

WOMEN

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FATHER MAKES PANCAKES FOR SHROVE TUESDAY

History of Pancake Day Is Unfolded From The Year 1000

Pancake Day, which falls on February 14, 1956 is a centuries old traditional holiday. Even older than Pancake Day, however, are the pancakes for which it is famous, and the Lenten Season which it immediately precedes. Pancake Day is always the Tuesday before Ash Wednesday, the start of Lent. Although they did not realize what they were doing, men and women in the Neolithic Age (the Stone Age) created a food which was destined to be the main dish for this world-wide celebration. They made, on their crude hot stones, the world's first pancakes, from ground up wheat and corn. The pancake was actually the first known form of cooked bread. Naturally, in this third interglacial period, nothing was known of leaving agents. The cave men of Shrove Tuesday, of course, should be covered that moisture in the world's first pastries. This, of course, was the pancake which still delights the hearts of millions every day.

SHROVE TUESDAY
Pancake Day, as we know it today, originated in the year 1000 A.D. At this time, an English clergyman, Abbot Aelfric set forth the proclamation that "In the week immediately before Lent everyone shall go to his confessor and confess his sins, and the confessor shall shrive him as he may then hear by his deeds what he is to do." This proclamation by the Abbot resulted in wide observance of "Shrove Tuesday" which soon became, in addition to a period of confessing, a day of merry-making in many parts of the world. Shrove Tuesday, of course, soon became popularly known as Pancake Day.

In old England it was quite an event when housewives flocked to churches on Pancake Day to be "shriven" or absolved of their sins. At the tolling of the bell in the morning, it was customary for the housewife to drop whatever she was doing and hurry to the confession. Since this was also the day for feasting and eating pancakes in small towns, the holiday cakes soon became known as "shriving cakes" because they were made on the day the women were "shriven" of their sins.

FOUR INGREDIENTS
These early pancakes were made of four symbolic ingredients: eggs for Lenten Sacredness flour for the staff of life salt for wholesomeness and milk for innocence.

ANNE ADAMS PATTERNS



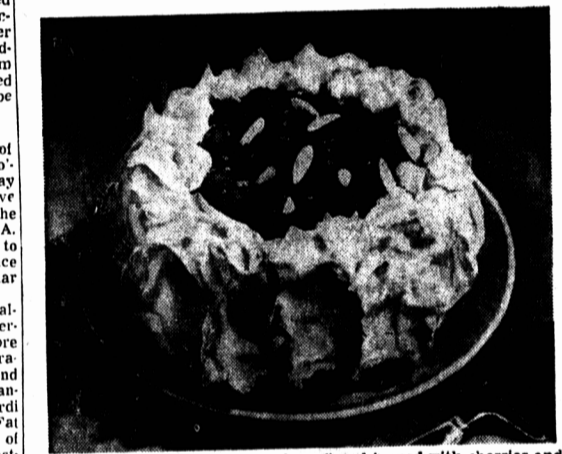
TWO WAYS SMART
Two dresses or a dress and coat! Either way she wears them—these are the prettiest fashions your little girl could own! Have the dress in colorful cotton—the coat-dress in rich contrasting pique or faille. Quick to cut out, put together. Joy to sew!
Pattern 4584: Girls' Sizes 6, 8, 10, 12, 14. Size 10 dress, 2 3/4 yards; coat, 3 3/4 yards.
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Send order to ANNE ADAMS, Pattern Dept., 60 Front St. W., Toronto, Ont.
HELPFUL GIFT
OSHAWA, Ont. (CP)—Two \$100 bursaries to former Oshawa high school students now attending the provincial teachers' college at Toronto were awarded by the Home and School Council here.
LOOKING AHEAD
COLCHESTER, England (CP)—Mrs. Emmeline Nicholas celebrated her 101st birthday by planting auricula seeds in her garden. The plants won't bloom for two years.

