

# WOMEN

Page 8 The Guardian, Wed., July 27, 1955

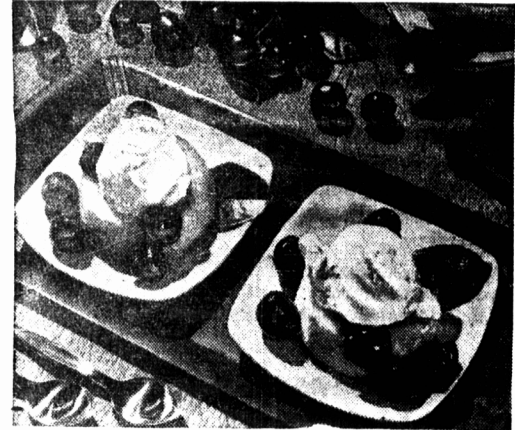
LET'S EAT

## Bing Cherries Star in An Elegant Dessert

By Ida Bailey Allen

"REGARDEZ, Madame," said the chef, these beautiful plump cherries from the North. Are they named for the singer, or for the director of the Metropolitan Opera?"

"Neither," I told him. "They were named in honor of the (chinese gardener who was responsible for their cultivation)." Mary Ann cups on individual



A SCOOP OF ICE CREAM in a sponge cake cup, topped with a sauce and garnished with big Jubilee.

"My salaams to Bing, whose cherries are so beautiful, so sweet, so de luxe!"

### LOW IN CALORIES

"And, Chef, there are only about 60 calories to 18 large Bing cherries. They're helpful to anyone on a reducing diet because they have a luxurious taste, are meaty, compact and satisfying and contain just enough quickly utilized fruit sugar to help the blood sugar level."

"The season is so short we should make the most of them. A big bowlful, rinsed and chilled in the refrigerator, is a delightful snack at any time."

### SERVED WITH CRUSHED ICE

"In France, Madame, fine cherries are often served with crushed ice in glasses of water. The glass is set on a plate, with a spoon to dip out the cherries and use in removing the cherry stones from the mouth."

"In honor of the Bing cherries," he added, "I beg to present a new dessert."

Bing Cherry Jubilee: Wash and pit 2 c. fresh sweet cherries. Cut 1/4 of these in halves. Reserve the remainder for a garnish. Combine 3/4 c. boiling and 1/4 c. sugar. Bring to boiling point. Add the halved cherries and 1/4 slice

lemon with the peel; simmer 10 min. Strain and reserve the cherries. Mix 1 1/2 tbs. cornstarch with 1 c. cold water. Add to the cherry syrup. Boil and stir 3 min., or until thick and clear. Add 1/4 tsp. almond extract and the cooked cherries. Then cool. When ready to serve, place Mary Ann cups on individual

serving plates. In the center of each cake place a small scoop of vanilla ice cream. Top with the cherry sauce, garnish with the reserved whole fresh cherries.

### TOMORROW'S DINNER

Jellied Tomato Consomme  
Broiled Schrod or Flounder Fillets  
Parsley Butter  
Flaky New Potatoes Green Limas  
Iced Bing Cherries  
Gingersnaps Cream Cheese  
Hot or Iced Coffee or Tea Milk  
Iced Tomato Consomme  
Sprinkle the contents 1 envelope unflavored gelatin over 2 tbs. cold water.  
Heat together 1 can concentrated consomme, 1 can-measure water, 1 c. tomato juice, 1-3 tsp. mixed pickle spice and 1/2 a bay leaf.  
Strain into the softened gelatin. Strain into a refrigerator dish. Cover and refrigerate until barely firm to the touch, about 3 hrs.  
Serve in bouillon cups or small bowls with or without a garnish of a lemon slice, commercial sour cream, or a little minced parsley.

### TRICK OF THE CHEF

Roll flaky boiled potatoes in melted butter and dust with minced chives and hard-cooked egg.

## Engagement Announced



MISS E. M. R. MURRAY

Mr. and Mrs. Maurice W. Murray, Vernon, wish to announce the engagement of their eldest daughter, Elizabeth Margaret



MR. B. P. INGS

Rose, to Mr. Barry Parker Ings, son of Mr. and Mrs. Parker Ings of Pownal, P. E. I. Marriage to take place in the near future.

## Words Of The Wise

Reckon the days in which you have not been angry. I used to be angry every day, now every other day; then every third and fourth day; and if you miss it so long as thirty days, offer a sacrifice of thanksgiving to God. —Epictetus)

### GRAND RIVER C. W. L.

The Grand River sub-division C. W. L. held their monthly meeting at the home of Mrs. Lewis MacDonald on July 11, with eighteen members and many visitors present.

