

# WOMEN

Friday, Jan. 6, 1956 The Guardian Page 3

## HAPPENINGS

Miss Lydia Sims arrived Friday by plane to spend ten days with Mr. and Mrs. H. R. Sims, Edward Street.

Epiphany — January 6th commemorates the coming of the Magi to Bethlehem. This is the Church Festival around the Christmas Season which is especially celebrated in Spain.

Senator and Mrs. J. P. MacIntyre who have been in residence at the Charlottetown Hotel leave Friday for Ottawa, where they will be in residence at the Chateau Laurier Hotel during the Parliamentary Session.

Mr. and Mrs. J. A. Likely entertained over the holiday at a supper party at their residence, West Street.

Commander W. R. Inman and Mrs. Inman of Ottawa, have had as their holiday guests, Mr. and Mrs. E. Manning Bagnall of St. John, N. B.

The Rev. W. E. Aitken and Mrs. Aitken of Dartmouth, N. S., had as their guests for Christmas Miss Lynn Aitken of Charlottetown. Miss Aitken spent New Year's with her niece, Mrs. Arthur Avard and Mr. Avard in Moncton.

Mr. and Mrs. G. M. Avard left Tuesday for Moncton to visit Mr. and Mrs. Arthur Avard and family. Mrs. Avard will remain in Moncton for a week.

Dr. and Mrs. J. A. MacMillan entertained the Executive of the Swingers Square Dance Club, Monday evening at the MacMillan residence, Greenfield Avenue.

Captain and Mrs. C. E. Blair of Moncton and young daughter, Cindy spent Christmas with Mrs. Blair's parents, Senator and Mrs. J. P. MacIntyre.

Miss Connie Chandler who spent the New Year holiday in Digby, N. S., arrived Thursday by plane in Charlottetown.

Miss Freda MacIntyre returned by plane to Boston, Mass. Miss MacIntyre had been visiting her parents, Senator and Mrs. J. P. MacIntyre and other members of her family.

Mrs. Carl Green entertained at bridge Wednesday evening at her residence, Upper Prince Street.

Mr. and Mrs. Stanley Lancaster entertained their friends over the holiday at their residence, School Street.

Dr. and Mrs. Leo Frank have been visiting Mr. and Mrs. Amram Scheinfeldt in New York City.

Miss Sue E. Jones of Hazel Brook, spent Christmas and New Year's with Mr. and Mrs. Stanley Sanford, of Cambridge, Mass.

Mr. and Mrs. Richard F. Welton, spent Christmas in Fonthill.

### MAN'S HAT

## To Get The Best Flavor Cook Veal As French Do

By Ida Bailey Allen

"Whether one is cooking the most popular of all the dynamic animal proteins, or whether it is veal for a change, the dish must taste important!" the chef was saying.

"Consider veal, for example. In flavor, it is a mild meat, but it still packs a powerful protein punch. And how does one judge this?"

"Only by the appetizing color, aroma and fine flavor of the meat."

### THE FRENCH WAY

"In France," he continued, "veal is the most plentiful of all red meats. So the French chef as well as the French homemaker knows how to make every cut tasty—whether it is a roast leg, veal cutlets or chops, veal neck or rolled shoulder for ragouts, or pot roast.

"I will now divulge two of the French secrets for cooking veal."

"(1) Accentuate the mild flavor with interesting herbs and seasonings.

"(2) Use plenty of good fat in cooking, because veal is a lean meat."

### TOMORROW'S DINNER

Beet Chiffonade Saladettes  
Veal Pot Roast  
Parslified Potatoes  
Green Beans with Onions  
Raisin Molasses Meringue Cake  
Coffee Tea Milk

Veal Pot Roast: Order 3 to 4 lbs. breast of veal, boned.  
Dust the meat inside and outside with 2 tsp. salt, 1 tsp. monosodium glutamate and 1/4 tsp. pepper.  
Fill the pocket with 1/4 c. minced parsley mixed with 1/4 c. minced onion and 1 crushed small section garlic.  
Roll up; tie and fasten with skewers or poultry pics; lace together with string. Brown all over in 2 tsp. shortening.  
Place in a heavy saucepan. Pour in boiling water to 1/4 the height of the meat.  
Add 2 beef bouillon cubes. Cover and simmer about 2 hrs., or until fork-tender.  
Remove the veal; make gravy from the liquid remaining in the pan—there should be 1 1/2 c.  
Add 1/4 c. commercial sour cream and 1 tsp. lemon juice. Season to taste with salt and pepper.

