

WOMEN

Page 8 The Guardian, Friday, July 15, 1955

LET'S EAT

Bread Crumbs Add Zip To A Variety Of Dishes

By Ida Bailey Allen

"The way bread is wasted here in America is a great surprise to me," Madame remarked the chef.

"In France, every scrap of the loaf is used in many French restaurants and pensions you will see a sign prominently displayed on the wall. It reads 'Ne gaspillez pas le pain' which translated means 'Do not waste bread.'"

Culinary Ingredient
It is my opinion that all home-makers would use a loaf of bread and crusts from sandwiches to the last bit if they understood how to prepare them for a cooking ingredient. Consider these uses, for instance:

Soft Bread Cubes: Use in stuffings and puddings, also as toppings for savory baked dishes or desserts.

To prepare, stack 2 or 3 slices of bread on a bread board. With a sharp knife, using a sawing motion, cut the sliced bread into strips of desired width. Cut again in the opposite direction to form cubes of even size.

Soft Bread Crumbs: Use in making souffles, puddings, to thicken certain sauces, in meat or fish casseroles or as a coating for chicken, fish or shell fish to be fried.

To prepare, tear a fresh slice of bread into small pieces with the fingers.

Toasted Bread Cubes of Croutons: Use in stuffings, for top cooked vegetables and as croutons to accompany soups.

To prepare, arrange bread cubes, or cubed crusts cut from sandwich trimmings, on a cookie sheet. Place under a preheated broiler, in a slow-oven, 300 degrees F., and toast until the bread cubes

are golden brown on all sides; stir occasionally.

For that buttery taste, brush the bread before toasting with melted butter.

Dry Bread Crumbs: Use for coating croquettes, fish or meat to be fried, or making into buttered crumbs to top escalloped dishes.

To prepare, dry oddments of bread or crusts in the oven, then put through a food chopper, using the fine blade. Tie a paper bag on the blade end of the chopper so the crumbs will drop into it as they are ground.

If fine crumbs are desired, sift through a sieve, then store the coarse and fine crumbs in separate covered containers.

TOMORROW'S DINNER

Chilled or Hot Madrilena
Cold Cuts—Lettuce
Potato Salad
Danish Apple-Bake
Hot or Iced Coffee or Tea

Danish Apple-Bake: Combine 1 qt. sweetened applesauce, 2 c. toasted bread crumbs, 3 beaten egg yolks, 1 1/2 c. melted butter, 1/2 tsp. cinnamon, 1/4 tsp. salt and 1/4 c. sugar. Bake 45 min. in a low 3 qt. casserole in a slow-oven, 325 degrees F. Remove, and spread with 2 lbs. jelly or jam.

Last, beat 1 egg whites stiff, gradually beating in 4 lbs. additional sugar. Continue to beat until the mixture stands in peaks. Add 1/2 tsp. vanilla.

Top the apple-bake with this meringue. Return to the oven for 15 min. or until browned.

SUGGESTION OF THE CHEF

Lightly saute "cold cuts" in butter containing table mustard.



MR. AND MRS. EBBIE WAITE AND ATTENDANTS

Pictured above are Mr. and Mrs. Ebbie Waite following their marriage at North River Baptist Manse. From left to right are Mr. Milton Ward, best man; Mr. and Mrs. Waite, and the bridesmaid, Miss Eileen Waite.

A pretty wedding was solemnized recently at the Baptist Parsonage, North River, when Rev. Owen Cochrane united in marriage Florence Marina Ward, daughter of Mr. and Mrs. Earl Ward, Hampden, to Mr. Ebbie Waite, son of Mr. and Mrs. Howard Waite of Loyalist.

The bride was attired in a floor-length gown of white net over satin with fitted bodice, and full length sleeves. She wore a chanelle bedspread from Springfield Women's Institute.

The bride and groom were then joined by the officiant, after which the remainder of the evening was spent in dancing.

