

WOMEN

Page 8, The Guardian Tuesday, Jan. 24, 1956

LET'S EAT

How To Cut Milk Bills

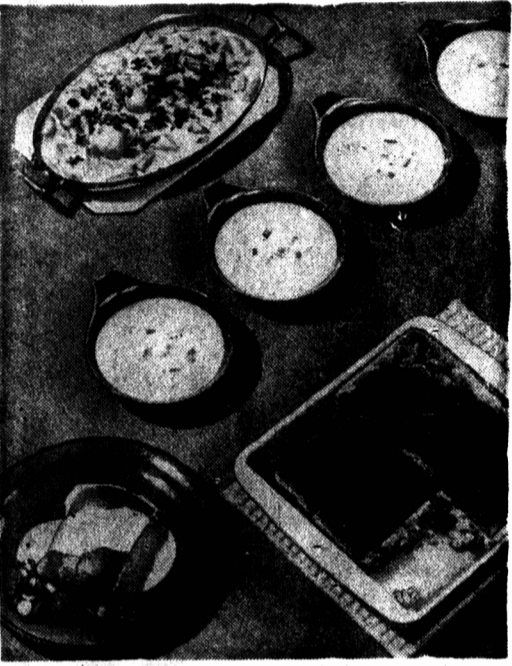
By Ida Bailey Allen

In the many surveys the Chef and I have made on the food budgets of homemakers, we have found the fresh milk bill quite high for most people. But in this country, nobody need go without the right quota of milk a day—a quart for a child, up to a pint for an adult.

THE SOLUTION

The solution is to use evaporated milk. This is the same fine, pure, low-priced irradiated milk pediatricians often prescribe for the baby's formula.

Add hot water to the carrot-liquid to make 2 c.
Melt 2 tbs. butter over a low heat. Blend in 2 tbs. flour, ¼ tsp. salt and ¼ tsp. monosodium glutamate.
Stir in the liquid; cook until beginning to thicken. Then, gradually stir in 2 c. undiluted evaporated milk. Cook-stir until smooth.
Add 1 c. minced raw celery and the mashed carrots; heat to serving temperature.
Bacon-Sauced Beans-Onions:



EVAPORATED MILK adds a creamy flavor to Bacon-Sauced Green Beans and Onions, Crunchy

Reconstituted with a can-measure of water and used in cooking, the slight 'cooked' taste, if present, disappears. For drinking, chill; thoroughly stir in a little chocolate syrup, molasses or maple syrup, orange juice or apricot nectar; or make it into eggnog.

CAFE AU LAIT

For coffee, reconstitute, heat and pour into the cup together 1-3 part milk to 2-3 part strong coffee to make cafe au lait. The beverage will be very smooth because evaporated milk is homogenized.

TOMORROW'S DINNER

Crunchy Carrot, Cream Soup, Roast Veal Shoulder and Potatoes, Bacon-Sauced Beans-Onions, Pickles, Honey-Spice Lemon Layer Cake, Coffee, Tea, Milk, Crunchy Carrot, Cream Soup: Wash, peel and halve, lengthwise, 1 medium-sized carrot. Boil in 1 c. salted water until fork-tender. Drain; reserve the liquid and smooth-mash carrots.

Carrot Soup and Corn Kern Souffle.
Wash and prepare 1 lb. fresh green beans for cooking. Cut in 1 in. lengths.
Place in a saucepan with 2 in. salted boiling water. Cover; boil 10-15 min., or until tender. Drain; keep hot. Reserve the liquid.
Add enough water to the liquid left in the pan to make 1 c.
Cut 4 bacon strips in half. Fry until crisp in a saucepan. Remove from the pan and drain on an absorbent paper towel. Stir in ¼ tsp. salt, ½ tsp. monosodium glutamate and ½ tsp. sage into the bacon fat.
Add ¼ c. flour. Gradually stir in the bean liquid. Stir-cook until very thick. Blend in 1 c. undiluted evaporated milk.
Add the beans and 1 (No. 2) can small whole onions, drained. Heat. Transfer to a serving dish. Crumble the bacon over it.
TRICK OF THE CHEF
In making hot sauces, calling for light cream, substitute evaporated milk and add 2 extra tablespoons butter.

