

WOMEN

Page 18, The Guardian Thurs. May 19, 1955

LET'S EAT

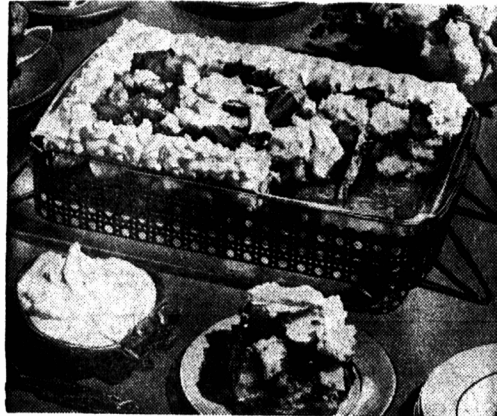
Montana Menu Features New Leftover Recipes

By Ida Bailey Allen

"Two new recipes, each worthy of note!" exclaimed the Chef, as he read the appetizing menu and original recipes sent in for our columns this week, by Mrs. Carroll E. Miller of Missoula, Montana. Mrs. Miller is the Recording Secretary of the General Federation of Women's Clubs.

"I understand Mrs. Miller's special interest is the conservation of natural resources. She evidently applies 'conservation' also to cooking."

NEW ENGLAND FISH DINNER
New England Fish Chowder
Boiled Live Lobster
Drawn Butter
French Fried Potatoes
Garden Peas Tossed Salad
Corn-on-the-Cob
Baked Indian Pudding
Coffee Tea Milk



ANGEL FOOD CAKE leftovers are used by Mrs. Carroll E. Miller of Missoula, Mont., to make a tempting looking strawberry dessert.

For here is a cocktail made almost entirely from lettuce; and a fine dessert from oddments of angel food cake."

SUNDAY DINNER FROM MONTANA

Lettuce Cocktail or Salad
Lamb Chops Pineapple Fingers
Steamed Rice Green Peas
Minted Carrots
Strawberry Angel Food
Coffee Milk

Lettuce Cocktail or Salad: Melt 2 tbs. butter; add 4 tbs. ketchup, 2 tbs. Worcestershire, 5 tbs. sugar, 4 tbs. vinegar, and 1/2 tsp. salt. Combine 5 c. chopped crisp iceberg lettuce, 1 chopped hard-boiled egg and 1 small chopped peeled onion. Stir the sauce through. Serve in cocktail glasses as a salad.

Strawberry Angel Food Delight: Thaw 2 (10 1/2 oz.) pkgs. quick-frozen sliced strawberries. Drain off the syrup and measure. Add enough hot water to make 1 c. Dissolve 1 pkg. strawberry flavored gelatin in 1 c. hot water; stir in the syrup. Refrigerate 30 min. Fold in the drained strawberries. In a glass dish, arrange 1 c. bite-sized pieces angel food cake. Spoon in the gelatin mixture. Refrigerate 4 hrs., or until firm. Add whipped cream.

In New England most girls are taught to cook. Mrs. Barbara E. Shaw, young business woman of Boston and director of the Junior Clubs of the General Federation, is no exception. She can toss off a real New England fish dinner with the greatest ease.

Here is a dinner that has been



Hospitality
... in a better cup of tea!



MORSE'S
Selected
ORANGE PEKOE
TEA in BAGS

MARY HAWORTH'S M.

Won't Quit Husband Despite His Love For A Younger Matron

DEAR MARY HAWORTH: My husband and I have been married for nearly 15 years and have two teen-age children whom we both love dearly. This past year my husband, now 45, has been staying away from home nights and week-ends.

These absences were supposedly due to the job but, as they say, "The wife is always last to learn"—and recently I discovered that Dick is having a very serious affair with a young matron whose husband is overseas.

The discovery just about broke my heart; and in discussing the affair, Dick tells me that I may leave if I don't like it; that he isn't leaving and is going to continue to live as he pleases. I dearly love my husband, home and children; I don't believe in divorce, and have no intention of quitting my home. But living in these circumstances is beginning to wear on my nerves.

I am appealing to you for advice, concerning these men between 45 and 65 years of age, who look for "greener pastures" elsewhere. Do they usually come back to their senses? Or is this "late love" the real thing? Your comment will be much appreciated.

C. W.

Man Hasn't Got Much Strength

DEAR C. W.: Dick's misconduct and defiant attitude in discussion with you, his refusal to repent or renounce his amour, and his insistence that he will do as he likes and won't leave home, all add up to infantile obstinacy in self-indulgence. He is an extremely weak, dependent character, who is being led by the nose down the primrose path, without being able to let go of you.

Between the lines, his ultimatum says that he won't leave home because he can't. He hasn't got that kind of strength—the strength to be decisive in a crisis—which doubtless also explains why he doesn't struggle against temptation.

In jibing at you to leave if you are displeased, he is taking for granted that you will stand by; I gather; which implies that he counts on your being faithful sort of mom-slave to him, no matter how sorely he tries your soul.