The meeting was presided over by the vice-president, Mrs. Angus Gillis in the absence of the president, Mrs. Howard MacKinnon. Meeting opened with the League Prayer by the director, Rev. Fr. Murnaghan. Minutes of the previous meeting were read by the Secretary, Mrs. Celestine MacLellan and then signed and approved. The Treasurer reported \$30.19 on hand. The Convenors for the coming year were then appointed and are as follows: Membership: Mrs. Desmond Brown; Altar: Mrs. Joseph MacDonald; Education: Mrs. William Arsenault; Publicity: Mrs. Ben Peters; Ways and Means: Mrs. Cyrene MacLellan and Mrs. Wm. Gillis; Margaret Mrs. Lee MacIntyre. A nomination form was received for electing delegates to the Convention which will be held at Cardigan in August. Mrs. Howard MacKinnon was appointed the voting delegate.

It was moved and seconded that new linen be bought for the Altar. A letter was read concerning the Red Cross First Aid course, and it was decided to hold lessons in the hall on Tuesday 28 at 8 p.m.

Fr. Murnaghan spoke briefly to the members concerning the coming picnic, and the meeting closed with prayer. Lunch was then served by Mrs. MacDonald assisted by her daughters Theresa and Maisie. A lottery followed which was won by Mrs. Celestine MacLellan. The August meeting is to be held at the home of Mrs. Celestine MacLellan. Collection and lottery amounted to \$6.80. A vote of thanks was extended to the hostess, Mrs. MacDonald for an enjoyable and profitable evening.

### KNIGHTS TEMPLAR MEET

TORONTO (CP) — Six hundred Knights Templar from Canada and the United States will visit Toronto next month for the 72nd annual assembly of the Sovereigns and Great Priory of Canada, it was announced Thursday. Toronto residents may see some of the pageantry of the 800-year-old Free-

## Cook's Corner



PEANUT COOKIES

1 cup brown sugar, 1/2 cup shortening, 1 egg, 2 tsp. vanilla, 1 cup flour, 1/2 cup cornflakes, 1/2 cup oatmeal, 3/4 tsp. baking powder, 1 cup salted peanuts with skins on. Drop by spoon on baking sheet (greased) and bake in moderate oven.

## HOUSEHOLD HINT

A careful manicure is Step One in washing your nylons. If you haven't time to remove snagged nails, wash hose in a capped jar half full of soapsuds, then rinse them in the jar.

## MORNING SMILE

"Two!" shouted the pint sized umpire. "Two what?" snarled the giant catcher.

"Yeah, two what?" echoed the big batter. "Two close to tell," muttered the umpire.

mason organization in a colorful parade Aug. 7. Annual selection of the Queen of the Knights Templar and election of other officers will feature the three-day meeting.

## Six ways to beat the heat

Do you know the first days of summer hit you harder because your "sweat system" is rusty; that you're often cooler with your shirt on than off; that women stand heat better than men?

August Reader's Digest brings you fascinating facts about your body's cooling system, tells you 6 easy rules for keeping cool. Get your copy of August Reader's Digest today: 36 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

## Changing Patterns



Here's just one more dance dress, maybe a vacation extra or one for the big doings that will wind up summer activities in a few weeks now. Something that is summery of course, but not too much so; something that is light yet with a little more formality to fit in with the changing season. Miss Cane combines the elegance of black Chantilly type lace on beige silk and cotton to make one such gown. A wide V-neck and tiny sleeves offer a bit of cover-up and flow gracefully into the molded bodice to create a sculptured look. The easy skirt comes equipped with its own made-to-match petticoat.

## MARY HAWORTH'S MAIL

### Soldier-Fiance Never Sends Gifts. Why?

DEAR MARY HAWORTH: My fiance is stationed in Germany while serving in the Army. I am distressed because he never sends me any little remembrance no matter what the occasion — birthday, Christmas, etc. It seems he never has the money.

I know he loves me very much and we plan to be married as soon as he is released by the Army. Can you give me any understandable reason for his thoughtlessness? What can I do to let him know how I feel, without hurting him? K.Y.

### MAN TOO SELFISH

### GIRL TO FEARFUL

DEAR K.Y.: To send you some little remembrance for Christmas, birthdays, etc., your fiance would have to think and plan ahead a bit. He'd have to put money aside for the purpose, find time for shopping, exercise his imagination to decide what you would like, make his choice, get the package in the mail, etc.

And evidently this self-organized, forward-looking type of behavior is just too much for him, at his present level of character development. As of now, he lives in the moment, like a child, responsive only to the imperative demands of the immediate situation. If he loves you very much, it is probably only negatively — in the sense of leaning upon your devotion, taking for granted your consolatory values, feeling no urge or incentive to nourish your thought of him.