Woodside-Brown Wedding

St. Mary's Church, Summerside, was the scene of a summer wedding at 9 p. m. June 30 when Ellen, daughter of Mr. and Mrs. Bert Brown of St. Eleanor's and Hollis, son of Mr. and Mrs. Gordon Woodside, Bedouque, were united in the holy bonds of matrimony.

The bride, given in marriage by her father, wore a gown of light blue taffeta with matching head-dress, and a corsage of red roses.

The groom wore a tuxedo with a white shirt and a white bow tie. The reception was held at the home of the bride with 15 guests in attendance. The bride chose for her travelling costume a gray suit with white accessories. Mr. and Mrs. Woodside left on a honeymoon trip through the Maritimes. They will reside in St. Eleanor's.

JOHNSTON'S RIVER W. I.

The July meeting of Johnston's River Women's Institute was held with a full attendance. The president called the meeting to order and conducted it in the usual manner. Minutes and financial reports were read by the secretary, approved and adopted.

A report on district convention was given by members. Correspondence consisted of a letter regarding a donation for Miss Robin. It was agreed to send this donation.

Delegates appointed to attend convention at Charlottetown were Mrs. Wilson MacDonald and Mrs. Willie Trainor. A discussion on premium blankets followed, and it was decided to place one in the store for sale.

Next meeting is to be held in the hall and roll call to be answered by paying five cents. There being no further business, the meeting adjourned.

KEEP IN TRAIN

Slim Down in Hot Months

By Ida Joan Kain

Summertime is made for slimming. The warm weather take the edge off your appetite and summer foods are delicious and low in calories. So what better time to shrink your appetite down to size the good news is that many overweights who start curbing calories in hot weather get the habit of trimming fattening corners and carry on happily to healthy normal weight.

But why start this summer slimming adventure alone? How about enlisting the cooperation of the head of the house? In the past, overweight men have been balky about cutting calories and strongly resistant to any suggestion of dieting. But now that the facts of fat are out in the open, you'll probably find your husband not only willing but almost eager to take off ten pounds—and perhaps carry on to make it a solid twenty.

From the standpoint of meal planning and cooking, daily double dieting is always easier. And the friendly rivalry of dieting together is a stimulating challenge. No wife with spirit will let her mate show her up, and certainly the head of the house will not

allow the little woman to be a better loser. Proof that one summer can make you slimmer was given in our reader's story of last summer—a story that inspired many overweights to get on the slimming course. Here it is in brief: A streamlined bride of 115 pounds, six years and two children later, weighed 183 pounds. A chronic severe backache sent her to the doctor who suggested she try carrying a 60 pound load around for just one hour. That jolted her into action. She started slimming in the summer and carried on to normal weight. The unexpected ending to the story was that the reducing had taken place 20 years before! All the years since she had lived happily at normal weight.

A check up with the doctor is always a good way to start a slimming program. Follow his advice as to how many pounds to plan to reduce.

Why not swing into lighter menus this summer and learn to eat for healthy normal weight. Mr. and Mrs. Summer Slimming series starts Monday and runs for two weeks. Why not join us?

MARY HAWORTH'S MAIL

Reads Constantly, Ignoring Family

DEAR MARY HAWORTH: can you tell me what is the meaning of a person's habit of reading most of the time, instead of being sociable?

My husband reads while eating his breakfast and never talks to me—except when I ask him something. Then it often takes him quite a while to bring his head out of his book to answer me. He reads every chance he gets; and I feel he should talk with me a little more and play with our children occasionally. Instead he reads.

Is all this reading indicative of a nervous condition, as I sometimes think? Or am I wrong? Do I want too much attention? And should I quiet down and be glad that he is a great reader? L.D.