KEEP IN TRIM Overeating Sprees Are Bad

By Ida Jean Kain
If you've been dieting for years—reducing six pounds and promptly gaining back eight, this column is for you. The overweight in today's story is typical.
"My doctor says I must lose 40 pounds more. He gave me a 900 calorie diet. But with all the work I have to do I simply cannot weather a whole day on such meager fare and still be decent to my family."
When I diet I lose three to four pounds a week, but about two weeks is all I can stand of it. Then I go on an eating spree and even eat when I am not hungry. A few weeks later I start the diet again, but soon go back to overeating and gain more than I lost. Doing this I've pushed my weight from 150 to 190 pounds! I am so disgusted with myself."
How can this overweight or any overweight in the same fix break this habit pattern? To pull out of the rut, first discard all old notions about dieting and take a fresh approach. To go at diet with grim determination is to stir up the failure pattern. When you look upon diet as an ordeal you feel deprived, and this rouses resentment. With this negative approach, you couldn't stick with any diet to save your life.
What's more, on a 900 calorie diet, energy may be low...and it's almost impossible to buoy up enthusiasm for reducing when you feel dragged down. Losing weight doesn't seem worth the struggle.
Any reducer with a family to take care of will find it easier to keep her morale on 1100 to 1200 calories a day, and to eat a small amount of fat and liberal protein, but delete all excess sugar and starches. On this fairly generous diet, she can dine well without going hungry or losing her energy.
This overweight is missing the exciting rewards of reducing—those derived from slimming down a size at a time. She should aim at the next smaller dress size, which for her is size 40. Eight pounds off will let her wear this smaller size. At this point she can do one of two things: set another goal for size 38, taking off 16 more pounds or hold her weight lost for two weeks, then start dieting again. But no gaining!
A little regular stretch-bending will help prevent flabbiness as weight is lost. And by restoring elasticity to the figure controlling muscles, that size 40 will look so smooth our model will have more incentive to make size 38 her next goal.

LET'S EAT Canned Fruit Desserts

By Ida Bailey Allen
"At this time," I told the Chef, "very good values in canned fruits may be obtained, because as the year progresses, the food processors endeavor to sell their past season's pack. Already advertisements of special sales are appearing. Our homemakers should take advantage of them."
CANNED FRUITS
"Chilled canned fruits are excellent as simple desserts," replied the Chef, "and can be used as a major ingredient in prepared not only desserts such as Berties, cobblers and shortcakes, but cakes, pies, salads and many interesting first courses, or curtain raisers as you often call them, Madame."
SUNDAY DINNER FOR GUESTS
Tomato Soup with Minced Chives
Stuffed Breast of Lamb
Mushroom Garnish
Flaky Rice
Green-Peppered Corn
Tossed Lettuce
Pickled Beets
Cherry Crown Torte
Coffee
Tea
Milk
Cherry Crown Torte: This con-



WRAPPED in a "mile high meringue" and topped with cherries and blanched almonds, Cherry Crown Torte makes a queen-size dessert.

MORNING SMILE
A butcher shop in London hung out this sign: "We make sausage for Queen Elizabeth I."
A rival butcher shop across the street promptly put up this sign: "God Save the Queen!"
HOUSEHOLD HINT
To remove "bloom" from the cloudy look on wood furniture which is caused by dampness, wipe the surface with a sudsy cloth, rinse with a clean damp cloth. When dry, wax or polish furniture.

Ottawa Women's Forum Has Program of Varied Topics

By CAROLYN WILLET
Canadian Press Staff Writer
OTTAWA (CP)—Members of an Ottawa women's group lit 21 candles on an anniversary cake and chucked over a feminine torch, celebrating the 10th anniversary of the founding of their dynamic organization.
It was women's proverbial mind-changing habit that produced the Ottawa Women's Forum one January day in 1935. A handful of housewives met to form a book club, changed their minds and decided to do something about becoming better citizens.
They wanted reliable information on current issues; at that time the depression concerned them. They wanted to be able to make their own decisions on issues.
So the small group of 15 women began by studying various government setups in the world. Parking their children with a baby sitter hired by the forum, they launched an organization that grew to 60 members within the first year. Each year since the membership has averaged 65.
HEAR FROM EXPERTS
Meeting bi-monthly at the YWCA from October until May, members at first prepared their own papers and then discussed them as a group.
"But we were choosing pretty heavy discussion topics," said Mrs. Palmer Burgess, a charter member and the forum's second president. They then began to invite guests to speak on specific subjects.
The speakers—including politicians and diplomats, civil servants and journalists—are still



