

WOMEN

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LET'S EAT

Some Beefsteak Buys For The Slim Budget

By Ida Bailey Allen

"Beefsteak continues to be the Number One meat of the country. It's expensive, because there isn't enough to supply the demand," I reminded the Chef.

Inexpensive Steaks

"Much of it is served in hotels and restaurants, Madame. But with the exception of the most expensive places, where only prime beef is purchased, it is possible to prepare excellent steaks at home at a small fraction of the cost of eating out. For example, in the inexpensive groups, there are cubed steaks; also there are the delicious butter-frozen minute steaks.

For Added Flavor

"And even good quality chopped beef steps out of the pedestrian class when it is cooked sub-style. But there is a special reason why restaurant steaks taste so delicious and moist. They are always topped with butter or a sauce during or after cooking. Homemakers would do well to add this extra touch."

Tahase Butter Sauce: Melt 1/2 c. butter. Add 1 lb. minced parsley. Simmer until golden brown. Then add 1 tbs. vinegar and 1/4 tbs. tabasco.

Sauce Tartar for Steaks

Combine 1/2 c. mayonnaise, 1/2 tbs. tart pickle relish, 1 tbs. each snipped chives and parsley, and 1/2 tbs.

Worcestershire.
Sauce Bearnaise for Gourmet Service: Peel and slice 1 small onion. Add 1/2 tbs. vinegar, 1 tbs. water and 1/2 tsp. powdered tarragon. Simmer 2 min. Meantime beat 3 egg yolks light. Strain in the vinegar. Add 1/4 tsp. salt and 1/4 tsp. tabasco. Set the bowl over hot water; cook and stir until thick, like heavy cream. Remove; beat in 1 tsp. at a time, 4 tbs. butter or margarine. Use at once.

TOMORROW'S DINNER

Beet-Celery Horseradish Saladettes
Cubed Beefsteak
Butter Sauce
Whipped Potatoes
Diced New Turnips
Orange Grapefruit Cup
Coffee Tea Milk

Beet-Celery Horseradish Saladettes: Fill lettuce cups with beet-celery horseradish relish blended with mayonnaise.
The Relish: Combine 2 qts. each chopped raw celery and raw cabbage. 1 c. chopped seeded green pepper, 1 c. minced prepared horseradish, 1/4 c. grated onion, 1 tsp. black pepper, 1/4 tsp. cayenne and 2 1/2 tsp. salt. Cover with mild-flavored cold dried vinegar. Cover. Store in a cool place.

TRICK OF THE CHEF

Freeze sweetened orange-grapefruit cup until crystals form.

MARY HAWORTH MAIL

Girl Aged 16 Can't Cope with Older Boy

DEAR MARY HAWORTH: I am a girl 16, and I go with a boy 21 years old. I have been dating him for over a year and I like him more than any other boy I have ever known, and I think he likes me too.

We have often discussed the subject and he says I am his No. 1 girl, although he has never mentioned going steady. I don't go out with any other boys, and he doesn't go out with anyone else, so far as I know.

My problem is that Tom doesn't treat me as a decent girl should be treated — to my way of thinking I have often talked to him about it, and he simply says I would be better off to just quit going out with him — but it always ends up that we keep on dating.

Tom is considerate of me in every respect; whenever we are out he always takes me where I want to go, and he is a lot of fun to be with. I don't want to break off, because I think a lot of him — but he says it will have to be me who makes the break, and that it will be for good.

Problem Has A Background

DEAR C. S.: When a girl 16 is going with an older boy who doesn't treat her decently, the situation is usually symptomatic of a good deal of background difficulty in her life. If a teen-age girl is happy in relation to family, and has a circle of friends with whom she gets along well, she unconsciously puts a right price on her company — and men react accordingly.

Moreover, the teen-age girl who is emotionally absent of her years — who isn't struggling with frustrations and anxieties carried over from childhood — usually has few friends in her own age group. Generally it is the lonely maladjusted girl, somehow out of tune with other teen-agers, who gets involved with older fellows, occasionally in the role of fair game from the opportunist viewpoint. This seems to be Tom's half apologetic version of your romance with him.