Mary Haworth Smart Woman Is Executive But Is Ignorant Of Love

DEAR MARY HAWORTH: I am a single woman, 30, holding "a man's job" as sales supervisor of a big importing house. I have been in the business world since I was 16, and just out of high school. I love the work, which includes travel all over the continent. But the problem is I don't have much social life; and hadn't even before I became an executive.

I have loads of friends, all of whom are married now; and like many single girls, I made the mistake of losing contact with old friends as they married.

At 19, I had a beau 15 years my senior, who didn't propose. My family thought he was wasting my time, but I continued to see him for two years, then broke off. At 21, I fell in love with a man who professed to love me and wanted to marry me. My family approved, but we learned through others that he was already married and had a police record.

BUILD A WALL

After that I distrusted all men built a wall around myself, and threw myself into my work, seven days a week. When I dated, it was called an "excuse."

However, last month a mutual friend got me a blind date with Jerry (I'll call him), who is 32. I liked him at sight, and when he kissed me goodnight I didn't object and it wasn't distasteful. (I haven't felt this way in eight years. We had a second date a week later, and the third week he took me to a social affair. In parting, he spoke of calling again soon; but I haven't heard from him.

I am supposed to be a smart woman; but I feel as dumbly bewildered as a lost child. I can tell 36 men how to get more sales; but I don't know how to go about "getting my man." I don't want to be a careerist if I can help it. I want the same life as my sister and mother—managing a home and family.

I sent Jerry a Christmas card, hopefully; but he hasn't responded. Would it be entirely out of order to call him? Please advise me how to proceed.
F.B.
A TURNING POINT
DEAR F. B.: The important aspect of your story isn't that Jerry has faded out of the picture (at least temporarily); but rather that you have begun to wake up to the urgent real needs of your own life. And that you are beginning to help of your shell to get help in helping.

Continued on page 11

ELLEN'S DIARY

It Was Mild Like March

Today too was mild-dampish, we remember, though there was a momentary flash of amber sunlight. But no clearing sign besides a bill to the west, no bright rift of sunset, no sail of moon-boat, no sparkle of star.

But down along the dam and in the remnant of old orchard the flash of bluejays' wings. And "Like March" we said it was. And from the barns came spring-like sounds through those wide-flung doors; the youngest call's plaintive low at the feeding-time, a momma-pig calling lovingly her youngsters to dine, the snip and busy-ness of the fowls in the poultry-house across the yards. Eggs? Oh yes! The pullets are now contributing theirs to the family, smallish, new and sweet. But the sweetest of all for the children were the two wee eggs, carefully carried home by them from Rob's recently, gifts of Jamie and Gage, who not long ago acquired the beginning of a Bantam flock.

But come rain or shine, unfavorable winds or fair, night or day, it is no matter to the reaper called Death. Over the fields the cavalry silently, along country roads and lanes, by highway and byway; and sometimes up the river or bay he sails his Stygian ferryboat and returning on a falling tide, takes as passengers, those of households well loved.

Sometimes it is a babe or little one with every innocence of life on its face, to leave arms empty, the home sadly bereft a winning smile vanished, a precious hope gone.

And sometimes it is a mother who goes or father, older folks perhaps that "weary take them home to rest" whose kindness and wise council have been a stay to the home and whose absence is much felt. Or is it one younger? Brother, sister, son, daughter who gets out to that land of no-return? Or a younger mother it may be? One that to human understanding had not yet woven the full length in the tapestry of her life? So needed, so much to live for, so very much, but still taken, gone, up and away, leaving only memories behind of happy days and times, smiles, words, laughter, anxious eyes, solemn, sparkling, gay.

"We make too much of the circumstance called Death," someone says. "All life is one, be it here or there. Death is only a door from one room to another. We had better not think much about it, nor be afraid for ourselves or for those who are dear to us; but rather, make life here so rich and sweet and noble that this will be our heaven. We need no other until He calls us to a larger life and fresh opportunity." In verses we love Nancy Byrd Turner writes:
"Death is only an old door,
Set in a garden wall."
On quiet hinges it gives at dusk
When the thrushes call.

Along the lintel are green leaves
Beyond, the light lies still;
Very weary and willing feet
Go over that sill.

