

WOMEN

Page 8 The Guardian Monday, February 14, 1955

LET'S EAT

A Gourmet's Technique Of Combining Vegetables

By IDA BAILEY ALLEN

"This vegetable service is very attractive, Madame," said the Chef. "Carrots and peas in cream sauce, surrounded with green Brussels sprouts, and served bubbling hot in this low brown casserole."

Sizzling Dish

He gazed appreciatively at the sizzling dish on the restaurant table, then added: "It is proof, also, that the executive chef here understands his business. In a cream sauce he has combined carrots, an inexpensive vegetable, with frozen green peas that cost much more, and has bordered these with Brussels sprouts that cost more still. As the sprouts are large, he cut them lengthwise into halves, to make them go farther."

"Now I will taste the sauce. Ah, oui! Just as I expected! It is made partly with liquid drained from cooking the vegetables. A good proportion is 1 1/2 vegetable liquid to 2 1/2 whole milk."

Other Combinations

"Many vegetables become more appetizing when combined with others. Chef. And they can almost always be cooked together. "I especially like cut asparagus with carrots, diced white turnips or cauliflower with green peas; cabbage with diced tomato and green peppers, and corn kernels with any kind of fresh bean."

TOMORROW'S DINNER

Tomato Soup Crackers
Boston Schrod Mashed Potatoes
Carrots, Peas and Brussels Sprouts
Lemon Puff Pudding
Coffee Tea Milk

Boston Schrod: Prepare 2 lbs. Boston schrod for boiling (or use white fish or fish filets). Dust all over with 1 tsp. each salt and monosodium glutamate, and 1/4 tsp. pepper.

Place on a broiling pan lined with aluminum foil in a pre-heated broiler. Broil until golden brown. Turn over; brush with butter again and broil until the fish flakes and looks golden.

Transfer foil and all to a large platter or serving tray. By using the aluminum foil, you won't have to wash either the broiler or the platter.

Lemon Puff Pudding: For an easy-to-make pudding, add 1/4 tsp. ground nutmeg to 1 pkg. lemon pie filling, made according to directions on the pkg. Place 1/2 marshmallow in each serving dish. Spoon in the hot pudding mixture. The marshmallows will rise to the top for a puffy garnish. Chill until ready to serve.

TRICK OF THE CHEF

Season frozen or canned carrots and peas, while preparing, with 1/4 tsp. dried mint.

ELLEN'S DIARY

by an Island Farmer's Wife

Yesterday, James reached another milestone on the trail of his western years. The children brought him gifts, and in celebration of the anniversary we had supper at the house across the Lane. His entrance there was greeted by a quartet singing "Happy Birthday To You!" a refrain in which we too, despite an upspringing which frowned upon the like, joined we condescend with a wince of conscience.

Each earthy music was not to be considered, much less uttered on the Lord's Days of our young years. Only the Psalms of David and hymns with some substance to them were the musical utterances of our lips in those days. Indeed not so many years ago, we remember when a married sister unconsciously hummed a few bars of some popular refrain on Sunday; it stopped quickly when her Father remarked quietly, "It seems to me that your tune doesn't fit this Day."

A year older James is, hair a little more sprinkled with silver. And we believe sometimes "a little more tired at the close of day." Yet still with the same zeal, the same interest, the same delight in the round of his days... planning with all the eagerness of his sons: "This or that we should do right after the cropping, if spared—this gift or heifer—we should keep in the herd—this piece of stump-land we must clear."

And definitely in love with the farming, finding the life satisfying and good; never monotonous but ever with an interesting challenge to brain and brain. Enjoying more the sight of a pair of fat cattle in the stall than the emptiness which follows their disposal; finding a pleasing picture in a parcel of fat shots in a pen, a desolation-of-sorts there after their marketing. He enjoys better than a trip to

any far famed land or place, one along these fields that he knows when Spring quickens the fields. "To have a look at those new seeds," when the green is strengthening to regard the flock of sheep and lambskins on pasture.

And in Summer, is there ever a better outing world-over to be had, than that which takes us "back to see how the young cattle are doing" on some far field of the farm. There in the hush of a lingering evening, threaded with bird-notes, the scent of clover and meadow-flower about.

And now has dawned another Day—that of St. Valentine. It is a time for sending tokens of affectionate regard, boy and girl, man and maid—dainty love-missives to be kept and treasured well down along many a year; even until this day, to be taken up maybe by some silver-haired farmwife who will smile fondly at the pretty design of hearts and flowers against its lacey frame and open the yellowed leaves to read a message like this:

"The maid of my heart
To be my bride
And a cottage where roses entwined,
I'd not care, would you?
How fast time flew
If I dream like this
Would only come true
For me and MY VALENTINE."

