

# WOMEN

Page 8 The Guardian, Friday, July 8, 1955

## LET'S EAT

### Brewing A Cup Of Tea That Hits The Spot

By Ida Bailey Allen

When tired, nervous, or jittery, what can you do?

Brew yourself a cup of tea and all down to enjoy it. Almost at once you feel more relaxed. The hard job looks easier, the world seems a better place. Or is it imagination?

#### Age-Old Custom

No, it is a pleasant reality, experienced by peoples all over the world through the centuries, and now scientifically explained at a symposium conducted in New York under the direction of The Biological Sciences Foundation, Ltd., of Washington, D. C. Five eminent scientists and doctors of medicine presented their findings, justifying the age-old custom of drinking tea.

Tea contains appreciable amounts of riboflavin, one of the B vitamins, important to good health in all ages, recognized as the most important factor as a deterrent to man's aging process.

Research and clinical reports show that tea, because of its caffeine content, is as good an agent for the relief of fatigue as any that have been offered. Moreover, the caffeine in tea is so blended with tannin and other elements that it does not unsettle digestion.

#### Full Flavor

Psychological tests reveal that a cup of tea gives both an immediate and a delayed lift without inducing secondary depressing effects.

It must be emphasized, however, that, to obtain the best results, tea must be brewed to extract full flavor and essential values. Anyone can brew a cup of tea that tastes good and is good for you. But few do. Read this

recipe, and many of you will discover your mistake.

#### A Good Cup of Tea

Heat the tea pot or cups. Measure in 1 teaspoon loose tea or one tea bag for each serving. Pour in one cup (8 ounces) rapidly boiling freshly drawn water for each measure of tea. Cover the tea pot or cups and keep warm 3 to 5 minutes while the tea is brewing. Remove the tea bag from the cup or pour off the tea infusion into a second heated pot. Drink plain, or with sugar or honey and milk or lemon.

#### TOMORROW'S DINNER

Beef-Horseshoe Salad  
Chiffonade  
Quick Corned Beef-Vegetable Dinner

Pears in Apple-Pineapple Gelatin or Iced Coffee or Tea Milk

**Quick Corned Beef-Vegetable Dinner:** Peel and quarter 12 potatoes, 8 carrots and 8 small turnips. Half-cover with boiling water. Add 4 beef bouillon cubes; cover and boil 20 min. Top with 2 lbs. sliced new cabbage and the sliced contents 2 (12 oz.) cans corned beef.

Boil 15 min. longer. Slice the meat; overlap on a heated large platter. Spoon over mustard sauce. Border with the vegetables. Dust with fresh-ground black pepper and minced parsley.

**Pears in Apple-Pineapple Gelatin:** Prepare 1 pkg. apple gelatin, using 3/4 c. boiling water and 1 c. canned pineapple juice. Pour over the drained contents 1 (1 lb.) can pears. Refrigerate 3 hrs., or until firm. Nice with commercial sour cream.

#### TRICK OF THE CHEF

Use juice drained from canned pears in sweetening fruit cup or lemonade.



REV. AND MRS. HENRY C. MACDOUGALL AND ATTENDANTS

## Exchange Vows at Saint Andrews Church in Sackville

The marriage of Alice, daughter of Mr. and Mrs. E. L. Moar, New Perth, P. E. I., to Rev. Henry Clow MacDougall, of Shediac, N.B., and son of the late Mr. and Mrs. H. C. MacDougall of Scotland, was solemnized at Saint Andrew's Presbyterian Church, Sackville, N. B. The double-ring ceremony was performed on June 1 at 4:00 p.m. by Rev. Dr. A. J. Ebbut, assisted by Rev. M. Fraser, Montague, P. E. I. The Chancel was attractively

decorated with cream tapers and bouquets of pink tulips. The guest pews were marked with Sweetheart roses set in white satin bows. The soloist was Mrs. L. Spurr, who sang "O Perfect Love" and during the signing of the register, "Where'er You Walk". The organist was Mrs. H. A. Beale. The bride was given in marriage by her brother George, and chose for her wedding a white floor-length gown of nylon tulle over taffeta with a tucked bodice; cut

organdie pancies trimmed the neckline and continued down the sleeves and also scattered over the skirt. From her pleated cape-shaped headress fell a shoulder-length veil of silk illusion. She carried a white Bible, with white orchid trimmed with Stephanotis and white sweet peas, lacinon and satin streamers. The matron of honor, Mrs. Myron Weeks, was attired in a strapless floor-length gown of pale green taffeta with tucked bodice and full skirt, matching bolero. She wore a pleated head-dress and mitts of the same material. She carried a nosegay of yellow mums and sweet peas with colored lace streamers.