There is nothing to trouble any heart,
Nothing to hurt at all.
Death is only an old door,
In a garden wall."
Until tomorrow—Diary—Good night....

After removing excess water, put nightgowns or pajama tops on shaped hangers, pants on skirt hangers to dry. This will prevent clothespin ears in the fabric. Fingers pre-seams, tapes, and trimmings, smooth the fabric and no ironing's necessary.

AUTOMATIC DRYER

Balbriggans are usually processed now so that they won't shrink out of fit, but if you're planning to use an automatic dryer it's smart to buy them one size larger. Flannelette can go into either tub or machine. In washing by hand, avoid hard wringing and twisting which will mat down the nap and put wrinkles in the fabric. If washing in a machine, omit the final spin.

LIGHT PRESSING

Shake flannelette to fluff it up before arranging it on shaped or skirt hangers to dry. If you are extra fussy and do want to touch it up, then press on the wrong side while fabric is still slightly damp. Rayon or cotton challis responds to the same treatment as for flannelette. Be sure to use a warm, hot iron for pressing rayon challis. Brushed nylon should be washed by hand or with short machine cycles, omitting the final spin. Shake well, then arrange on shaped hanger or skirt hanger to drip dry. Wash brushed rayon by hand, squeezing soap or detergent sud through the fabric. If dried out of doors, hand the garment inside out to fluff up the surface as it blows in the breeze.

MORNING SMILE

The lecturer was giving a talk before a women's club on life in Egypt, past the present. He mentioned how careless some of the Egyptians were toward their wives. "Why, it is no novelty at all," he said, "to see a woman and a donkey hitched together over there."
"Come to think of it," volunteered a voice from the rear. "It's no novelty in this country, either."

Happenings

Miss Margaret Evans is at present in residence at "The Flacks," Hillsboro Street. Miss Evans for ten years was archivist at the New Brunswick Museum and for the past year has been travelling, chiefly in Canada. While in this province Miss Evans is doing freelance writing and historical research in Charlottetown and visiting her cousin, Miss Mary Johnson.

Mrs. L. H. Poole and Mrs. J. P. Beer returned Thursday from a two weeks trip to Ottawa and Montreal.

"My Centennial Year" was the subject upon which Miss Noreen Camilla MacPherson, guest speaker, addressed the members of the Charlottetown C.N.I.B. at its monthly social meeting held in the City Hall Building. The lovely Canadian entranced her audience as she reviewed Centennial year.

The highlight for Miss MacPherson, of course, was her being chosen Miss Centennial to represent the Capital City at the Canadian Beauty Contest in London, Ontario. Miss MacPherson was an eyewitness of many events and as she described them those present acclaimed her not only Miss Centennial, but certainly a "Speaking Star of Tomorrow."

Mrs. J. L. D. Kennedy (nee Miss Betty MacDonald, R.N.) of Val D'Or, Quebec, is on a visit to her parents Mr. and Mrs. Leslie MacDonald, Bunbury. Mrs. MacDonald's many friends will be happy to know that she has returned from the hospital. Mrs. Kennedy will be here for some time and then will rejoin her husband who is on the staff of the Percival County High School.

On Friday evening a surprise house-warming for Mr. and Mrs. Alton Dooliver took place at their new home on School Street. Mr. Sidney Jeffrey read the address wishing them on behalf of friends present, many happy years in their new home. They were presented with a coffee table after which delicious refreshments were served by Mrs. Sidney Jeffrey and Mrs. Robert Mayhew.

"Century Week" of the Y.M.C.A. January 21st, to January 29th. In almost every corner of the world people are familiar with the escutcheon of the Y.M.C.A., a red triangle whose sides symbolize the association's three concerns: Spirit, Mind, and Body. "Widom, Love and Might" from the Presbyterian Hymnal No. 372 could almost be called a Y.M.C.A. hymn.

Twenty-two hockey players of Mt. Allison University were guests last weekend at "The Kirkwood."

Mrs. Percy Cameron, Upper Hill-stor Street, entertained friends last week at bridge.

Dr. and Mrs. Leo McKenna, formerly of Charlottetown, now residing in Vancouver, have been spending some recent time in southern California.

Miss Dorothy Carruthers who spent the past week at her home in Augustine Cove, left on Saturday morning for Toronto, Ont., where she will be employed with the United Church Publishing House.