Until tomorrow — — — — —
— — — — — Good-night — — — — —

MORNING SMILE

The latest wicked libel on a noble race begins in the usual way with four men of mixed nationalities going into a bar.

The American stood a round, the Englishman stood a round, the Irishman stood a round, and the Scot stood around.

Women's Meetings

AUGUSTINE COVE W.I.

The regular monthly meeting of Augustine Cove W.I. met on Thursday evening, Feb. 3, at the home of Mrs. Kenneth Dawson. Meeting opened by singing the Institute Ode, followed by repeating the Creed in unison. Roll call was responded to by 14 members. Minutes of the last meeting were read and approved.

Red Cross work consisting of two sweaters, 20 diapers, three baby gowns, three overalls, one child's dress and blouse was handed in. A bill of \$2.76 was paid.

It was decided to send a donation of \$5.00 to the Red Cross, also \$5.00 to the March of Dimes. It was also decided to interview the local painter regarding the painting of the basement at the school.

Reports of committees were then heard and new ones appointed: Sick and program—Mrs. Austin Cameron, Mrs. A. L. Gaudet, Luncheon—Mrs. Gerald MacLennan, Mrs. Fred Leard, Mrs. Joseph Wadman and Mrs. Lorne Carruthers.

Mrs. Myrtle Peters kindly invited members to her home for the next meeting; roll call to be answered with a flour bag or money for quilting material. The meeting closed by singing the Queen.

A contest by Mrs. Kenneth Dawson was very much enjoyed by all present. Lunch was then served by the hostess, assisted by the committee in charge. Collection amounted to \$1.00.

BRACKLEY POINT W. I.

The February meeting was held at the home of Mrs. Howard Cuddeback. Mrs. Walter Cuddeback was the hostess, and one visitor attending, and responding to roll call with a Valentine Verse.

Bills were paid for Christmas tree lights, and a supply of toilet tissue for the school. The school visitor reported that science was needed for the senior grades. Mrs. Fred Hughes will visit the school this month.

There were no sick calls, and the same committee was re-appointed for the following three months, namely: Mrs. Walter Cuddeback, Mrs. Fred Hughes, Mrs. L. M. and Miss Louise Shaw.

Several finished articles of Red Cross work were passed in to the convener.

The Institute scrap book, which was started some years ago, is always on display at the February meeting, and is of great interest to all.

\$5.00 was voted for the March of Dimes. Collection was \$3.55.

Irish jokes will be the response to roll call at the March meeting, which was invited to the home of Mrs. Howard Cuddeback.

During the school hour the members enjoyed a game of Twenty Questions, after which the hostess served lunch.

PARKDALE W. I.

To "It's a Good Time to Get Acquainted," thirty members of the Parkdale Women's Institute assembled in their hall for their February meeting. With vice-president, Mrs. Fred Gallant presiding, the Creed was read and responded to by roll call answered by "An Island Institute With My Initial."

In business arising from the correspondence, Mrs. Henry Douglas and Mrs. Arthur Seaman were appointed to attend the annual Red Cross Members' meeting requested to lend any authentic costumes they might have of the 1855-1945 period for the annual Fashion Show.

Mrs. Ovid Dollar reported on the many activities of the Brownie Pack, and their preparation for Thinking Day. The sponsors for Cubs and Scouts announced that leaders had been secured for these packs, and expressed great pleasure in the renewed interest evinced by increased attendance.

Mrs. Horace MacEwen showed by her report that she was fulfilling her duties on the sick committee. Mrs. Lester Johnson and Mrs. Hector MacDonald reported on their visit to the school in discussion on the problems they presented. The members voted to buy two supplementary books for Grades IV-V, and to give the hall to the newly formed "Youth Club" of the school, under the direction of principal Millar MacFadyen, and Miss Mabel Auld, for two meetings a month.

Under new business it was decided to hold a turkey dinner for three hundred on March 10th, with Mrs. Seaman, Mrs. Douglas, Mrs. Gallant, and Mrs. Burns as co-conveners. Knitting parties will be held at the homes of Mrs. Elinora MacKay on February 14th, and Mrs. Edwin Cook on Feb. 21st.

Since February 19th is Founders' Day in the Women's Institute, the evening's program stressed this topic. A display featured "Institutes Around the World." A lively action song was followed by a letter from Mrs. Adams, president of the F. W. I. C., read by Mrs. Frank Ross. Mrs. Furness Matheson read the "Message from the Queen Mother" from the English "Home and Country." Mrs. Julian Herring, our guest speaker, gave an informative and most in-

teresting talk on "Activities of the W. I. Provincial, Federal, and World Wide." The close attention of her listeners proved how they enjoyed her talk with its many "humorous" anecdotes.