### MARY HAWORTH'S MAIL

**Girl Thinks She Loves Man Who Doesn't Love Her**

DEAR MARY HAWORTH: I am a girl 19, unmarried, and I guess reasonably attractive. I have been going with John for 18 months and I believe I love him; but the catch is, he doesn't think he loves me. We have had many fights, mostly caused by me. I demand too much affection, and when he doesn't do things my way, I am hurt and we fight.

It all came to a head about a week ago. We had broken off during the summer, and decided to date others; but somehow we came back together again. I was resolved to end the relationship. John sensed something was wrong. I told him we weren't getting anywhere and we ought to split up. He was amazed to hear that he wanted to tell me the same thing.

After many harsh words I left in anger and he followed to take me home. We had dinner together and I told him exactly how I felt. He said I was too sensitive; that he is afraid to talk out his feelings with me, because I get hurt. (Most of my friends say this, too). He also said he doesn't think he is capable of love, which I don't believe, as I have seen tenderness and love in him. We cried, because he wants to love me and can't. He took me home.

**SECOND ATTEMPT**

Next day he called and I asked what his decision was. He said it was up to me. We decided not to see each other for a month; then meet and say how we feel. He suggested we try to forget each other, but this is impossible for me. I can just barely refrain from calling him now. I am afraid to meet him next month. I hope and pray he will say he loves me, but I know he won't.

What can I do? I am studying at night, to occupy my time; and I have thought of psychiatric help but this won't console me. I am alone again and I hate it. Thank you for listening; and for any help you can give me. M.P.

**ALIENATES LOVE**

DEAR M.P.: In your letter here condensed, you say this isn't the only spoiled romance you've had. Also, that you are shy in a group and very awkward, but somehow you attract men, who stay interested.

You need psychiatric help to bring you out of infantile patterns of feeling, and put you in the way of developing normally into a womanly adult person. M.H.

**SHOWS IMMATURITY**

Your fights with John, and repetitive talks of breaking with him, are disguised demands for proof from him that he loves you and will never leave you. (But this he does not quite fathom). You try him to the utmost, hoping that he will scale every barrier with dogged devotion, and thus rest your fears of being abandoned (to your own resources).

If you were a more mature character, you would simply call John in this crisis, and be frank about longing to see him. You would make up your mind as to what you want; and if you want John as your husband, you would put your cards on the table and try to win him. You wouldn't be playing hard-to-get with shrinking uneasiness, and leaving the initiative to him, about renewing the romance or letting it drop.

**PRAYER PANEL**

Easy! Embroider this beautiful "Now I Lay Me Down..." panel for your child's room! Perfect wall decoration — a reminder for youngsters to say prayers!

Pattern 7171: Embroidery transfer of "Now I Lay Me Down..." wall panel, 16 x 19 1/4 inches.

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

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**Baby's Colds**

Relieve Suffering Fast-Effectively with VICKS

**COOK'S CORNER**

**ROAST TURKEY DRESSING**

Clean turkey before storing in refrigerator, stuff it the night before roasting. For a 10 to 12 pound turkey (drawn weight) use the following stuffing:

Cook 1/2 cup onion in one cup hot fat till tender. Add 2 1/2 tsp. salt, dash of pepper, ten cups day-old bread, 1/4 cup finely chopped celery, 1 1/2 tsp. poultry dressing, 1 1/4 tsp. ginger (this will prevent dressing from repeating). Blend well. Stuff crop and body of turkey lightly then sew or skewer opening. Roll the turkey in brown paper oily on the outside, leaving ends open. Place breast up on rack in open roasting pan. Do not add water, turn or baste. Temp. 300 deg. 20 minutes per pound.

**Mustard-Pickle Dumplings**

Mix and sift into a bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted all-purpose flour), 3 tps. Magic Baking Powder, 1/4 tsp. salt. Cut in finely 2 tbs. chilled shortening. Make a well in dry ingredients and add 1/2 c. finely-chopped mustard pickle in sauce and 1/4 c. milk; mix lightly with a fork, adding milk if necessary, to make a drop dough. Drop in 6 portions, over hot cooked stew. Cover closely and simmer (never lifting the cover) for 15 mins. Yield—6 servings.