Mr. James Wood who has been representing the Minneapolis Honey-Well Co. at a convention of the Canadian Electrical Association in Halifax arrived here by plane last evening for a short visit with his mother, Mrs. W. P. Callaghan enroute to his home in Montreal.

Mr. and Mrs. Arthur Clark, Longworth Avenue, have received word from their son, Roger, that he has been accepted for R.C.A.F. pilot training in London, Ontario. Mr. Donald Clark, an older brother of Mr. Roger Clark, is first officer with Canadian Pacific Airlines flying out of Whitehorse, Yukon.

KEEP IN TRIM

Diminish Your Appetite

By Ida Jean Kala

It's quite unlikely that you've ever planned to start a reducing diet while feeling hungry. On the contrary, most diet plans are made shortly after a big meal. That replete feeling makes it easy, in fact almost pleasant, to contemplate cutting down on food—at the very next meal.

However, if you are overweight, you've been practicing overeating, and overeating has enlarged your food capacity. Overeating soon becomes habit, and it's easy to reason that habitual overeating keeps the stomach enlarged. Then more food is desired regularly to fill the capacious space and exert the tension on the walls of the stomach which signifies satiety.

Supposing you've been over-eating for some time, perhaps for years, and now, regardless of what you eat, you do not gain. This is because the amount of food you enjoy eating is the amount that maintains your overweight. If you would deliberately set out to shrink your capacity, you could train your appetite to be satisfied with the amount of food that will keep your weight normal.

You're the only one who can change your mind about food and overeating. Take a firm stand and decide you'd rather be healthy normal weight than to overeat on all those foods that go straight to O, and you can control appetite. Of course I'm the change in food habits that brings about the weight loss, but a change in thinking must come first. Once you do make up your mind, it isn't so difficult to cut appetite down to slimming size.

It will help you to know that after the first week on smaller meals, you will have the upper hand. You will feel a little hungry for the first four or five days. However, if you eat balanced meals and take advantage of the science of nutrition, you will not experience hunger in the real sense, for you will have adequate nutrition.

Words Of The Wise

STEAM PROOF GLASSES
Rub eye-glasses with soap, then wipe off and they will not steam up when one comes indoors from cold temperatures.

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REDDIN BROS.

MRS. GORDON MacMILLAN A COUNTRY GARDEN

Rear high they bleak, majestic hills
They shelter valleys proudly spread,
And Scotia, pour thy thousand rills,
And wave thy heaths with blossoms red.
But never more shall poet tread
Thy airy heights, thy woodland reign.

Since the sweetest bard is dead
That ever breathed the soothing strain
Burns, the sweetest bard sang
The songs of the countryside about him.
His poems were as much the product of his own farm and its immediate neighborhood, as were the clothes and shoes he wore, the oats and turnips he grew. Burns had an exquisite delight in nature, especially in her more sombre and gloomy aspects, but the chief interest of his poems is of a moral kind.

He was sensitive to the beauty of the world, the ordered plan, the glory of the growing year, God's handiwork in wind and sky and tree and flower.
In writing of the coming of Autumn he says:
All cheering Plenty, with her flowing horn,
Led yellow Autumn, wreathed with nodding corn.
Among the oldest of his poems

written when he was seventeen is this short verse....
I dreamed I lay where flowers were springing,
Gaily in the sunny beam;
Listening to the wild birds singing,
By a falling, crystal stream.

It is the sincerity of his love for Nature and his country home that endears this poet to us and at this time we remember him.
The rhododendrons also had heather and rhododendron at the nursery and try them in their own gardens. Here, a very few of them have delighted me and more will be used at the first opportunity.

Other evergreen small shrubs which were looking good on the January day when the Nursery was visited were the Laurel and Mahonia with lovely glistening leaves.

GARDEN ROSES

Thousands of roses for our gardens next year were being cared for and when I see the quantities of hardy outdoor shrubs grown for early spring planting it never fails to give me a thrill when thinking of all the gardens and gardening they will help make. In the green house the fragrance of orange blossom and the more pronounced clove-free was enjoyed and a hybrid clematis growing on a tall lattice was noted. This clematis has grown as much as eight inches in twenty-four hours by actual measurement day after day, surely we could almost see it stretch up to the sun.