Bookishness Is An Escape

DEAR L. D.: The insatiable habit of reading to which you refer, a characteristic of passive frustrated individuals, usually. They read all the while as a sort of opiate, to dull their awareness of irksome reality. It is a mechanism of escape into an "inner world" of pseudo-activity, where the reader is comfortably detached (for the moment) from his surroundings and unsolved problems; and so detached from the events detailed in the reading matter his eye is devouring.

That kind of reading seldom adds up to increased education for the reader, because it isn't implemented by mental concentration or thought. Instead it is an evasion of purposeful thinking. Rather a case of crawling into a hole, and pulling the hole in after one—to hibernate the time away.

Certain persons, whenever they have a breath of sidown leisure, will be mulling over cartoon fiction (so called), or pulp magazines, or news magazines, or daily newspapers—or even reading the better books. Or they may be watching TV, seeing movies or listening to radio. But always the aforementioned spirit of escape motivates them—escape from the living present in their own experience. Flight from what is going on here and now; in their real relationships.

Neurotic Armor Against Demands
Maybe your husband figures in this category. His reading may not reflect a nervous condition, exactly; but rather a neurotic tendency to close himself off from people who make demands on him. His wife and children, for instance—who implicitly demand his love and interest and attention, just by their watchful or hopeful attitudes, even if they don't pester him vocally.

If meals are a family affair, with parents and children eating together, father should put aside book or newspaper and contribute to table talk. This is his chance to teach good manners by good example—and it isn't good manners to bury one's nose in reading when others are present. In civilized family life, the only exception to this rule is at breakfast, usually—when the head of the house is privileged (if he so desires) to read the paper in silence, while he downs his morning rations.

As to whether you want too much attention, and possibly ought to quiet down—my advice is to be flexible, and sensible, and

Verrier-Joyce Wedding

St. Columba Church in Notre Dame-de-Grace, Montreal, was the scene of the wedding at 2:30 p. m. Saturday, June 18, of Miss Patricia Pamela Verrier, daughter of the late Edward John Verrier and of Mrs. Verrier of Notre Dame-de-Grace, and Carlton Spencer Joyce, son of the Rev. Dr. J. G. Joyce and Mrs. Joyce of Verdun, Montreal.

The Rev. Norman E. Peterson, rector, performed the ceremony in which the Rev. Dr. J. G. Joyce, father of the bridegroom, took part. Mr. Dennis C. Ore was the organist. White gladioli, peonies, greenery and lighted tapers formed the setting for the ceremony.

Given in marriage by Mr. F. C. Tomlinson, a close friend of the family, the bride wore a ballerina length gown of ivory lace over satin, having a bolero jacket with stand-up collar and fitted sleeves, over a fitted bodice and full skirt of pleated front panel of nylon net. Her elbow length veil of tulle illusion was held by a corsage of seed pearls, and she carried a cascade of white sweet peas.

Miss Ruth McCulloch as maid of honour was gowned in a ballerina length gown of pale blue iridescent taffeta fashioned in princess lines with halter neckline, and wore long sleeves and bandeau headdress in matching colour. She carried a bouquet of pink sweet peas.

Dr. Douglas Joyce, brother of the bridegroom, was best man, and the ushers were Mr. Kenneth Vroom and Mr. Ronald Lawton. The mother of the bride, Mrs. Verrier, wore a gown of peacock blue iridescent taffeta with picture hat of black French straw, black accessories and corsage of gold sweetheart roses.

Mrs. Joyce, mother of the bridegroom, was gowned in powder blue double sheer with navy blue accessories and corsage of pink carnations.

Following the ceremony a reception was held at the Queen's Hotel, Candelabra, pink and white flowers decorated the bride's table. After the reception the couple left by car for Atlanta, Georgia, and an extended trip through the southern and western United States. For travelling on her wedding trip the bride wore a floral conflower blue and white dress in paper taffeta, a blue coat with white accessories and a corsage of white gardenias.

Many guests attended the wedding, including a number from out-of-town.

The bride's parents, Rev. Dr. and Mrs. Joyce, are former residents of P. E. I.