Perhaps you are older than Dick—and/or his second wife. You've been married 15 years and he's now 45, so he wasn't exactly young when he espoused you. Maybe he has a history of emotional unreliability in relation to women, as you may have known in marrying him—which possibly explains why you are so philosophic about his disloyalty, even though made miserable—by it.

Man's Character Shapes His Fate

Your determination to stay in the traces—provided your nerves



MARY M. GLOVER

Receives Degree

The degree of Bachelor of Education was conferred upon Mrs. H. S. Glover on May 12 at the Eccelesial Exercises of the University of New Brunswick, Fredericton, N. B.

Mrs. Glover, who was the former Mary Margaret MacGregor, entered Prince of Wales College on a Provincial Scholarship in 1943 and graduated with an honour diploma in 1946. After winning an Entrance Scholarship to Mount Allison, she graduated from there in 1948 with a Bachelor of Arts degree.

Mrs. Glover is at present teaching English and Mathematics in Grades XI and XII at Montague High School, and is the daughter of Mr. and Mrs. Alexander MacGregor of Mount Stewart.



JUNE BOWMAN

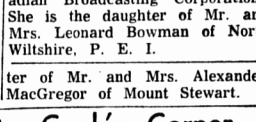
Mt. A. Graduate

At the convocation of Mount Allison University, Sackville, N. B., recently, Miss June Bowman received the degree of Bachelor of Arts. She previously attended Prince of Wales College for three years, graduating in 1953. That same year she received a Herbert S. Sharp Scholarship to Mount Allison which was continued for two years.

Miss Bowman will leave shortly for Halifax where she has accepted a position with the Canadian Broadcasting Corporation. She is the daughter of Mr. and Mrs. Leonard Bowman of North Wiltshire, P. E. I.

ter of Mr. and Mrs. Alexander MacGregor of Mount Stewart.

Cook's Corner



HOME MADE CHOCOLATES

2 egg whites, beaten stiff
1 1/2 tsp. water
1/2 tsp. peppermint
icing sugar to make stiff
Heat 2 squares of chocolate, a little parawax.
Method—Mix egg whites (beaten), water, peppermint and icing sugar. When stiff, shape as chocolates, then roll in chocolate and parawax mixture. Let cool. These are very good.

physical youth is on the wane. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

IN TRIM

Exercise Periods Should Fit Your Individual Schedule

By Ida Jean Kain

Some gals wouldn't give exercise the time of day! But less lazy lassies write to inquire which time is the most beneficial, morning or evening. That depends on your schedule and your temperament.

It's not a good plan to leap out of bed and strain through rugged calisthenics, vigorously contracting the muscles before the body is warmed up and ready for action. So get it ready for action. There is no better way to start the day than with easy, limbering waker-uppers.

Wake up and s-t-r-e-t-c-h. The stretch should be extended to its limits, but the movement should be made slowly and smoothly, and released in the same easy manner. Breathing should be natural, not held. An easy rhythmical has a tonic effect at any time. The one restriction as to time is to avoid exercising vigorously within an hour and a half after meals, for that would interfere with digestion.

Some of you prefer to take exercises before retiring. If you

interfere with sleep could be termed a health program! A leisurely walk in the fresh air before retiring helps you sleep, and that's good exercise, too. Relax your mind and your muscles—look up at the stars, forget your troubles.

On the time element, the most important factor is habit. It's a good plan to get in the habit of taking a little exercise at about the same hour each day. You'll look forward to it. Regular exercise can help you to feel like a new person. The rhythm of the results in a general quickening of the blood stream throughout the body. Light exercise performed by fresh muscle groups exert a refreshing influence on tired muscles. So the tired working girl who exercises after five feels much more alive in the evening.

Summed up, those who like wake-up exercises—wonderful. Key the routine to stretching, smooth bending and the light, warming-up kind of calisthenics. The homemaker who has the



MORNING SMILE

An American official in Tokyo had occasion to write to a Japanese businessman there. Thinking to give his letter the flowery Oriental touch that would make for good public relations, he closed with, "May Heaven preserve you always."

To the delight of the official's staff, the Japanese gentlemen responded with, "And may Heaven pickle you, too."

house to herself will perhaps find the middle of the morning more convenient. She can key her exercises to the muscles not used in housework, namely the middle muscles. That will do away with the threat of the middle spread. The business girl can go to a gym three times a week, after five, or pick her own sweet time at home.

Household Hint

awnings can be washed without affecting their ability to shed water. Dust awnings first, then sponge with cold water before using warm water and a good detergent. Awnings may also be painted with a special awning paint.

ELLEN'S DIARY

by an Island Farmer's Wife

James, the safety of his family in mind came to the door again. "I thought, Ellen," he commented, "you were supposed to keep those children away from that thing—and look now where they are! As close to it as they can get. What if it should suddenly fly to pieces? . . . How many minutes have you to keep that going? You'd have had two in the oven by this, mixing by hand—and no trouble or danger over it!"

"It's great, Granddaddy!" Granddaughter twinkled, "your wife don't have to mix or beat ever again. She can knit or read or . . ."

"Mind my overalls!" James chuckled looking down at a rent in the knee. " . . . while the mixer does its work," she added. "And what?"