**Always Dependable**



WINTER WEDDING AT SUMMERSIDE

Evergreens, pink azaleas and Better Time roses formed the setting in the Summerside Presbyterian Church on Monday, December 26 for a pretty winter wedding when Miss June Elizabeth Wood, daughter of Mr. and Mrs. R. W. Wood became the bride of Mr. Paul Harold Fleming, son of Mr. and Mrs. J. Harold Fleming, Toronto. Rev. J. Donald MacKay officiated at the 2 o'clock ceremony.

Mrs. Cleve Whalen was organist and accompanied Misses Mary Rae Tanton and Irene Mountain as they sang "O Perfect Love" during the signing of the register.

The bride given in marriage by her father, was attended by Miss Patricia Preston, maid of honor; Miss Elizabeth Nicholson, bridesmaid, and Miss Aleah Wood, sister of the bride, junior bridesmaid.

A gown of white velvet styled with portrait neckline edged with Chantilly lace was chosen by the bride for her vows. The sleeves were of elbow-length and the skirt was fashioned with panniers which set off the fan-shaped sweep. A fingertip veil of French illusion mistled from a net cap studded with rhinestones and she carried a cascade of bouquets of stephanotis and Queen Elizabeth roses.

The bridal attendants were similarly gowned in wait-length bouffant velvet frocks with matching headresses and shoes. The maid of honor chose red velvet and carried a bouquet of Lestra Hibberd roses while the bridesmaids wore emerald green and carried nosegay arrangements of Aristocrat roses.

Mr. Calvin Withers, Sarnia, Ont., was groomsmen and Messrs. Windsor Corney and Alan Warren, Chertsey, were best men. The brides were marked with frosted white bells and white ribbon.

For her daughter's wedding, Mrs. Wood chose a gown of American Beauty rose taffeta with pink and black accessories and Briarcliff corsage. The mother of the groom was given a pink and white Sierrita satin with cream and yellow accessories and a corsage of brown chrysanthemums.

**Prima Ballerina Gives Two Of Her Favorite Recipes**

TORONTO (CP)—Any housewife who envy the glamor of the entertainer's life may take heart. Her own kitchen may be envied from the stage.

Beryl Grey, one of Sadler's Wells prima ballerinas, says she may come day leave the stage for a little restaurant in the country. She loves to cook.

During her summer holidays from the ballet company she and her husband, Dr. Sven Swenson and their 18-month-old son, Ingvar, visit Sweden.

She spends his magnificent countryside, spends hours basking in the sun, but, best of all, she has lots of time to cook.

**FAVORITE RECIPES**

Here are two of her favorite recipes:

**Beef a la Lindstrom**

1 1/2 lbs. minced beef, 2 raw, medium-sized onions, 2 teaspoons capers and 2 medium beetroots finely chopped; 1 large cooked potato; 2 egg yolks; 1 egg white. Mix together, add milk if necessary, shape as hamburgers and fry in butter. Serve with cranberries, saute potatoes and a mixed green salad with French dressing.

**Swedish stuffed apples**

Core and peel large apples. Roll in melted butter and then in bread crumbs. Fill centres with mixture of 3/4 cup ground almonds, 1/2 cup granulated sugar and either egg white or water. Put plenty of butter around the apples. Bake in oven about 40 minutes, basting frequently.

**TIME IS OCCUPIED**

If Miss Grey is to stay in top form for the stage her time in England must be spent exercising. She cannot daily as much as she would like with household duties. Indeed, during her pregnancy she exercised constantly and was back at work just five weeks after Ingvar's birth, which she accomplished with anesthetics.

The hours devoted to ballet, however, have paid off. She has won acclaim in Europe, Sweden and America for her Odette-Odile in "Swan Lake," her favorite role.

For the Sadler's Wells engagement in Toronto this week she danced the lady in Giuseppe Verdi's "The Lady and the Fool."

**Japanese Women Mean To Try To End War**

VANCOUVER (CP)—The status of women in Japan has improved immeasurably in the last 10 years and they are determined there shall be no more war, Miss Emma Kaufman said in an address here.

She has just returned from the Orient where she attended the 50th anniversary celebration of Japan's YWCA.

"In Japan today," she said, "social dancing is the rage, co-education is the order of the day, a woman can choose her own husband, parenthood is planned and you can look the imperial family straight in the face."