Perhaps you haven't been told — but a man unconsciously expects a girl to set the pace she desires, and to keep him in line in the interchange. Thus I am sure that Tom expects you to either control the situation or renounce his society, if you sincerely disapprove his amoral inclinations. As to why you don't act decisively, in defense of self-respect, I suppose it is because you feel disposed to lay almost any price for love. And you think you love Tom, and you crave his affection and allegiance, because you are physically enamoured of him.

Needs to Tie To Adult Guide

It is my impression that your problem with Tom is simply a part of a life history of emotional frustration in your personal affiliations. In dating Tom, despite mutual misgivings, you are acting compulsively to satisfy an unconscious urge to belong to someone dear to you — to be (in Tom's words) the "No. 1 girl" in that other person's heart. And this driving desire, which gets you in trouble, is a by-product of paternal neglect of your hunger for love in helpless early formative years.

What you need above all, for security, is an abiding relationship of psychological intimacy with a beloved trustworthy adult — a parent, grandparent, teacher or friend — who nourishes your self-esteem, gives you insight and restores your perspective, when you lose your sense of direction in dealing with emotional stresses.

In your talks with Tom about his misbehavior, you are in effect begging him to be responsible for your welfare — an obligation he declines to assume. All things considered, your best bet is to unburden your conflicts to a wise older person — a clergyman, psychiatrist or psychologist, or a seller. A confidant of that sort would be a source of strength, and a stabilizing force in your boy-girl experience.

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



Mr. and Mrs. Alexander Stewart

A quiet but pretty wedding was solemnized in the Wesley United Church, Bayfield, N. B., on Monday evening, April 18, at 7 o'clock, when Marjorie Carol, eldest daughter of Mrs. W. R. Bryenton and the late Mr. Bryenton of Cape Tormentine, N. B. was united in marriage to Alexander, son of Mr. Vernon Stewart and the late Mrs. Stewart of Springhill Junction, N. S. The double ring service was performed by Rev. E. Lockhart of Shemogue, N. B., assisted by Rev. Ronald Smith of Bayfield, N. B.

The bride, who was given in marriage by her uncle, Mr. Keith Bryenton of Union Road, P. E. I., looked winsome in a pink tailored box jacket suit of Rayon shadow twist, with navy and white accessories, and wearing a corsage of white roses.

The bride's mother was attired in a navy nylon dress with white accessories and a corsage of white roses.

The best man was Mr. Laurie Wood of Springhill, N. S., and the ushers were Mr. Frankie Roper and Mr. Alfred Larter both of Charlottetown, P. E. I. Appropriate music was rendered by Miss Doreen McGlashing, during the signing of the register.

Following the ceremony a buffet luncheon was served at the home of the bride's mother, Mrs. Russell Roper, Charlottetown, P. E. I. aunt of the bride, presided at the tea table, while those assisting in serving were Miss Evelyn Stewart and Mrs. Cedric Spence, Springhill, N. S., Mrs. Keith Bryenton, Mrs. Earl Livingstone, Union Road, P. E. I., and Mrs. Alfred Larter, Charlottetown, P. E. I.

HONORED AT SHOWER

Previous to her marriage the bride was tendered a miscellaneous shower at the L. L. B. Lodge Hall at which she received many beautiful and useful gifts.

Mrs. Stewart was employed by Eaton's, Moncton and Mr. Stewart is a C. N. R. employee in St. John, N. B., where they plan to reside.



MR. AND MRS. EDWARD LEVESQUE

Wed on April 27, 1955, in Alberton, P. E. I. are Mr. and Mrs. Edward Levesque. The bride was formerly Pearl Gladys, daughter of Mr. and Mrs. George Kinch of Alberton. Her husband is the son of Mr. and Mrs. Samuel Levesque of Winnipeg, Man. Wedding attendants were Miss Georgie Kinch as maid of honor and Mr. Henry Gallant as best man.—(Photo by D. W. Sears)

New Plastic Fabrics

By ELEANOR ROSS

If you're planning to do any redecorating, take a look at the new upholstery fabrics. And there are new plastic materials that even breathe these days!

They don't cling to you; they aren't too cold, too hot or too shiny. They have all the nice qualities of a woven fabric, yet they are wonderfully washable. All that is needed to keep them freshly beautiful is a wiping off with a soapy cloth right where they are — on the furniture.