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Words Of The Wise

We women do talk too much, but even then we don't tell half what we know.—(Lady Nancy Astor.)

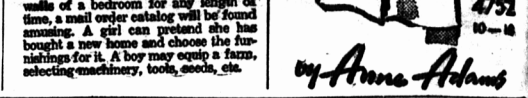
ANNE ADAMS PATTERNS

SHEATH-SLIM!
Side-swept collar is such a lovely frame for your face. Button trim, sheath-slim lines below—so becoming to your figure! You'll hurry to sew this smart new dress—in silk shantung, crisp cotton, or linen. You'll wear it—love it now and all through summer!

Pattern 4752: Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 3 3/4 yards 39-inch fabric.

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.



Wife Preservers
For the boy or girl confined to the four walls of a bedroom for any length of time, a small order catalog will be found amusing. A girl can pretend she has bought a new dress, or a boy may enjoy a farm, selecting machinery, tools, seeds, etc.

Name us AND WIN A Free Holiday

SWIFT'S OFFER YOU A CHANCE TO ATTEND THE GALA, CELEBRITY-PACKED SPECIAL PREVIEW OPENING OF Disneyland

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FREE air trip! . . . FREE accommodation! . . . Spending money!

10 of \$300 each! 30 of \$50 each!

You may spend a week's vacation this year FREE! You may be the lucky winner from THE MARITIMES of Swift's wonderful trip to Disneyland! Here's what you can win for yourself and a friend or member of your family:

- FREE** first class return trip by air from the air terminal nearest your residence in Canada to Los Angeles!
- FREE** accommodation at the new ten-million-dollar Disneyland Hotel for seven days!
- \$200** for spending money and meals!

Tours around the famous glamour spots of Hollywood! A trip through the Disney Studios and principal movie lots!

AND YOU'LL MEET WALT DISNEY AT A SPECIAL PREVIEW OPENING OF AMAZING DISNEYLAND!

Just imagine! You and your companion may be the first Canadians to meet Walt Disney in his fabulous Disneyland, exciting new playground set in a 160-acre park at Anaheim near Hollywood. You'll see your favorite Disney friends come to life in Disneyland! You'll see Beanie, filled with legendary character and real-life heroes from the past. Adventureland will delight you with its exotic, far-away places and people. Tomorrowland gives a thrilling glimpse of the future with its rocket ship and buildings of the future. You'll remember your visit to Disneyland so long as you live!

ENTER NOW! . . . Contest closes midnight, July 4th, 1955.

Save the box-tops and package labels from any one of these tasty Swift meals to send with your entries to the Swift Disneyland Contest: Swift's Premium Brown 'N Serve Sausage; Swift's Premium Table-Ready Meats, sliced or packaged; Swift's Premium Beans; Swift's Brookfield Sausage.

HERE'S WHAT YOU DO

- Name these two delightful true-to-life elephants, featured prominently in the Adventureland section of Disneyland. They are male and female, and you can give them any names you like. They can be separate names, like Joe and Mary, or combined names, like Mr. and Mrs. Trumpeter. They can be plain, descriptive, amusing . . . anything you fancy. You'll probably want to send dozen.
- FOLLOW THESE EASY RULES**

- You can win either (a) A trip to Disneyland, transportation provided and accommodation for seven days for yourself and one other person, or \$100 cash. (There will be one first prize winner in each of five regions: British Columbia; The Prairies; Ontario; Quebec; The Maritimes, including Newfoundland) or (b) One of 30 National Prizes of \$50 each.
- To enter, do this: On the entry form below, or on one side of a single sheet of paper, write the names you suggest for the two true-to-life elephants, one male and one female, featured in the Adventureland section of Disneyland. Write only one suggestion for the names on each entry you send.
- Send your entry with one box-top or package label from any one of the following products: Swift's Premium Brown 'N Serve Sausage; Swift's Premium Table-Ready Meats, sliced or packaged; Swift's Premium Beans; Swift's Brookfield Sausage to Disneyland Contest, Box 1576, Toronto, Ont. Send as many entries as you wish, but be sure to send one box-top or package label each with your name and address clearly on each entry.
- All entries must be postmarked not later than midnight, July 4th, 1955. Entries postmarked later, delayed in the mail, or having postage paid, do not qualify.
- Entries will be examined for originality, sincerity, and absence of thought. Decisions of judges is final. No contestant may win more than one prize.
- All entries become the property of Swift Canadian Co., Limited. No correspondence can be entered into.
- This contest is open to anyone resident in Canada except employees of the Swift Canadian Co., Limited, or anyone associated directly or indirectly with the judging of the contest.
- If a minor wins, the companion must be a parent or guardian.
- Winners' names will be published in daily newspapers. We accept these rules when you enter the contest.

SEND THIS COUPON AND SEND TODAY!

I suggest . . . names for the two Disney elephants. I enclose one box-top or package label from one of the following: Swift's Premium Brown 'N Serve Sausage; Swift's Premium Table-Ready Meats, sliced or packaged; Swift's Premium Beans; Swift's Brookfield Sausage.

Name . . .
Address . . .
City . . .
Province . . .
Country . . .

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