"Before the war social dancing was criticized as being a vicious foreign habit. But today everybody accepts it.

"Young people are extremely fond of foreign music. Many young girls and boys meet through such mutual interests."

Before the war the family arranged the marriage, but now women choose their own husbands.

Women are in great demand as commentators on public affairs and free-lance journalists have become "leaders of public opinion" who act as chairmen for women's groups in panel discussions.

Favorite subject of any discussion is invariably "democracy and what it means."

While many Japanese women hold top positions in government, the fate of the married woman is still far from pleasant, she said. Due to the high birth rate, abortion is legal under certain conditions.

"Among mothers there is great deterioration of health due to the number of pregnancies."

### KEEP IN TRIM

## Bolster Your Will Power

By Ida Jean Kain

A New Year is always a stimulating challenge for it offers a chance at a new beginning. An energetic start pulls you out of your habit rut. Desire and enthusiasm can keep you happily on your slimming course.

To keep the requisite starch in your will power, continue to visualize yourself the way you want to be and hold that picture vividly in mind. It's important to remember that true will power is ruled by the picture you hold in your mind.

Perhaps you wonder why will power wavers after you've been on a diet for a few days, say the fourth or the tenth day, and you experience this same reaction every time you try to reduce. This is a common problem which psychologists call "expected failure."

It is a mental set. Without being conscious of it, you are concentrating on a weak point in your diet. If you bog down, it is because you are reacting to past diet experiences when you had that all-gone feeling because you had short-changed yourself nutritionally. On this next diet you will not have a physical let-down.

Once alert to this mind set, you can divert your thinking from the rutted path by focusing on the rewards of success. To bring your goal nearer, picture yourself in your next smaller dress size.

It helps to make advance decisions on the calorie score. For example, decide that at the main course you will trim off all fat from the meat. The calories are in the fat, the tissue repair material is in the lean. Decide to enjoy a half of a baked potato for 50 calories, topped with a half pat of butter. When it's streamlines you want, you'll prefer salads low calorie dressing and quickly.

**ENERGY BOOSTING DIET**

Approximately 1100 calories, reducing rate: 2 pounds a week.

**BREAKFAST**

Tomato juice with lemon  
Hot cereal, 1/2 cup  
Whole milk, 1/2 cup  
Sugar, 1 tsp  
Coffee black

**LUNCHEON**

Fluffy omelet, 2 eggs  
Or cottage cheese, 3/4 cup  
Toast, 1 slice  
Butter, 1/2 pat  
Small fruit Salad  
(No Dressing)  
Hot tea

**4 o'clock PROTEIN PICKUP**

Glass of skim milk or buttermilk

**DINNER**

Broiled halibut parsley and lemon  
Or Broiled chicken, 2 pieces  
Lima beans or corn, 1/2 cup  
Spinach  
Grilled grapefruit with 1 tbsp. brown sugar  
Coffee

**MID EVENING**

Glass of hot skim milk

## ANNE ADAMS PATTERNS

**CLASSIC FLATTERY**

Base your new year's wardrobe on this versatile classic! Have two smart versions—one with sleeves, one without. Collar is convertible—step-in style so comfortable. Even the graceful tucks that detail the front and back are extra easy to sew! Hurry! Sew it now!

Pattern 4668: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3 3/4 yards 39-inch fabric.

This pattern is easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto, Ont.

**Wife Preservers**

To clean a hair brush, dip it into warm, soapy water to which you have added a few drops of household ammonia. Rinse in clear warm water, then in cold water. Shake and place on the side in an airy place to dry.

4668 12-20  
by Anne Adams

**MODERN MIRACLE**

In this age of synthetic fabrics it is not surprising to find that our American scientists have developed a fur-like material that is just as appropriate over an evening article but which, in reality, came out of a laboratory and not off an animal.

An example of these man-made furs is seen in the shorts above. It has deep, cuffed sleeves, side slits, flap pockets and a little stand-up collar. This model is just as appropriate over an evening dress as it is over daytime clothes because it has the luxurious appearance of real fur.



COLORFUL SEPARATES

There's a Midas touch about this date costume with its simple, new silhouette that gives it a distinctly rich look for after five.

Both the skirt and top are made of velveteen, paisley printed in gold and green. The overblouse has a bateau neckline and three-quarter sleeves and the skirt is pencil slim. The outfit is grand for girls on a budget because it gives a very lush appearance without being too expensive.