The bridesmaids, Miss Edith MacDonald and Miss P. Y. Lillie Clay, wore taffeta gowns of mauve and yellow. The bridesmaid in mauve and yellow mums with sweet peas and colored lace streamers. With the yellow gown the other bridesmaid carried a nosegay of mauve mums with sweet peas and colored lace streamers. The flower girls, Rosemary and Elizabeth Moar, wore matching floor-length gowns of pale blue taffeta with tucked bodices and frilled skirts. They carried baskets of sweetheart rose buds. Master Jimmy Copp of Port Elgin, N. B. was the ring-bearer and carried the rings on a white velvet cushion trimmed with white satin cord.

## Dungan-MacEachern Wedding

St. Andrew's United Church, Halifax, was the scene of a pretty wedding on Saturday afternoon, June 25, at 3:30, when Sara Louise (Sally) MacEachern, daughter of Mr. and Mrs. Hugh MacEachern, Cardigan, P.E.I., was united in marriage to Robert William Dungan, son of Mrs. Clarice Dungan, Jeannette, Pennsylvania, in a double-ring ceremony. The Rev. W. Charles Anderson officiated, assisted by Rev. Harry B. Clarke. The church was decorated with white shasta daisies and the guest pews were marked with bouquets of white and colored flowers. The bride, given in marriage by her father, looked lovely in a floor-length gown of lace over net and satin. The gown was strapless with a matching lace jacket with Peter Pan Collar encrusted with seed pearls and long fitted sleeves coming to points over the hands. Her full-length veil of illusion net fell from a pearl encrusted crown and she carried an arm bouquet of mixed roses and lily-of-the-valley.

## HOUSEHOLD HINT

You can turn a wide-necked glass jar into an attractive flower vase by winding twine or colored cord around the jar and covering with several coats of thin shellac.

## MORNING SMILE

Suspicious Old Lady (on the farm) — "What's that stuff on these sheep?"  
Farmer — "Wool."  
Suspicious Old Lady — "I'll bet it's half cotton."

plied for the license because she had plumbers working for her.

Although the ability to carry heavy loads is no longer necessary because fixtures are lighter, Mrs. Norwood, in plumbing 34 years, doesn't believe many women will be attracted to the profession.

"Women are just not interested," she said. "But for a woman whose husband is in the business a plumber's licence might be a good idea. She could take over the business if he died."

Miss Joan Robertson was maid of honour, and wore a full-length strapless gown of ancient taffeta with matching jacket, featuring a full skirt with a peplum over the hips tapering to the floor at the back. She wore a matching head-dress and elbow-length mitts and carried a bouquet of yellow and white mums.

Miss Gemma Deering was flower girl. Her dress was of coral ancient taffeta and she carried a basket of yellow and white button mums and lily-of-the-valley and wore a bandeau of yellow and white mums in her hair.

The groom was attended by Mr. Henry S. Philip as best man, and the ushers were Messrs. R. Johnson and Paul Ralmer.

Austin Gough was soloist and the organ music was played by Mr. Murray Vanderburgh.

Following the ceremony a reception was held at the Lord Nelson Hotel when the toast to the bride was proposed by Rev. Anderson.

Mr. and Mrs. Dungan left on a trip by car through the Annapolis Valley. For travelling the bride wore a pink linen dress and matching duster coat, with white accessories and a corsage of white carnations.

Mr. and Mrs. Dungan will reside in Halifax on their return, but later will take up residence in the United States.

Out-of-town guests included Hugh MacEachern, father of the bride, Philip MacEachern and Richard Quinn of Cardigan, P.E.I. Anne MacEachern, Montague, P.E.I.; Mrs. Clarice Dungan, mother of the groom, Jeannette, Pennsylvania; Mr. and Mrs. E. A. Taylor, Lewisville, N. B.; Miss Mary Sullivan, Moncton, N. B.; and William Cleminshaw, Milwaukee, Wisconsin.

