ITALIAN SILHOUETTE

A dress of many- c o l o red fancy printed silk, created by the Tita Rossi fashion house of Rome, was presented at the Rome showing of I t a l i a n spring and summer fashions for 1964. The dress is narrow in front and flaring at back. (AP Wirephoto)

Women

6 The Guardian, Charlottetown, Tues., Mar. 24, 1964

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8506

Mr. and Mrs. Edgar Matthews, Baltic, spent the weekend in Moncton, N.B. They were accompanied by Mr. and Mrs Calais Gallant, Summerside.

Mrs. Allison Bernard has returned to Kensington after spending the past week in Halifax, N.S.

Mr. and Mrs. Walter Hogg and son, Wendall, Central Bedeque, spent the weekend in Sussex, N.B., with their son Hazen, Mrs. Hogg and family.

Mrs. Jennie MacKenzie, Montague, had as her guests the past week her son Dan, of the photographic division of the Canadian Army, Ottawa. Also Louise Anderson, RN, of the Ottawa Civic Hospital.

Mrs. Vernon Millar and Mrs. Eric MacMurdo were hostesses at a card party held recently at Kelvin Grove School when nine tables of progressive auction were in play. High prizes were won by Mrs. Morris Caseley and Gerald Millar, and consolation prizes went to Mrs. Keir Duggan and Earle Carrier.

Mrs. Edgar Hickey, Indian River left recently by air for Montreal where she is visiting members of her family.

Nancy MacMurdo was a weekend visitor to her home in Kelvin Grove.

Mr. and Mrs. Alexander MacKenzie have returned to Baltic after a pleasant motor trip to Moncton, N.B.

Mr. and Mrs. George Crozier, Hamilton, have been visiting in Stoney Creek, Ont., for the winter months with their son Wesley, Mrs. Crozier and family.

Mr. and Mrs. Leslie Clark and son Wayne, accompanied by Dr. and Mrs. Marvin Clark left last weekend for Boston, Mass and other American cities.

Members of Princetown United Church choir were entertained Tuesday evening at the home of Mr. and Mrs. Wendel Crozier, Hamilton.

IDA BAILEY ALLEN

British-Ham-Potato In Classic Casserole

"THERE is a food phrase commonly used in the United States that I consider very misleading, Madame," remarked the Chef as he pushed back his high bonnet. "I do not mean to be critical, but it can be very confusing to homemakers when it comes to planning balanced menus."

"What is this mystery, Chef?"

"It is the title often given to a main course entree made with meat, poultry, or fish in combination with vegeables, sometimes with maraconi or rice added.

LARGE CASSEROLE

"This is usually baked in a large casserole and is called a 'one-dish-meal.' This, however, is not true. Who could sit down to a meal today and be satisfied with just one dish?" The Chef paced up and down the test-kitchen.

"I ask you, Madame, where is an inviting first course; or a refreshing salad; a dessert or stewed fruit; or a fruit bowl and cheese. Where are the beverages? The relishes?

CONTINENTAL CUSTOM

"In France we have a pot-au-feu; in Holland hot pots are favorites; various 'bakes' are popular in England. In Spain they make hearty stews; along the Mediterranean bouillabaisse, a fish stew, is traditional: but these are not called 'one- dish meals,' for the menu is always built up with an opening course, the bread of the country, and on weekdays it ends with fruit, or fruit and cheese. Sunday is the day for a sweet dessert."

"I certainly agree with you, Chef, that there can be no complete 'one-dish meal.' So let's plan today's menu to show how a fully balanced dinner can be built around a substantial casserole from Great Britain, which is a satisfying main course, but not a one-dish meal."

Measurements level; recipes for 6

BRITISH HAM-POTATO BAKE

1½ lbs. sliced rounds tenderized ham
¼ tsp. dry mustard
5 c. thin-sliced, peeled new white potatoes
1 c. thin-sliced, peeled onion
1 (10½ oz.) can condensed Cream of Celery Soup
1¾ can-measure boiling water
¾ c. grated sharp cheddar cheese

Remove excess fat and cut ham slices in halves; rub with mustard.

Arrange on bottom of large, low-baking dish that can go-to-table. Combine potatoes and onion; heap atop ham.

Combine celery soup and water; pour over and into potato-onion mixture, lifting slices of potato with fork. (If necessary, add milk to nearly cover). Strew grated cheese over the top. Cover.

Bake in mod. oven 1¼ to 1½ hrs. at 350 degrees F., or until potato-onion mixture is fork-tender. Uncover to brown.