June Wedding at Hartsville

Pictured above are the members of the Stevenson-MacKenzie bridal party. Reading from left to right are Mr. Gordon Stevenson, usher; Mr. John Phillips, groomsmen; Mr. and Mrs. Frank Stevenson, the groom and bride; Mrs. John Phillips, matron-of-honor; Mr. Basil Phillips, usher. The two flower girls are Sarena MacKenzie (left) and Mary Bernard.

Spring flowers, and potted plants, formed a floral background in the Presbyterian Church, Hartsville, for a wedding at 3:30 o'clock on June 16, when Carrie MacKenzie of New Wiltshire was united in marriage with Frank Stevenson of Darlington. The Rev. L. E. Blaikie officiated at the double-ring ceremony. The wedding music was played by Mr. Wendell Phillips. Given in marriage by her mother-in-law, Mrs. Ruth MacKenzie, the bride chose a gown of blue net over taffeta, with a lace bolero, and matching hat and

gloves. She carried an arm bouquet of red Sweetheart roses. Mrs. John Phillips, was matron of honour, and wore a gown of lilac net over taffeta, with a lace bolero. She wore a matching net tiara, and mitts, and carried a nosegay of yellow mums. The flower girls were Miss Mary Bernard, and Miss Sarena MacKenzie. Mary wore a gown of pink flowers. They carried nosegays of mixed flowers. Mr. John Phillips was groomsmen, and the ushers were Mr. Basil Phillips, and Mr. Gordon Stevenson.

For her daughter-in-law's wedding, Mrs. MacKenzie wore a dress of aqua taffeta, with white accessories. She wore a corsage of red roses.

Following the ceremony a reception for 40 guests was held at the Queen Hotel. The Rev. L. E. Blaikie proposed a toast to the bride, which was responded to by the groom.

For a honeymoon trip to Boston, and points of interest in the Maritimes, the bride donned a suit of pink and navy garlandine, with matching accessories, and a corsage of pink roses.

Words Of The Wise

Ideals are like stars: you will not succeed in touching them with your hands. But like the seafaring man on the desert of waters, you choose them as your guides, and following them, you will reach your destiny.—(Carl Schurz).

MORNING SMILE

A female voice came over the telephone. "Is this the Fidelity Insurance Co.?"
"Receptionist—Yes, ma'am."
"Voice—Well, I want to speak to someone about having my husband's fidelity insured."

BACK FOR BELONGINGS

TORONTO (CP)—Police said a butler dismissed during the holiday at a Beaverton summer home Sunday broke into his former master's city house. They said Gordon Torp, 57, was charged with breaking and entering the residence here of Ewart Angus, widely-known financier. Police said Torp told them he had returned to get his personal belongings.

Happy Holidays!

IF YOU DRIVE... Stop for TEA

Grand for summer baking

...no need to keep it in the ice box!



Keeps in the cupboard for weeks! Always right there when you need it! It's Fleischmann's Active Dry Yeast—the modern baking discovery that gives you delicious breads and rolls in quick baking time. No dashing off to the store at the last minute—just keep a supply of Fleischmann's Active Dry Yeast in the cupboard. IF YOU BAKE AT HOME—get Fleischmann's Active Dry Yeast today. At your grocer's.

ELLEN'S DIARY

By An Island Farmer's Wife

The sons and their wives—what of them? It is a fact, is it not, that as a wildflower or a tree is fitted into its best place by Nature in the pattern of the landscape, so too we think humans come to their destined and best roles in life. So these, of ours are. And much taken up and well content with the affairs of the farming—and kind, always kind.

And the grandchildren, how shall we impartially speak of them? They are as most farm-children we have known. Except Jamie who seems to have been born beneath a grown-up star... given always old ways and a thoughtful mind. Like the butterflies that these days fill colorfully along the shrubs and flowers bringing brightness and an infectious joy of living to the surroundings of the others are, though with "wings" often begrimed!