## Admits Most Women Nit-wits About Plumbing

TORONTO (CP) — Most women are nit-wits about plumbing, says master plumber Mrs. Grace Norwood.

One of two women master plumbers in the United States, Mrs. Norwood says housewives at least should know how to insert washers in taps and turn off the water in emergencies.

Executive of a plumbing and electrical wiring company in Brockton, Mass., she said:

"We get too many women phoning frantically to tell us something is wrong with the plumbing — but they don't pause long enough for us to tell them to shut off the water."

Attending the Altrusa international convention here, Mrs. Norwood explained she spent five years as an apprentice and one year as a journeyman plumber to get her master's licence.

"The authorities made it so difficult for me to get my licence I was determined to succeed," she said. A handsome grey-haired woman in her early 50s, Mrs. Norwood ap-

## MARY WORTH'S MAIL

### Asks How to Learn If Acquaintance is Widow or Married

DEAR MARY HAWORTH I am a young man, single, and frequently I have occasion to call on a business office where I have casual encounters with a woman who is more than usually attractive.

The nature of my business doesn't necessarily bring me to her attention. But because she is attractive I usually (though not always) make a point of seeking her out — when I could as well, and more conveniently, consult others.

As she is remarkably keen and observant, as well as brightly vivacious, she has caught on to my tactics — which might not have been sensed by a less perceptive woman. My advances have been in the form of actions rather than words — and she has fully responded in all propriety.

However, on her left hand she wears a wedding band and an engagement ring; and if she has a husband living I wish to make no further advances. The question is, how in propriety can I get the facts.

If I were to follow my natural aggressive instinct I would ask her — and I may. The power a woman has over a man, when she realizes it, is very difficult not to abuse — and many women cannot refrain from using it for selfish purposes. To pursue inquires through the office would be just as awkward and less straightforward. What do you suggest?  
D. Q.

#### He Inclines To Be Stuffy

DEAR D. Q.: Your stilted language, here editorially simplified, marks the introverted personality — who isn't accustomed to having a spontaneous friendly interchange with people. Instead, everything is formal, precise, conventional — which makes the cultivation of new acquaintances a big undertaking for him. Especially if he is emotionally smitten with the person he is addressing.

Now it occurs to me that this remarkably attractive woman in the business office was assigned to her job partly because of her perceptive intelligence and cordial magnetic poise in meeting the public. Presumably she is in line of office traffic, where you first came across her in your routine calls. I surmise that she spotted you right off as a shy sort of fellow, to whom she was therefore applied her best brand of civility.

As you sought her out on subsequent visits, when you might have consulted others more conveniently, no doubt she can't help knowing that you are making advances, after your fashion. But I don't imagine she is leading you on, behind a mask of propriety.

More likely she is simply being her usual affable self — and maybe she is good naturedly aware that you approach her with mixed feelings of infatuation and uneasiness. Maybe also the office staff kids her about you, behind your back.

#### Open Inquiry Isn't Wrong

Something of the sort, and not power-conscious female trickery, is back of her encouraging attitude, probably.

In any case, to settle the argument in your mind, it is perfectly correct to speak to your business contract in the office about your admiration of Miss Blank. Ask this party if Miss Blank is married or a widow — you notice she wears a wedding band, etc. If the answer is widow, you might then ask if a proper introduction can be arranged, to put you on record as respectfully hoping for friendship with her.

Of course a more offhand fellow would put such questions to her directly. And it isn't likely she would take offense, although she might cut him off with no information. As indeed she should, if he is substantially a stranger to the organization, aside from his office calls.

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

#### Cook's Corner



#### STRAWBERRY SHORT CAKE

Sift together, 2 cups flour, 1/2 tsp. salt, 1/2 cup sugar, 2 tsp. baking powder.  
Add 1 well beaten egg and 2 large tablespoons butter. Mix together with enough milk (1/4 to 1/2 cup) to make soft dough. Put it into two layer cake pans, or put half of it into one 8 inch square pan, spread with butter, then put the remaining batter on top. Bake at 350 degrees.

