration.

After all, who but our nearest and/or dearest are called upon to put up with the seamy side of our feelings? And who else is geared to take the imposition in stride as a fact of life?

Feed Hunger For Affection

Your mother-in-law's blasts at her son seem to embody a mixture of confidence in his indulgence, and challenging resentment at being no longer the indispensable woman in his routine. She feels displaced by you, I suppose, in the sense that he treats her more casually than confidentially in recent years. And I'll wager she is taking him over the coals about this implicit grievance, rather than for something specific he has said, when she falls out with him periodically.

Maybe she suffers for lack of positive affection. Possibly Bob isn't very vocal or courtly in caring for his mother. If he were to make a point of praising and complimenting her, to keep her reminded of his abiding appreciation of her good qualities, she might remember these reassurances when he is out of sight — and thus regain the self-confidence that promotes good temper. You might have him try it, as preventive medicine for what ails her. M. H.

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

Receives Bouquet

Miss Charlottetown Centennial as she appeared at the crowning at Queen Charlotte High School last week. Here she is presented with a bouquet by Master Gage Gaudet, son of Mr. and Mrs. Walthen Gaudet, City.

Barter's Film Lab

Cook's Corner

RHUBARB & PINEAPPLE CONSERVE

Yield: about 11 medium glasses (5½ lbs. conserve)

4 cups prepared fruit (about 1 lb. rhubarb and 2 1/3 cups canned crushed pineapple).
1 cup finely chopped nuts
1 tbs. grated orange rind (1 orange)
1 cup seeded raisins
6 1/3 cups (2¾ lbs.) sugar
½ bottle fruit pectin

First, prepare fruit. Slice thin or chop (do not peel) about 1 pound rhubarb. Add ¼ cup water and simmer, covered, until soft (about 1 minute). Add 2 1/3 cups canned crushed pineapple. Measure 4 cups into a very large saucepan. Add nuts, grated orange rind and raisins.

To the measured fruit in saucepan add the exact amount of sugar specified in the recipe. Mix well.

Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat; at once stir in Certo. Skim off foam with metal spoon. Then stir and skim for 5 minutes to cool slightly, to prevent floating fruit. Ladle into glasses. Cover at once with 1/8 inch hot paraffin.

Quinn-Hessian Wedding

The marriage of Mary Evelyn, daughter of Mrs. James Hessian, Charlottetown, and the late James Hessian to Herbert Furlong Quinn, son of Mrs. James P. Quinn, Notre Dame de Grace, Montreal, and the late James P. Quinn, took place recently in the Church of St. Augustine of Canterbury, Montreal. Rev. Father McDonald officiated. White gladioli and white peonies were used as decorations.

The bride, who was given away by her brother, Mr. Fred Hessian, was in a ballerina-length gown of white embroidered nylon. Her shoulder-length veil of tulle illusion was held by an embroidered cap, and she carried a Colonial bouquet of white sweetpeas and white carnations.

Miss Louise Hessian as bridesmaid for her sister, was in a ballerina-length frock of turquoise organza. She wore a matching headdress, and carried a Colonial bouquet of white sweetpeas and pink carnations. Mr. Ernest A. Quinn acted as best man for his brother, and the ushers were Olaf Meyer and Mr. Raymond Conrath.

Mrs. Hessian, the bride's mother, was gowned in blue flowered nylon, and wore a matching hat and a corsage bouquet of pink carnations.

Mrs. Quinn, mother of the bridegroom, wore a navy blue taffeta gown, with a hat of the same color, and a corsage bouquet of pink carnations.

Following the reception, Mr. and Mrs. Quinn left for Mont Tremblant, the bride travelling in a blue and white printed frock, and wearing matching accessories.

When children's eyes are bigger than their stomachs

There is no need now to administer drastic, old-fashioned laxatives which may shock a child's system and leave them feeling weak and listless. Try the new modern help—Children's Own Tablets—made especially for children, from 3 to 15 years, by the makers of Baby's Own Tablets—your assurance of a reliable product. They go to work at once to help sweeten the stomach, relieve distress and bring about a thorough performance of the bowels in a *gentle* manner. Get a package today at your druggist.

Children's Own TABLETS

ANNE ADAMS PATTERNS

2-PIECE FLATTERER

Full-circle skirt—snap to sew! Halter-blouse — c-o-o-l flattery for summer! Wonderful together as an outfit; smart when separated, to wear with other blouses and skirts. Sew them both—for many pretty fashion changes!

Pattern 4501: Misses' Sizes 10, 12, 14, 16, 18. Size 16 halter-blouse requires 1¼ yards 35-inch fabric; full-circle skirt, 4 yards.

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

Send THIRTY-FIVE CENTS (35c) 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.

MORNING SMILE

The soldier was reading a letter from his wife and there was a look of shock on his face.

"What's the matter?" asked his friend. "Bad news from home?"

"Yes; kinda," the soldier said. "I guess we've got a freak in the family. My wife writes:

"You won't know Willie when you come home. He's grown another foot."