So no matter what strangers expect of us at Alderlea, they find average fields and surroundings, and ordinary flesh-and-blood folks.

From nearer and far places they come. This evening it was a little Island-girl of Jennie's school days of Irish extraction mostly, though with a Scottish name. She is now one among the numbers of secretarial girls who do their share toward keeping a young nation's business running smoothly, in Canada's Capital city. More than one Island girl and boy, Ottawa has given a life-work to and highly successful careers.

Would you see with us this visitor, so interesting, who came to Alderlea "because I've wanted to visit it" with folks of her kin? With a young farmwife, mother of seven, a sister and a

brother all born and reared in an old house with rooms almost identical with these and built for one of James' forebears. And two little sons, with a whole world of opportunity before them and a young lady, a little one who "just couldn't sing," but as it turned out had a voice as young and as sweet as a singing bird. What pleasure folks thus gifted can give, as did sisters and brother and young niece who were our visitors this evening! A meek already in bed, hearing the music on the radio at all for me to slip into my trousers again!" and came with her then to this house to enjoy his favorite tunes. As did the rest—James himself, to be pleased and favored.

Dark of hair and eyes, our visitor from Ottawa is... slight, neither short nor tall, very modest and womanly. And naturally chic in an attractive and modish summer gown which Miss Granddaughter and her little cousin visiting her, both clothes-conscious to an amazing degree. "Just loved" as did we.

We know she is having a pleasant holiday with her kin folk and friends. We believe that she will take back with her to the staff city, crowned by Parliament Hill, memories of her native low-lying green valleys and sun-touched heights, of nesting farmsteads and pictured villages at crossroads, of an old school, and a Church, and all those dear paths of country she once knew, to keep well loved and evergreen in a corner of her heart.

Good days these are on Island farms, where loved ones who have wandered now for a little or longer time vacationing, come Home.

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

ANNE ADAMS PATTERNS

LOVELY ENSEMBLE

Cool, sundress, smooth-fitting bolero—prettiest ensemble seen anywhere this summer! Adaptable to many fabrics—particularly the new polished cottons, pique for daytime wear, shantung silk linen for evening. Simple lines, yoke detail—so very flattering!

Pattern 4695. Misses' Sizes 12, 14, 16, 18, 20. Size 16 dress, 4 1/2 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.

Child cranky?

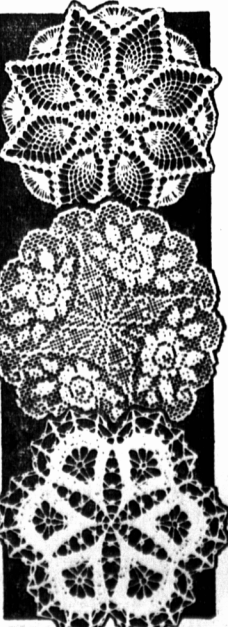
Relieve both constipation and sour stomach!

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 unwell tummy—work gently in the morning. Good tasting! No harsh drugs. Specially made by the makers of Baby's Own Tablets—your assurance of gentleness. Indigestion the "Tummy-Probation" Tablets for your child.

4695
by Anne Adams
Children's Own Tablets

Alice Brooks Designs

ONE-A-DAY DOILIES



7384 by Alice Brooks

Less than a day to crochet each of these lovely little doilies! Three different designs included.

Pattern 7384: Doily-quickies! Chart and directions for 14-inch design in filet crochet, 9 and 12-inch designs in regular crochet, using No. 30 mercerized cotton.

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!

Time Out For Chow In National Park



Hundreds of tourists are daily enjoying life in the open air as pictured above in the National Park area. They come from "All Over." Photo by Margaret Mallett.

Wife Preservers

FURNITURE POLISH
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TREATED DUSTER
LEATHER

← NO

Never use formaldehyde on furniture.