Missionaries Presented To The Queen

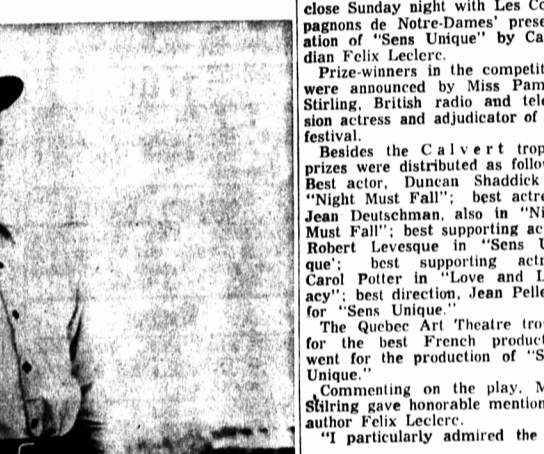
COOK'S CORNER

FILBERT COOKIES
4 egg whites, beaten stiff
2 1/2 cups icing sugar
1 lb. ground filberts
Beat egg whites stiff. Stir in icing sugar and ground filberts. Roll in balls. Bake at 350 degrees, 20 minutes.
TOMORROW'S DINNER
Vegetable-Noodle Soup
Broiled Fish Fillets
Lobster-Tomato
Mixed Vegetable-Tomato Salad
Orange Ambrosia
Coffee
Tea
Milk
Fish and Sea Food Flavors
Harmonize: One of the Chef's most delectable entrees is broiled fish fillets with lobster sauce.
THE CHEF'S LOBSTER SAUCE
Combine 1 pt. rich white sauce, 1/2 tsp. lemon juice, 1 tsp. mayonnaise, 1/4 tsp. paprika, 1/2 tsp. Worcestershire and 3 tsp. lobster paste or 3/4 c. minced canned lobster.

Dr. and Mrs. Paul Yate, Guelph, Ont., medical missionaries in Nigeria, were presented to the Queen during her visit to Kaduna. The couple, with their son, Peter, in this posed shot, left Guelph in 1953. Dr. Yate is the surgeon at a 30 bed United Church of Canada missionary hospital. Mrs. Yate is a surgery nurse. (CP Photo)

Arvida Group Wins Calvert Trophy At Quebec Festival

QUEBEC (CP)—The St. George's Players of Arvida were awarded the Calvert trophy for the best theatrical production of the eastern Quebec regional drama festival.
The troupe, which staged Emlyn Williams' drama "Night Must Fall," won over three other groups—the Quebec Art Theatre, the Conservatoire Nationale de Quebec and Les Compagnons de Notre-Dame de Trois-Rivieres.
It also earned the right to represent eastern Quebec in a forthcoming national festival at Sherbrooke, Que.
The regional festival came to a close Sunday night with Les Compagnons de Notre-Dames' presentation of "Sens Unique" by Canadian Felix Leclerc.
Prize-winners in the competition were announced by Miss Pamela Stirling, British radio and television actress and adjudicator of the festival.
Besides the Calvert trophy, prizes were distributed as follows: Best actor, Duncan Shadlock in "Night Must Fall"; best actress, Jean Deutschman, also in "Night Must Fall"; best supporting actor, Robert Levesque in "Sens Unique"; best supporting actress, Carol Potter in "Love and Lunacy"; best direction, Jean Pellerin for "Sens Unique."
The Quebec Art Theatre trophy went for the production of "Sens Unique."
Commenting on the play, Miss Stirling gave honorable mention to author Felix Leclerc.
"I particularly admired the re-



Blond Pioneer In The North

Dorothy McDonald, 27-year-old blue-eyed blonde, is carving a farm out of Northern Ontario's wilderness, 30 miles north of Cochrane. She hasn't worn a dress since wartime, doesn't own a lipstick and usually goes about in men's clothes. She carries a rifle and wears snowshoes like a veteran. She shoes the horses, cleans the barn, cuts the hay, sows the oats and alfalfa, milks the cows, butchers steers, fells trees and pulls out stumps. She lives with her mother. (CP Photo).