Fade-Resistant Colors

You can get grand colors in the new plastics, plus fade-resistance and durability. Even the Far-

Eastern motifs that, right now, are much favored by top interior decorators, are reflected in the new plastic fabrics. Such decorator tones as charcoal, toast, chartruese, almond and turquoise are included on the color card.

While we're on the subject of plastics, there's a word of a new first aid for aging dingy walls, something that is as easy to apply as a ready-made bandage.

Without Adhesive

This fabulous new do-it-yourself wall-covering goes on without the aid of paste, adhesives, tacks or nails. Just moisten the back of the eight-by-eight inch tiles and they stick to plaster, plywood, or plasterwood — even to ceilings.



COOK'S CORNER

PINEAPPLE FRAPPE
1 1/2 c. crushed pineapple
1 c. marshmallows
1 c. cream
1/3 c. nuts (may be omitted)
Cut marshmallows, mix with pineapple, let stand overnight. Whip cream, add nuts and about 3 tbs. sugar to pineapple mixture. It is ready to serve.



MORNING SMILE

"What are we having for tea?" asked Hobson.
"Sponge cake replied his wife. "I sponged the eggs from Mrs. Brown, the flour from Mrs. Smith, and the sugar from Mrs. Jones."

the WINNERS!

"WHO WAS THE MONARCH?" MARCH CONTEST

The following names and addresses were the first 50 correct entries drawn by Mrs. F. G. Sancton, Social Editor, Saint John Telegraph-Journal in the "WHO WAS THE MONARCH?" CONTEST which closed March 31st, 1955. Each of these entrants won a 5-piece set of bedding.

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|---|---|
| NOVA SCOTIA
MARGARET BLAIR
Polly Lake, Col. Co.
MRS. WILFRED DURING
Bridgetown, Dolhouse Lake, Anns. Co.
MRS. RONALD FLEET
Eum Seum, Guvs Co.
MRS. WILLIAM GEDDES
Bedford
MRS. C. G. GULLINGHAM
42 Chesnut Ave., Halifax
MRS. MYRTLE GOSSING
62 Roma Ave., Halifax
MRS. WILLIAM HAINAAR
Old Barn, Col. Co.
MRS. B. HILL
50 Prince St., Yarmouth
MRS. YVONNE LUTZ
55 Russell St., Dartmouth
MRS. R. MACDONALD
421 Esplanade St., Sydney
MRS. SADIE MACDONALD
Forbes East Bay, Cape Breton
MRS. STELLA MEACHER
Box 144, Capon
MRS. ELIZABETH MILLS
14 Sterling Road, Glouce Bay
MRS. W. MILTON
106 Maple Ave., New Glasgow
MRS. V. MORRISON
10 North Sydney
MRS. NORRIS PALMER
Kingston, Kings Co.
MRS. LESLIE PATTEN
Box 62, Lunenburg
MRS. PHILIP G. PERRY
Box 156, Shelburne
MRS. AUDREY RAUFUS
R. 2, McEvelley
MRS. D. C. RAYWORTH
24 Sander Place, Halifax
MRS. LLOYD REESE
Box 40, Springhill
MRS. E. SIMMONS
107 Main Street, Glouce Bay
MRS. HAROLD SINDER
24 Sander Place, Halifax
HELEN M. WATSON
Box 10, Springhill
MRS. J. GUY WILSON
Truro | NEW BRUNSWICK
MRS. A. BLACKIE
132 Prince St., Parson
MRS. CLIFFORD FAIRWEATHER
Terryton
MRS. MURRAY FITZGERALD
48 Morris St., Lunenburg
MRS. O. B. FRENCH
Box 617, Sackville
MRS. C. L. HODGSON
67 Hezekiah St., Saint John
MRS. H. HOLT
24 St. Paul St., Saint John
MRS. AUSTIN HOYT
Grand Bay
MRS. W. E. KELLY
Collins, Kings Co.
MRS. ETHEL MANUEL
Saint Stephen
MRS. RALPH MAWHINNEY
Moose Bay, Char. Co.
MRS. LYNN MARIE MULLIN
Box 30, Newcasttle
MRS. J. A. PHIBNEY
Macdon
MRS. OSCAR C. RICHARDS
51 Ornduff St., Edmundston
MRS. J. ROMEO RUIET
18 Address St., Cornhillton
MRS. MISS MYRNA SMITH
134 Westmount St., Fredericton
MRS. M. E. STONER
20 Belgrave St., East Saint John
MRS. MISS JOAN TAYLOR
590 Queen St., Fredericton
MRS. B. J. TURCOTE
Box 43, Grand Falls
MRS. CHARLES WHITTON
Thompson Lane, Dieppe
MRS. B. WILSON
398 Highgate St., Moncton
MRS. ARTHUR WEAVER
353 Boka St., Lunenburg
PRINCE EDWARD ISLAND
MRS. ARTHUR GAUDET
Miscouche
MRS. WA. MORRISON
1250 Somerset
MRS. JAMES O'BRIEN
23 King Square, Charlottetown
MRS. F. L. THOMPSON
121 North River Rd., Charlottetown |
|---|---|