In the social hour which followed the delicious lunch, six new members were welcomed into the Institute, and a special greeting was extended to three visitors. Each member received a calendar with the twelve monthly programs for 1955. The singing of "God Save The Queen" closed a delightful and informative meeting.

OYSTER BED BRIDGE W. I.

The February meeting of the Oyster Bed Bridge W. I., was held at the home of Misses Hazel and Cora Matheson. In the absence of the president the vice-president, Mrs. Wallace Higgins was in charge. The meeting was opened by repeating the Creed in unison. Ten members were present, one member paying her membership fee. The minutes of the last meeting were read, approved, and signed.

Mrs. Myrtle Peters was passed to the members present to be passed on later.

One bill of \$2.07 for ingredients of cake for adopted Institute in England was paid.

Red Cross committee reported all work, except material for one dress and sweater, passed out and a number of completed articles were passed in. Card committee reported one card sent. School committee reported paper towels needed. Mrs. Smith agreed to get some for the next meeting to get Birthday Box for this year.

Correspondence was then read and discussed. It was decided to give \$3.00 to the March of Dimes Campaign.

The Institute News was passed out subscription to same to be passed in at next meeting.

It was decided to invite Al Johnston to come to Wheatley River Hall in May. Proceeds from button cake were 77c. The cake for the next meeting to be supplied by Mr. Raymond Ling.

Roll call answered by roll call answered with collection for March of Dimes Campaign. Place of meeting was undecided.

The meeting closed with the Lord's Prayer. A delicious lunch was served by the hostess, assisted by Mrs. Rufus Axworthy.

SPRINGTOWN W. I.

The Springtown W. I. held their monthly meeting on Feb. 2, at the home of Mrs. Ralph Thompson. The president, Mrs. Ralph Thompson, presided. The meeting was opened by singing the Creed in unison. Roll call was answered by six members with "What men dislike most in women." Seven visitors were present. The minutes of the last meeting were read, approved and signed.

The school committee reported a black board brush needed for school. The teacher was asked to purchase same; also that paper towels and dust bane be purchased. Mrs. E. E. Ewert presented for cards and cod liver oil capsules. It was moved by Mrs. E. Lamont and seconded by Mrs. E. MacLennan those bills be paid.

Correspondence was then read. It was decided to collect for Red Cross at next meeting by roll call answered by "An Island Institute With My Initial."

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Loving Hands At Home

The do-it-yourself movement now includes jewelry a sweater or blouse to change a mundane style into a party top for cocktail and evening occasions. And a complete amateur can jewel a sweater in two evenings providing she devotes four hours each night to the project.

Engaging, easy-to-follow patterns are on sale in department and variety stores. And the jewels in myriad shapes and colors. Among a series of twenty-two designs, there is variety enough to provide for simple or elaborate jewelry.

HOUSEHOLD HINT

If you have a cleaning woman who comes in once a week or at other intervals, play fair with her. Don't expect more than she can do in a scheduled number of hours. Give her a vacation with pay as any other worker receives. Remember that anyone appreciates praise from the boss. Don't hesitate to thank your cleaning lady for jobs exceptionally well done. In short, be human!

NORTH WINSLOE W. I.

The February meeting of the Winsloe North Women's Institute was held at the home of Mrs. Stanley Younker. The meeting which was presided over by the president, Mrs. Percy Arbing, opened by singing "Let the Rest of the World Go By," followed by repeating the Creed in unison. The roll call was answered by thirteen members. One visitor was present. One member paid her fee. The minutes of the previous meeting were read, approved and signed. Correspondence was read and discussed.

Contributions to the Red Cross Campaign are to be sent to the teacher. It was moved and seconded that \$5.00 be sent to the March of Dimes and that supplement be purchased same; also that paper towels and dust bane be purchased. Mrs. E. E. Ewert presented for cards and cod liver oil capsules. It was moved by Mrs. E. Lamont and seconded by Mrs. E. MacLennan those bills be paid.

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NORTH RIVER W. I.

The February meeting of the North River W. I. met at the home of Mrs. Norris Kitson. The meeting opened by singing the Ode, followed by the "Collect" in unison; roll call was responded to by 18 members, passing in a comic of original Valentine. There were four visitors present. Minutes of the last meeting were read and approved. Discussion on articles for auction sale, to be held at a later date took place. It was decided to have articles in price range of 25 cents to \$1.00.

Sick committee reported treats sent to several persons as well as a number of Get Well cards. School committee reported a small bill purchased for school. The above committees were paid for their purchases.

New committees were appointed: Sick Warren Grove, Mrs. James Vickerson, East Wiltshire Mrs. Fred Jewell; school, East Wiltshire, Miss Bernice Flood, Warren Grove, Mrs. Harold Younker; program committee for March

Who Are Princess Margaret's Friends?