Self-Iced SPICE CAKE

Sift 3 times, 2 1/4 c. once-sifted pastry flour (or 2 c. once-sifted all-purpose flour), 2 1/2 tsp. Magic Baking Powder, 1/2 tsp. salt, 1 1/2 tsp. cinnamon, 1/4 tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in 1/2 c. seedless raisins and 1/4 c. chopped walnuts. Cream 3/4 c. butter or margarine and blend in 1 1/4 c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and 1/2 tsp. vanilla. Add dry ingredients to creamed mixture alternately with 3/2 c. milk; spread batter in greased 9" square pan lined in the bottom with greased paper. Beat stiff, hot dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with 1/2 c. chopped walnuts. Bake in rather slow oven, 325°, 1 1/4 to 1 1/2 hours; cover lightly with brown paper for last half hour.
Always Dependable

ELLEN'S DIARY An Afternoon Sleigh Ride

A day full of sunlight, this, to ed us presently to set the sleigh at a wide-open door. "Now this was a month of strange weather with a graceless record for damp clouded days and the worst ice storm in Island history. February will make up for such shortcomings. Sun we shall have, rosy dawns, bright above the snowy hills, tops, and the magic and mystery of a young February moon.
"Do you know what I'd enjoy right now?" a man of the town leaving the door to walk down the lane to their waiting car at its end, one night of the last moon commented, "I'd like a sleigh-ride."
"He stopped a moment then to look out on the scene about quiet of sleeping farmhands, the hush and silver of the hour. "Yes, I'd like to draw lines again over that little mare I used to have, hitched to a nice cutter, robes, bells and the nice of slipping runners. Boy, there was nothing more enjoyable no better way of travelling! Cars? They can have them. They're only a conveyance at best. But" he smiled, tucking her arm beneath his as they moved away, "we'll have to make the best of things as they are!"
We enjoyed a sleigh-ride this afternoon, one after "our own mare" and quite short. In the absence of the rest of the Alderley family to town, we were required to lend assistance to James in bringing bedding-straw from a building at the rear of the barns around to the barnyard and stables. How James loves to have his workmen about, hitched to a horse, the affairs of the farm! What to him are houses but nice havens after the work outdoors is done? What is a bit of dust on a mantle or under a rug? As he reminds us, "We don't get our livelihood there."
"You drive her" round, Ellen-I'll bring the forks we need," he called from a doorway. Then join-

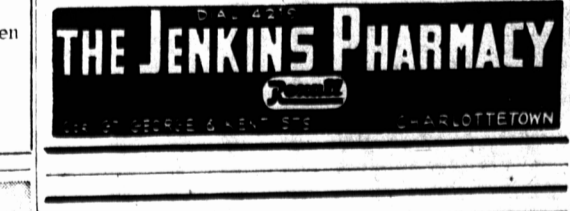
alism and the direct style. The theme is original and the characters vividly described. I should like to see the play staged in European theatres; it deserves to be."
PLUM PUDDING
SANDRINGHAM, England (CP)—The Queen sent a two-pound plum pudding at Christmas to each of the 250 workers on this royal estate in Norfolk.
Don't irritate child's intestines with "too-strong laxatives"
Science at last has developed Children's Own Tablets for your child's protection—No cramps! No gripes! No bad taste!
Stop using harsh laxatives that may irritate the tender walls of your child's intestines, causing cramping, griping, or weak, uncomfortable feelings. Large, harsh, adult-strength laxatives are often too strong for children. They work, but they may irritate the delicate membranes in the intestines. Medical science has at last developed Children's Own Tablets—clinically-tested for children's needs—fast-acting enough...not harsh...in tablet form, pleasant-tasting, easy to take! Relieves upset tummys, too. So try Children's Own Tablets today—made by the makers of baby's Own Tablets. See if they are not the answer to your child's laxative problems.
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