Mr. and Mrs. Joseph Cheverie

A Spring wedding was solemnized at the Church of the Most Holy Redeemer, on April 27, when Anna Noreen, eldest daughter of Mr. and Mrs. Leo MacIntyre, became the bride of Joseph Frederick, son of Mr. and Mrs. Frederick Cheverie of East Point. The double-ring ceremony was performed by Rev. Gregory Murphy, C. S. R., who also celebrated the Nuptial Mass. Serving on the altar were Roy McGonnell and Ray Malone.

Appropriate hymns were sung by Mr. Frank Flood, accompanied by Alex McLean on the organ. The church was beautifully decorated with baskets of snap-dragons, while the bride, given in marriage by her father, entered the church to the strains of the wedding March and looked charming in a floor-length dress of white nylon and lace, over white satin. She carried a bouquet of red roses.

Her bridesmaid, Marie Cheverie, wore a dress of pink netting and carried a bouquet of pink carnations.

The groom was attended by Mr. Reginald MacIntyre.

The bride's mother wore a suit of green with yellow accessories, while the groom's mother wore blue with pink accessories.

Following the ceremony a reception was held at the Queen Hotel, where breakfast was served to approximately sixty guests. The bride's table was tastefully decorated with flowers, and a three-tier wedding cake, topped with a miniature bride and groom.

Toasts were made to the happiness of the newly-weds by Mr. Frank Flood and Mr. Stewart MacIntyre to which the groom fittingly replied.

RECEPTION HELD

In the evening a reception was held at the home of the groom, where supper was served to approximately one hundred guests.

HONORED AT SHOWERS

Previous to her marriage showers were held for Miss MacIntyre at the homes of Mrs. George Marshall, and Miss Florence Malone at which she received many beautiful and useful gifts.

ELLEN'S DIARY

by an Island Farmer's Wife

Today starlings held May-conference in the remnant of orchard; robins sang snatches of song as they selected sites and inspected homes in the lawn trees about.

"There! Wouldn't this be an ideal place to build!" she said. "Just think how lovely it will be when the leaves shade it through the heat of the day! We would get the morning sun here. I'll be able to look down, and about, on the flowers—such as there will be," she chuckled suggestively, "when I'm sitting! . . . You know" she added, "the waiting is pretty tiresome at best."

"Ideal!" he commented. "My Dear! Have you forgotten . . . the cats? And from what I see and hear there number stands to be increased before long. Higher Love—yes, up it would need to go to be safe. And don't you fancy that Maple over there wouldn't be so drafty as this one? You know there will be the rain and wind of 'the sheepstorm'. And I'd say there should be a stoutish limb close by on which the . . . children could take their first sunning. You can see, Dahling, these are, well flimsy to say the least. And as for looking out on the scenes about, you'll be too drowsy then to care much about them."