RURAL BEAUTIFICATION

When I received the price list the first thing I noted was the following paragraph—Plan now to enter your home or your community in the 1956 Rural Beautification Contest. Do you know that the Prince Edward Island Government has approved a policy to assist a Community Group in roadside beautification by matching a sum not to exceed one hundred dollars. This is a generous gift and many roadsides will be made more beautiful in this garden province this coming season. No other Canadian Province has such a help as we have in our wonderful Nursery and now this gift to help in beautification.

In the Nursery list there are directions for proper planting and the most suitable shrubs for every site. It is stressed that it is neces-

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COATS & SUITS 33 1/3 Discount
Several Small SUITS to clear at \$7.98
One Lot of DRESSES at 1/2 Price
All Other DRESSES at 1/3 Discount
1 Table of DRESSES for \$2.98
Assortment of HATS to clear at \$1.98 & \$2.98

THE VOGUE
158 Richmond Street

COOK'S CORNER

ary to send orders in at once as they will be filled in order and it will be impossible in the spring rush of a few weeks to order and receive the stock the same day. Certainly, no one can do the impossible and the Nurserymen work desperately hard for the planting weeks and to be considerate of them make out your orders on a wintry evening, it is good fun.

PLANTING LILACS

Twenty lilac bushes were planted this week and the day was mild and sunny at times so that the work was enjoyed. As some of you know the garden here is on a sunny hillside so that even in January it is possible to garden in comfort as the drainage is excellent. Lilacs are one of my favorite shrubs and I anticipate a great deal of beauty from them. In a large country garden there are never enough of these hardy shrubs. I said "You know the home down by the shore with a long lane bordered with lilac bushes. This happened to be the home of one of our most famous poets."
(Continued on page 10)

DATE LOAF

1 cup dates, cut fine
1 level tsp. baking soda
1 scant cup boiling water
(Dissolve soda in boiling water)
Add:
1 cup brown sugar
1 tsp. butter
1 egg
1/2 cup walnuts
Vanilla
1 1/2 cup flour
Bake for 45 minutes at 325 temp.

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Winter sleeping garments need not be heavy and clumsy in order to keep you warm on real cold nights. Mainly, it's the construction of the fabric, rather than its bulk, that provides insulation. One factor is closeness of the weave or knit and another is the fuzz on the surface. In other words, a soft, cuddly surface is suitable for warm sleepwear. That's why some of the old favorites such as balbriggan an napped flannelette are still very popular.

BEDROOM WARDROBES

But now bedroom wardrobes are styled to be as varied and as attractive as a daytime wardrobe, no matter how old-timely the fabric. For the most part, the fabrics are washable.

Wash a dark or bright-colored garment separately the first time, putting it through a series of sudings and rinsings to float away any excess color. After this, it can be safely washed with other colored clothes. And, of course, do not mix white and colored clothes.

Toss garments made of bal-briggan right into the washing machine or suds by hand, if you prefer

ALICE BROOKS DESIGNS

TWIN PANELS!

Charming scenes of morning and evening prayer — all done in easy colorful embroidery! Decorate a youngster's room with these twin panels; make a pretty gift!

Pattern 7027: Embroidery transfers, directions for making twin panels, each 9x 12 inches. Send **TWENTY-FIVE CENTS** in coins for this pattern (stamps cannot be accepted) to Charlottetown: Guardian, Household Arts Dept. 60 Front St. W. Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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HOUSEHOLD HINT

When food is fried on a gas range, popping grease often splatters the burners not in us. Pie plates turned upside down over the unlit burners protect them from splashes of grease, and are easily cleaned.

Boy babies exceed girls in a ratio of about 107 to 100 in births annually in the United States.

by Alice Brooks

She's sitting pretty...

... In a "Petal Burst" Bra. Good grooming gives her the self-confidence every girl wants. Her clothes fit well and feel comfortable. And when heads turn and eyes widen—she knows she's "sitting pretty".

To keep you "sitting pretty", whatever you do, whatever you wear, "Petal Burst" Bras are designed to give full fashion freedom with a perfect fit.

So like all fashion-wise girls, get yourself a "Petal Burst" Bra... at any good store, in your choice of nylon, satin, Dacron or broadcloth... in bandeau, cinch or longline.

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