TOMORROW'S DINNER

Hot or Chilled Tomato Juice Piquante
British Ham-Potato Bake
Chef's Tossed Big Salad Bowl
Bananas Baked with Orange Juice Concentrate
Or
Orange- Banana Ambroisa
Coffee Tea Milk

TOSSED SALAD BOWL

1 section garlic, halved
6 c. crisp salad greens
¼ tsp. dry mustard
½ tsp. salt
¼ tsp. pepper
3½ tbsp. olive oil
1½ tbsp. cider vinegar
1 c. sliced, pickled beets, well-drained
2 peeled, tender spring carrots (grated)

With cut-side of garlic, rub large salad bowl. Heap in salad greens which should be crackling-crisp.

Measure mustard, salt and pepper in a cruet. Add olive oil. Stir to mix in seasonings. Sprinkle over salad. Then add 2½ more tbsp. olive oil, pouring in carefully over salad.

Next, slowly add vinegar. Toss gently until dressing is absorbed. No liquid should remain at bottom of salad bowl.

For decorative touch and good eating, edge salad bowl with sliced pickled beets. Then dust with carrots.

TRICK OF THE CHEF

Toss into green salad 6 anchovy fillets, diced, and 6 sliced pitted ripe olives for piquant flavor.

USE LEAVES

Wild chimpanzees make drinking utensils from leaves, and some even use them for napkins.

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WOMEN'S ORGANIZATIONS

Korean Project Receives Support Of Bedeque UCW

"The March of Day" was the theme of Mrs. George Henderson's devotional at the March session of Bedeque UCW held in the Church hall. Scripture was read by Mrs. Orville Johnson and prayer offered by Callbeck was pianist.

A carton of used white cottons has been shipped by the group to Dr. Florence Murray in Korea to be used among leper patients.

The programme topic, churches and Mission Fields in India was in charge of Mrs. Charles Henderson, Mrs. Henry Callbeck and Mrs. Waltre Wright.

MT. STEWART UCW

The March meeting of Mt. Stewart United Church Women was held in the church hall.

Scripture was lead by Mrs. Arthur Coffin, prayer by Mrs. Harold Affleck. The study book was explained by Mrs. Bruce Affleck.

Mrs. Lane Pigott gave an interesting reading of a pie sale of 1901, which the members enjoyed.

The UCW decided to cater to centennial suppers during the summer, also other special occasions.

It was voted to send $10.00 to camp Abegweit.

Meeting closed by repeating the Mizpah Benediction in unison.

Refreshments were served by Mrs. Arthur Coffin and Mrs. Clarence Coffin.

ST. PETER'S BAY GREENWICH UCW

Mrs. C. Jackson was devotional leader in March for the St. Peter's Bay - Greenwich United Church Women. The study from the Word and The Way was presented by Mrs. J. MacCallum.

Regular, executive and committee reports were heard.

Plans were made to cater to the Men's Association meeting and to hold the annual "Easter Tea" on March 30.

Members participated in a Bible Quiz and enjoyed readings by Mrs. Harry Rattray, 'In Your Bible" and "Golden Rule".

Refreshments were served by the hostess, Mrs. Pearl Sanderson and the catering committee.

MURRAY HARBOUR UCW

The regular meeting of the Murray Harbour United Church Women was held at the home of the president, Mrs. Nathan Irving. A brief worship was led by Mrs. Lloyd Herring. Mrs. R. P. Brooks conducted the study on India.

Plans were made for sponsering the Murray River Women's Institute concert in the Community Hall.

A letter from Mrs. Lorne Wiggington, chairman for finance for P.E.I. Presbyterial, stated that the group's allocation for unified budget of the church would be $160. for 1964.

It was decided to send Easter cards to the sick and shut-ins of this vicinity.

Lunch was served by the hostess, assisted by Mrs. Lloyd Herring.

It was announced by the program committee chairman that the next meeting would be the annual Easter thankoffering which is to be held in the church hall March 26.

Women of the congregation are invited, and roll call is to be answered by a Bible verse containing the word "cross".

BURTON WI

Mrs. Lance Dalton was hostess to Burton Women's Institute in March, with an attendance of six.

Members agreed to join a neighbor Institute in the Handicraft Van lessons; to send a donation to the "adopt a child" fund, and to sponsor a centennial program for school children.

A sole of remnants was held, and a scrambled name contest was won by Mrs. Peter Dalton

New committees appointed were: visitation, Mrs. L. Dalton, Mrs. Melvin MacGregor; program, Mrs. Ivan Collicutt; Mrs. L. Dalton and Mrs. C. Collicutt.

GEORGETOWN CWL

The Georgetown Parish Council of the Catholic Women's League recently held their monthly meeting in the Parish Hall. To open the meeting Rev. Louis B. Dooley led the members in the league prayer.