Happy Holidays!  
IF YOU  
DRIVE...  
Stop for  
TEA



MR. AND MRS. I. P. FRIZZELL

Clyde River Presbyterian Church Manse was the scene on June 25 at 2 o'clock of the marriage of Vivian Jean, daughter of Mr. and Mrs. Donald D. MacFadyen, New Haven, to Irving Prowse, son of Mr. and Mrs. Stillman Frizzell of East Royalty. Rev. Donald Nicholson performed the ceremony. Also in the picture are Miss Joan Frizzell, bridesmaid, and Mr. Jack Peters, best man.  
Mevers Studios

## KEEP IN TRIM

### Losing The Last Fifteen Pounds

By Ida Jean Kain

Often a dieter makes remarkable progress in reducing — and then when she is almost in sight of her goal of normal weight, she finds the greatest hurdle she has faced. It's not that it is more difficult to turn down fattening foods. That part has become easier. It's just that the rate of loss slows down — sometimes to a standstill. This is the problem expressed in today's letter from a reader in Michigan.

"I have just lost 51 pounds, and I never could have done it without your help. Before I started dieting I wore size 42, and I now wear size 16. I have 15 more pounds to lose before I am at my ideal weight.

"I lost steadily throughout the diet, until this past month when I have lost only a pound — on the same diet. Please help me over this 'last hump.' I'm not discouraged — but I do feel stymied!"

Hearty congratulations to you! You've done amazingly well and I know you can get over this 'last hump.' When you understand what is happening, you'll have all the patience needed to deal with these last fifteen pounds.

There is a scientific reason why you have not lost for the past month although following the same program. Weight loss is determined by the deficit between the number of calories used and the number eaten. As long as the number of calories burned for energy is 500 to 1000 a day more than the number consumed in food, stored fat is being burned, more or less evenly, but registration of weight loss may be irregular due to water swings.

After prolonged reducing however, there are other factors which must be considered. When a sizable number of pounds have been lost, nature requires fewer calories. For this reason your reducing diet is nearer to your normal calorie requirements than it was when you were carrying fifty pounds more. Moreover, in a way, nature adjusts to the restricted food supply and runs on less energy.

At this time, increasing the proportion of protein in the diet can provide the impetus that starts the pounds moving again — for protein stimulates metabolism. Here is a low-calorie, high protein menu pattern:

Breakfast: egg, plus second egg white; thin slice of toast, fruit, clear coffee.  
Lunch: Generous serving of baked or broiled fish, lean meat, or non-cream style cottage cheese; skim milk in hot soup or a beverage; sliced tomatoes; small pieces of low calorie fruit.  
Dinner: Lean meat, 4 to 6 ounces; 2 low calorie vegetables, one dark green leafy (no butter); a second glass of skim milk or buttermilk; fresh fruit.

You can lose those last excess pounds, but be content to reduce slowly, perhaps a couple of pounds a month. Be happy, for you are stabilizing your weight loss as you go along.

#### Words Of The Wise

The same people who can deny others everything are famous for refusing themselves nothing.  
—(Leigh Hunt.)

## ANNE ADAMS PATTERNS

### LOVELY ENSEMBLE

First in fashion this summer — the ever-flattering ensemble! This two-piece is one of the loveliest we've seen: sundress with smooth-fitted bodice, skirt yoke in graceful long-torso effect. The little bolero — perfect cover for town, travel, cool weather!

Pattern 4565: Misses' Sizes 12, 14, 16, 18, 20. Size 16 reads, 5 1/4 yards 35-inch; bolero 1 1/2 yards.

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.

### New Child's Laxative

...also soothes Upset Tummy!

Child's crankiness, sour tummy, breath and coated tongue of constipation are quickly relieved with new Children's Own Tablets. Taken at bedtime, they freshen upset tummy — work gently in the morning. Good tasting! No harsh drugs. Specially made by the makers of Baby's Own Tablets — your assurance of quality. Send for the "Tummy-Freshener" Laxative for your child.

### Children's Own TABLETS



### Peanut Butter Pinwheel Loaf

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 5 1/4 tsp. Magic Baking Powder, 1/2 tsp. salt. Cut in finely 7 tbs. chilled shortening. Combine 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquid lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thick rectangle, 8 1/2" along one side. Cream together 1 tbs. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

Always Dependable



## ALICE BROOKS DESIGNS



USE GAY REMNANTS! Use colorful remnants for this jiffy-wrap halter — make several for sunning and dancing! Easiest sewing; pretty embroidery trim! Pattern 7180: Jiffy-wrap halter: Small (10, 12); Medium (14, 16); Large (18, 20). Tissue pattern, transfers, directions. State size.