And her song then was inlaid with a bit of disappointment similar to that we experience when James points out the defects in some planning of ours more aesthetic than feasible. "Keep your dreams little bird" we thought, "Perhaps on account of them some day one, or even a part of one will come true for you. It's good to plan for morning sunshine when you're building a home, wise too look to the views about. Men 'we smiled' they just like that—the nice intangibles we women-kind crave. But they build for safety and endurance. They look well to the practical side of it—the foundation, the roof and walls but even before the first stick is in place, we can see a honeysuckle in rich bloom by the door! Only this morning when we came up to decorate this place that is 'the back stairs', James said 'Aren't you silly, Ellen to be wasting energy and paint, there! It's not had as it is.' But a brushing of white enamel on the drab woodwork, a covering of azure blue on the walls and soon we shall come though prettily improved surroundings to reach our bedroom bedside."

Neither fast nor expertly we painted there, in the afternoon thoughts going past the blackbirds and robins and summer-birds that Mack declared "If they're not meadowlarks they're lawn-larks: you know what I mean: lawn like the mower cuts" to follow in mind James and another farmer who had gone to attend a

Change about One mother finds that her baby will accept more cereal if the atmosphere spoonsful of cereal with strained fruit.

Storage suggestion: Why play hide and seek with half-used containers of baby foods. A regulation muffin tin will keep 'em all in one place, prevent tip-over, and save the refrigerator.

Appetite appeal is one of the things Gerber Strained Meats are noted for. They're so juicy and savory, babies love them. Made from selected cuts, these special meats for babies are processed to reduce fat and fibre to the barest minimum, so even the tiniest babies can digest them easily. All 6 are 100% meat with just enough natural broth to give a good-tasting, easy-to-swallow consistency. Gerber-Ogilvie Baby Foods Limited, Niagara Falls, Canada.

GOING ON A HOLIDAY?

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KEEP IN TRIM

What It Takes To Wear A Suit

By Ida Jean Kain

It seems to be the highest praise for a woman to be told, "You have a perfect suit figure." What it takes to wear a suit well is a properly proportioned figure with a fairly slim waist, smooth hips and a distinctive posture.

For models, let's take those selected as the ten best tailored women in America: Grace Kelly, Oveta Culp Hobby, Roberta Peters, Marlene Dietrich, Marguerite Piazza, Dorothy Kilgallen, Loretta Young, Jane Pickens, Gloria

superb bearing can make an expensive suit appear custom tailored. Conversely, slumping can ruin the effect of the most costly outfit. On the size score, 12 and 14 are the most popular. But with a fine carriage, a woman in a size 20 can look most impressive in a well tailored suit.

The key to good posture is "balance," which means proper alignment of body segments. The head is balanced perfectly over chest, chest balanced over the hip and pelvic girdle, and this area bal-

anced over the feet. That's self-supporting posture. "Squaring" the shoulders gives a tailored suit a smooth fit from rib cage to shoulder.

The following exercise straightens shoulders and gets your posture on the beam.

Lie on back on floor with feet elevated to low bench, arms down at sides, backs of wrists on floor, palms up. Slowly flex right knee to chest as both arms are circled slowly around on floor until straight back on floor behind head . . . hold for about 5 min. maintaining the up-and-in pull. Swing arms back down to sides as feet return to bench. Repeat exercise 4 times. Important: Keep backs of wrists on floor throughout the circling movement. Throughout exercise, keep small of back flat against floor and pull up and in, exercise with girdle muscles.

While you don't guarantee this exercise will land you on the list of "ten best tailored," it can give you a fine figure for wearing a suit.

ANNE ADAMS PATTERNS



SEW IT IN A DAY!
Look at the diagram — even a beginner can whip up this honey of a dress in a day! FEW pattern parts, minimum details — a world of style! Curvy neckline, fitted bodice and flared skirt are so smart, so-o-o flattering! Choose cool nylon print, linen, cotton.
Pattern 4553: Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40.
This pattern uses 3 1/2 yards 35-inch fabric.
This pattern is easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
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Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.

Words Of The Wise

You have not fulfilled every duty unless you have fulfilled that of being pleasant. —(Charles Buxton).

Household Hint

As a dress, the hem of ready-made dresses and skirts are sewn loosely. Examine them before wearing the garment and rehem if necessary with secure stitches and strong thread.

HISTORIC CATHEDRAL

Southwest cathedral in London, England, mainly built in the 13th century, was known as St. Marie Overie until 1540.

Relax with TEA



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By Anne Adams

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