A satisfactory number of members were in attendance when the meeting was called to order by the president, Mrs. Alec Arsenault. Mrs. Marcellus Gotell, the secretary read the minutes and the treasurer's report was presented by Mrs. Rupert Wight. A considerable amount of correspondence was read and attended to by the members.

Monthly reports were received from Mrs. P. L. Boudreault, spiritual convener; TV convener, Janie Batchilder; education convener, Mrs. Richard Curley; in her report stated that visitor's day at Georgetown High School was well attended by parents and visitors.

This meeting being the last one to be held prior to the annual meeting a nominating committee was appointed by Rev. Louis B. Dooley as follows: Mrs. Alec Arsenautl, Mrs. P. L. Boudreault, and Annie Keenan. The meeting was addressed briefly by Father Dooley before adjournment, prayer and blessing.

Widow Wins B-P Club Award

OTTAWA (CP)—Mrs. Helen Beny Gibson of Medicine Hat, Alta., has been awarded the Canadian Federation of Business and Professional Women's Clubs 10th annual United Nations fellowship, it was announced here Monday. Mrs. Gibson is to receive $500 and a travel allowance to attend sessions of the UN General Assembly in New York this fall.

She then will make a lecture tour of Canadian business and professional women's clubs.

A Medicine Hat alderman, Mrs. Gibson is a widow with five children.

Maritime Girls Are Training As Therapists

HALIFAX (CP) — Fifteen girls at Dalhousie University are working to fill a gap which in the Atlantic provinces has hampered health services assisting in the recovery of victims of crippling diseases.

The girls enrolled last fall in Dalhousie's new school of physiotherapy. They should be ready to go to work by the fall of 1965.

They are learning the specialized physical exercises a patient needs to recover from the aftermath of a variety of mishaps and diseases, ranging from a broken leg to infantile paralysis.

The provincial governments and hospitals in the Atlantic provinces, to ensure a supply of trained physiotherapists, have offered a number of scholarships, available to girls with senior matriculation.

Mrs. Patricia Wells, the school's senior lecturer, says the first group of students "have applied themselves very well to the work and are making excellent progress."

The course involves study of functional anatomy, therapy of movement and medical physics, which teaches the uses of electricity and mechanics as part of diagnosis and treatment.

After completing the course, the girls will serve as interns for five months.

MARY HAWORTH

Ignored By Partner Wife's Ardor Cooled

DEAR MARY HAWORTH: I am married ten years and have four young children During the early years of marriage I was desperately lonely as my husband was very busy, completing his schooling and pursuing success.

When I felt our marriage was falling apart, because we were virtual strangers, he professed to see no problem. Meanwhile I was having one child after another, was tied to the house with no help whatever, and without leisure or energy for friends or recreation. Twice I came close to a breakdown.

Love must be nurtured or it dies, as my experience proves. I loved my husband very much at first, but after years of lonely wistfulness I began to lose all feeling for him, which upset me almost more than the loneliness.

Divorce or separation was out of the question, because of the children. I realized I would have to live with things as they were. I began to go to church again and to read (religious books this time), two things I'd given up early in marriage, due to constant mental turmoil.

Before long I found my lonesomeness changing into solitude, according to a distinction you made (in a recent column). Lonesomeness, I would say, is a sad destructive state of mind, empty of God. Whereas solitude widens the soul and brings it closer to God; it is a state of soul filled with God.

Even so, I still have a problem. I began to embrace solitude as my friend eight years ago. Increasingly this past year my husband is resenting my need to be alone. He follows me about, wants me to stay in the living room while he works, etc. I can't go apart to read, write, watch TV or do anything for a while, without a quarrel erupting.

I am fond of him, as a good father and basically good person. And I feel compassion for him as he begins to see for himself the emptiness of our marriage. But I can no longer feel real love for him, nor respond to him psysically. He is very bitter about this and with every quarrel I care less.

Please don't suggest psychiatry or counselling, both unworkable at present for many reasons. But can you tell me how to handle the situation? Thank you very much. G.L.

DEAR G.L.: In a nutshell, you were disappointed in your husband's blind failure, early in marriage, to assuage your probably fairly neurotic (and to him unfathomable) needs of solicitous love.

Lacking the aptitude for easy neighborly affability with people, you felt forlorn and insecure in the newly married state. But also you had felt that way before marriage, remember? You married in hopes of solving just such a problem.

Gradually, with the help of Gods grace (we may suppose) and by virtue of your multiplying inter-relationships with the children, you began to become more of a person in your own right (to mature a bit, in short), sufficiently to feel comfortable with your own society, as you hadn't before.

You no longer felt unwanted, unnecessary, rejected, etc., when unattended, as if perilously left out of things, humanly speaking. Your domestic routine had become the solid center and justification (as it were) of your life and being.