Happy Holidays!
IF YOU
DRIVE...
Stop for
TEA

Words Of The Wise

There is not so variable a thing in nature as a lady's headdress.
—(Joseph Addison).

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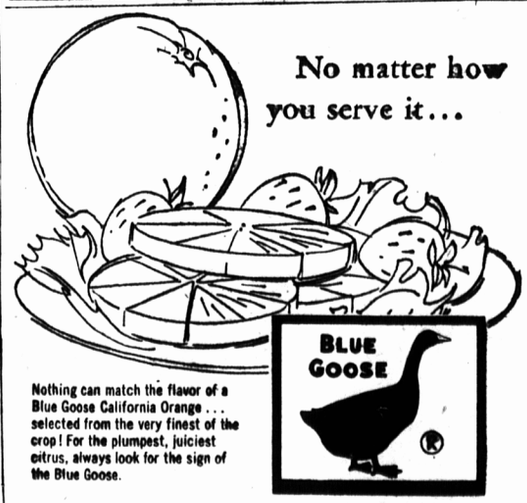
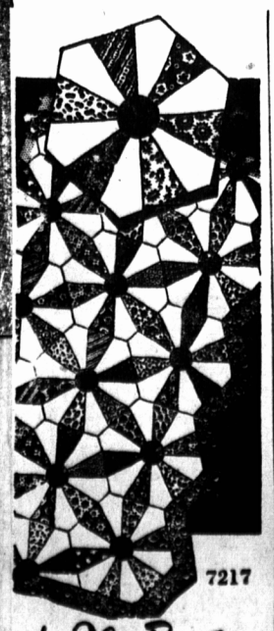


BLUE GOOSE

Nothing can match the flavor of a Blue Goose California Orange ... selected from the very finest of the crop! For the plumpest, juiciest citrus, always look for the sign of the Blue Goose.

ALICE BROOKS DESIGNS

PENNY-SAVER QUILT



Make this hit-or-miss Endless Chain quilt by the "Penny-Saver" method Buy a little fabric at a time, make a few blocks a month! Use scraps, too!

Such a thrill to work this quilt into your budget! Easy! Pattern 7217; Pattern directions.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

Grand
TO THE BOTTOM OF THE JAR
Barbour's
STABILIZED
PEANUT BUTTER

HOUSEHOLD HINT

In cleaning upholstered furniture that has cushions, it's safe to use soaps, detergents, glycerine, denatured alcohol, benzene, carbon tetrachloride, sodium hydrosulfite, sodium thiosulphate and a weak solution of ammonia (3 teaspoons household ammonia to 1 quart water). Use carbon tetrachloride sparingly, however; it is a rubber solvent.

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BALANCE OF SPRING COATS, SUITS and SHORTIES GOING AT 1-3 OFF
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Friday 7:30 P.M.

Roche-Larter Wedding at the Basilica

The principals in the Roche-Larter wedding party from left to right are: Mr. Maurice Larter, usher; Mr. Louis Roche, best man; Mr. and Mrs. Emmet J. Roche, groom and bride; Miss Betty Trainor, maid-of-honor; Miss Lucille Roche, bridesmaid; Miss Wilma Larter, bridesmaid; Mr. Albert Roche, usher. Meyers Studio.

St. Dunstan's Basilica was the scene of the wedding on June 15 of Mary Helen Larter, R. N., daughter of Mr. and Mrs. William Larter, Charlottetown, to Emmett Francis Roche, son of Mr. and Mrs. Joseph Roche, Iona, P.E.I. The nuptial vows were heard by Rev. Edmund J. Roche.

Apple blossoms, tulips and mixed cut flowers provided a decorative setting for the ceremony at which the soloist was the Rev. James Kelly and the organist Mrs. Joseph Dougan.

The bride, who was given in marriage by her father, chose for her wedding a floor-length gown of white embroidered net over slipper satin with a net redingote and a finger-tip veil of white nylon tulle. She carried a bridal bouquet of red roses.

Miss Betty Trainor, R. N., was the maid of honor. She wore a floor-length gown of sky blue net over taffetta and carried a nosegay of pink and white carnations.

The bridesmaids, Miss Lucille Roche and Wilma Larter, wore floor-length gowns of yellow net over taffetta and green net over taffeta, respectively, and carried bouquets of mauve and white carnations and yellow and white carnations.

Best man for the occasion was Mr. Louis Roche and ushering the guests to their seats were Messrs. Adelbert Roche and Maurice Larter.

Following the ceremony a reception for 50 guests was held at the Queen Hotel, which was decorated with tulips and cut flowers.

For a honeymoon trip to Quebec and Ontario the bride wore a dove grey suit with red and white accessories.

Out-of-town guests present at the wedding were Mr. and Mrs. Roche of Boston, Mass.

Enjoy a Seven-Up "Float"!

Cool, delicious—and easy to make. Put a scoop of your favorite ice cream in a tall glass. Then tilt the glass and pour chilled 7-Up gently down the side. Try it soon!