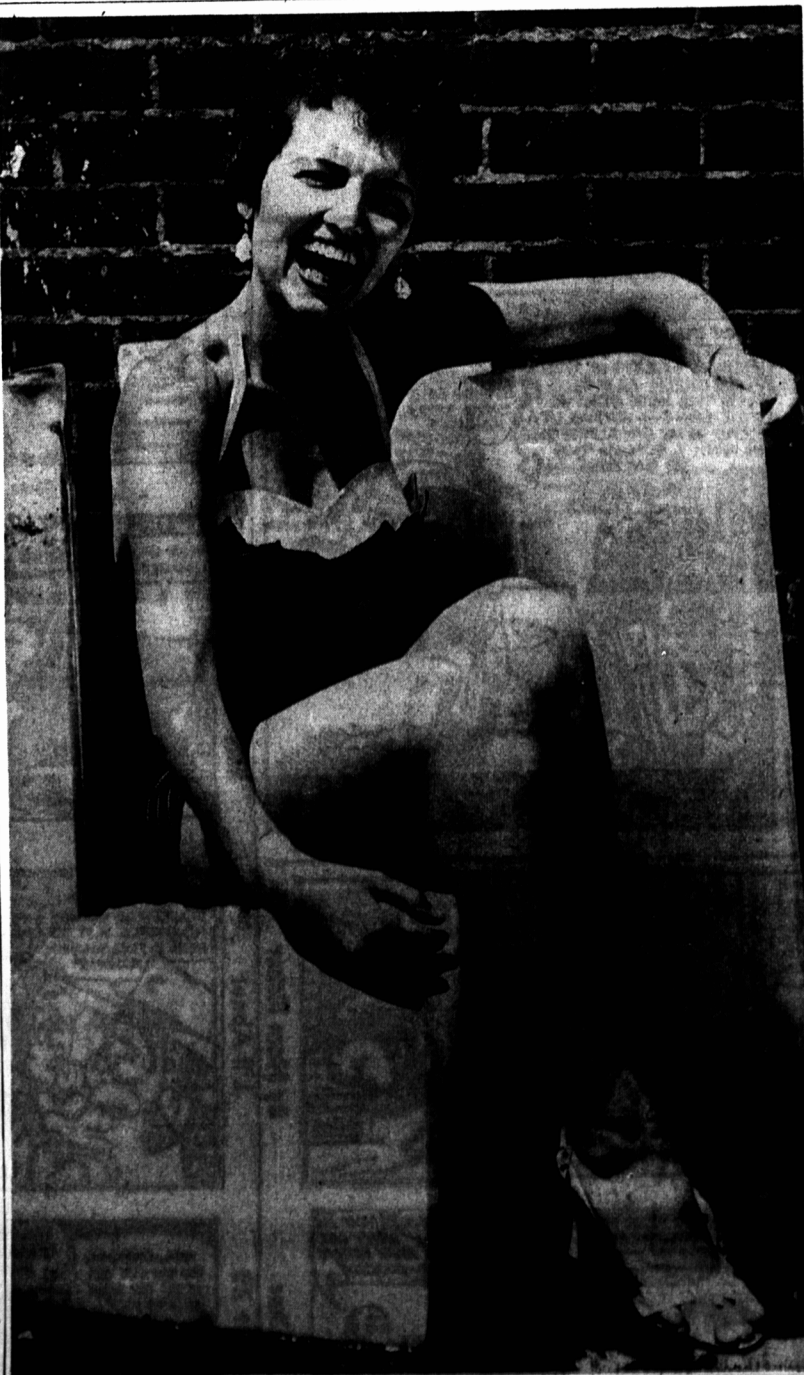
Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

### Wife Preservers

Wife preservers which have been used by many handy buffers for cleaning and buffing silverware. They will not scratch the delicate metal.

7180  
SIZES  
\$10-12  
\$14-16  
\$18-20  
by Alice Brooks



## Queen Takes Time To Cool Off

Dalcy Gail Smith, 23, of Whitehorse, Yukon, named Miss Canada here last Saturday, takes time out to cool off from the London heat on a throne of ice. Temperature in London on the weekend was nearly 100.—(CP Photo).