Every time Princess Margaret attends a party or dance, her name is coupled with that of her escort — and rumors of a romance break out every time she dates one of them. Like every other girl of her age, Princess Margaret has her own special friends, including men as well as women. In The Standard this week, you will enjoy reading about Princess Margaret and her friends. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

The Standard

MARY HAWORTH'S MAIL

Daughter Wants To Wed Divorced Man

DEAR MARY HAWORTH: Is there anything you can say to help a girl, 21, think clearly before marrying a twice-divorced man of 30? The girl is my daughter Ann, who met Tom (I'll call him) at teacher's college—where he was finishing education on a veteran's allowance.

Shortly after they started dating, Ann asked Tom if he had ever been married and he said no. Several months later he admitted that he had been married, but made it sound as if it were a wartime affair with a wife who proved unfaithful and let him down. Still later he further confessed having two children by this marriage.

All this time Ann was seeing Tom more frequently, and they were very considerate of her. She was attracted by his maturity, as compared to boys her age, she said.

This winter Ann took a teaching job in a southern town where Tom had lived after leaving the Army, and there she learned of his second marriage. It seems he had an affair with one of the teachers, and married her to give their child a name—but never lived with her afterward. Soon he had a second divorce.

Forget Past, Man Tells Girl

Tom feels Ann he wants to have a good home, and wants to forget his past and think of him only as he is now. He used to be a great drinker but now has almost quit. Also he says he will go to church with her after they marry. I know how silly all this sounds; and isn't there something you could write to bring her to her senses — and let her see the great risk she is taking? They want to marry next June; and am sick with worry, as I can't foresee any good for Ann in such a marriage. F. R.

She's Skating On Thin Ice

DEAR F. R.: Once I heard a worldly-wise man say, speaking of a newly-wed couple: "The wife has chosen well; she isn't skating on thin ice with that young fellow—his meat and the husband could be depended upon as a teammate. Plainly he had stability and emotional integrity, a positive philosophy of right and wrong, and sufficient strength of character to refuse to compromise his table of moral values."

I use that incident, and that figure of speech, to suggest a standard of judgment, whereby Ann may appraise Tom's prospective worth, as a possible intimate. Your synopsis of Tom's past history makes clear that a woman is skating on very thin ice in giving herself to him — or putting her trust in his intentions (presumed or avowed).

Plainly Tom is unstable in purpose, as shifty as a weathervane in a gale, the gale of his changing, conflicting desires, and lacks the saving ballast and compass of a disciplined reference to generally recognized moral principles that delineate individual rights, and obligations to the whole society — a type of rational purposeful restraint that gives man satisfactory dominion over his experience.

Emotionally Tom is confused and chaotic, as an infant might be, making no distinctions between right and wrong; acting, insofar as circumstances permit, in obedience to his "gimme" feelings of the moment — without due regard for the long-term consequences, to himself and/or others affected.

Good Marriage Is No Accident

In his fascinating book "Love and Marriage" (Harpers), Dr. Alexander Magoon makes the point (see page 287), that a good quality marriage is never an accident. Rather he says "It is the result of discriminating judgments brought to skillful execution through sincere effort. It is the final result of intelligent analysis and less romance before marriage, resulting in less fault-finding and more affection after marriage."

To help Ann clarify her thinking I suggest the following reading list: "How to Pick a Mate" (Dutton) by Clifford Adams; "Marriage: The Art of Lasting Love" (Doubleday), by David R. Mace; and "Love and Marriage" (mentioned above). M. H.

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

ALICE BROOKS DESIGNS

EASY! SEE DIAGRAM

Pinafore! Sundress! Pop daughter into this pretty little number for play and parties. Sewing—easy! Embroidery—a cinch. Quik, get this on your machine!

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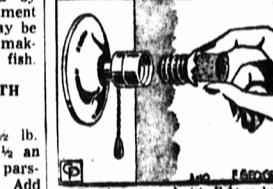
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onion in a little butter and oil together until the onions turn slightly red. Add 2 glasses of water and a tablespoon tomato paste. Put in meat balls. Cook for one hour on medium heat until meat balls are cooked. Remove meat balls from sauce and set aside. Boil 1 lb. spaghetti for 15 to 20 minutes or until cooked. Drain and pour sauce over spaghetti. Sprinkle with grated Italian cheese. Serves four persons.

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Wife Preservers



To take out an electric light socket if the bulb is broken, takes a large cork and press it firmly into the socket. Then you can unscrew the metal part.

ANNE ADAMS PATTERNS



TO SIZE 42
Note the dashing cut of the collar, the new blouse back, front-pleat skirt — these are the details that spell spring. So smart, we've cut this pattern in sizes from 12 to 42! So comfortable, you'll wear it sun-up to sun-down and after five, too! Sew now and save!

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