Further, as the honeymoon years receded into the mists of time, you found you could do without sweetheart lovemaking and feel no loss. Indeed you probably began to prefer being "let alone" in that respect.

It was at this point, no doubt, as your growing sense of security relaxed your former habitual compulsive need of loverly assurance, that your husband began to note, with mystified concern, that something major was aciss in the marriage.

Which brings us to the present. As a wife, you are a heck of a long way from being a saint (having a soul filled with God), if you can't forgive your husband's witless failure to be the whole answer to your quasi-neurotic needs of paternalist coddling at the time you married.

The probability is that your love for him at that time was no more helpful to him than was his love for you in those days. Each brought many shortcomings to the partnership. You married from a sense of need, and so, I daresay, did he.

So long as marriage lasts, while the married pair stay in the traces, there will be perennial pulling-and-hauling of sorts, as each partner tries (or feels compelled) to adjust somehow to the other's present pace. Every mile of the road, one or the other will be either growing, getting out ahead, or relapsing, sagging back, in the uphill journey of life.

As of now, maybe you are one step ahead. If so, your cue is to use your larger wisdom, maturity, etc., in trying to equalize the stress of maladjustment. Try to bear with, decipher and satisfy your partner's needs, insofar as you can, without jeopardy to your welfare.

Psychiatric counselling is sorely indicated; you probably can't prosper without it. But as an emergency self-help measure you might read Dom Aelred Watkin's book "The Enemies of Love" (Kenedy).

M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of (the Guardian).

YOUR OWN MINK

Get busy — knit your own "fur" stole of mink or pastel-colored mohair — then brush.

Alternate knit and purl bands for a glamorous stole. Wear it all year 'round for extra warmth. Pattern 7411: knitting directions for stole.

..Thirty - five cents (coins) for this pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept. 60 Front St. W. Toronto 1, Ont. Ontario residents add 1 cent sales tax. Print plainly PATTERN NUMBER, NAME, ADDRESS.

ELLEN'S DIARY

Birthday Party Special Is Sizzling Roast Goose

With the night beautiful around us, we walked up from lane's end a few minutes ago, returning from an excursion abroad.

The young March moon had gone down, leaving a pleasant dimness in its wake. Over us, in this cup of valley, far stars shone on the snowy fields, and the dark velvet of tree and woodland, on the roofs of the farmsteads still nestled warmly in their winter - white. Calm it was, breathless, with that delightful peace and serenity obtaining, which is given to us, who dwell in quiet places, to enjoy. A dog's bark echoed hollowly from the woodlands across the road. It was Scampie up at our gateway, welcoming us home.

"It's icy here. Take my hand" Alex said kindly at the lane-bridge. We stopped a moment to hear the March tune of the flow, a lilt of spring in it, there where it runs beneath the bridge and goes on around a bend of meadow to the mill.

The outing was one that with James and Alex, the six past lad, we had taken to join a family of kin in honoring, at an evening dinner there, a pair of birthdays. These are, we think, unique, in that those of a father and son, chance to fall on the same day, St. Patrick's Day born, the two are.

James, uncle and granduncle of the two, recalls well the birth of the former, now reaching up toward the half - century mark. Two events stand out clearly in his mind in respect to that day. One was the arrival of this first nephew, as it happened the first son at that home, who was "The Doctor" in attendance; the other that to James always interesting event he was bound to attend: the then Annual Horse Show, held in the city... The son, nine today, came of course, to a hospital's lying - in room.

What a fine birthday cake this evening's was, bedecked as it was with its trimmings, with the numbering candles marking the two birthdays shining on the top! How pleased the expression the little lad wore, as after duly admiring it, he wished his young wish and blew! So pretty too the table was with its quaint appointments — the crystal, the china and silver of an Island farm - home of generaions. And tasteful the plump goose on the platter, fattened as it had been on grains of the farm.

"Oh dear" Alex sighed, as we walked up the meadow, obviously well pleased with his outing, "I guess I'll have nice dreams tonight!"

"We didn't seem to accomplish much today" we overheard James say, speaking this evening of the farm-work. "We have neither potatoes nor turnips to grade. We aren' working in the woods. All we do is the choring. But that "he said wonderingly "seems to keep us busy."

Our day goes now. Nice things we have gathered in from it: intangible blessings and lovelinesses, and tangible items as well. Among the latter, and well prized in their present -day rarity, is the gift of the pair of goose - wings, we carried home with us tonight. Of inestimable value to us in our housekeeping, they are as silver as moonlight — as silver, we remember, as the backdrop of this pleasant March night.

Until tomorrow — Diary — Good - night.....

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