In other words, he is negligently selfish and blindly short-sighted in his careless handling of a very special kind of relationship — and no-gift aspect is but one symptom of this. How let him know what you feel without hurting him? Don't you mean, rather, how ask for a fair deal without getting the brushoff maybe? If you can't speak feelingly and count on a love relationship, don't nag by mail. Wait his own here-then state your case, unafraid of the outcome. M.H.

### HOME FURNISHING

### GUIDANCE NEEDED

DEAR MARY HAWORTH: I need guidance to complete the furnishing of our living-dining room. The room is L-shaped, with a large sliding door opening on the patio.

The walls are cream color, with a brown-and-yellow print paper in the dining area. The furniture is brown and light green tweed; so is a lounge chair. An extra chair is covered in a light green and brown tweed.

### BRINGING ORDER

DEAR B.D.: Perhaps the best way to pull things together, into a pleasantly composed interior, is to use either a plain brownish or plain greenish carpeting, in a quiet "earth" color. With your cream walls, a brown may be better.

To unify the L-shaped space, carpeting should be room-size, I think, with only narrow margins (if any) of bare floor showing. Carpeting may be cut in two pieces — one for the living space, the other for the dining alcove, with cut edges bound. Lay the pieces rug-fashion, with edges meeting.

To further compose the picture, door hangings should either relate, in a medley of colors, to the mixed-matched walls, plain carpeting and two-toned upholstery. Or they should provide a completely self-contained color note, harmonious with the whole.

If you want a patterned fabric, find a restful design of browns, greens, etc., on a background color, say cream or gold, that blends with the supporting wall (and contrasting paper). For self-contained curtains, use dull finish material in muted solid color. Try samples to decide what goes best — soft brown, or deep golden yellow if you have brown carpeting. Light bronze-green, maybe, if you use green carpeting.

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

## Shine Silver with SODA

Cover bottom of large enamelled pan with aluminum foil. Add 1 teaspoon soda to each quart of water, heat to boiling. Immerse silver so it touches foil. Tarnish disappears quickly. Rinse thoroughly and dry with soft cloth. For a high lustre, polish with a thin paste of soda and milk applied with soft cloth.

## COW BRAND BAKING SODA

## KIDDIES

Dusty Owens, Columbia recording artist and star singer of Western Songs over Station WJVA, Wheeling, West Virginia, will be at our store, Great George Street, Thursday. Meet him personally and have him autograph a record for you.

## MILLER BROS. LTD.



## July Wedding

Mr. and Mrs. Earl Beaton, Charlottetown, are pictured on the day of their wedding, July 16, which took place in Trinity United Church. Attending them

are Mrs. Leith Douglas, Matron of Honor, and Best Man, Mr. Keith Beaton. Mrs. Beaton was the former Edith MacLeod, of Charlottetown. —Crawsell Photo.

The marriage of Miss Edith MacLeod, daughter of Mr. and Mrs. Douglas MacLeod, Charlottetown, to Earl Beaton, son of Mr. and Mrs. Lester Beaton, Charlottetown, was solemnized in the Trinity United Church at 2.30 p.m. July 16. Rev. A. F. MacLean officiated at the double-ring ceremony.

The church was decorated with roses and other summer flowers for the occasion. Soloist was Miss Nancy MacNevin, and Mr. Paul Cudmore played the organ.

The bride, given in marriage by her father, chose for her wedding gown an embossed white organza floor-length dress with a Queen Anne collar and elbow-length sleeves. Her veil was of bridal illusion, and she carried a bouquet

of pink carnations. Mrs. Leith Douglas attended the bride as matron-of-honor. She wore a gown of embossed pink nylon off the shoulder, with a taffeta neckline, and carried a nosegay of pink and white carnations.

Best man was Mr. Keith Beaton, and ushers were Messrs. John MacLeod, Bruce Leitch, Sheldon Beaton, and Joe Hoyt.

The church hall was decorated with lilies, roses and summer blossoms for the reception, with 75 guests present. Miss Margaret Stewart was in charge of the

guest book. For their honeymoon to Moncton, the bride chose a dress of figured tissue taffeta and matching duster. The young couple are now residing in Charlottetown.

## ELLEN'S DIARY

By An Island Farmer's Wife

And another day shining and beautiful came to us at Alderlea, over the hills of the morning. The sun lifted the dew and smiled on the greens of the grainlands, set potatoes to blossoming, opened wide for us a stretchy pink-white rose on the trellis, and took our farmers off to their field-work.

We had them in sight, even the two small fellows, Gage and Mack whom these days bring together at a number and variety of young interests about the yards and the fields. The younger farmer, we suspected missing Grand-dad more than he will say, went to the scuffling of roots, along the rows, a horse in the scuffer. In the haylands just beyond, James with a team was at the mowing. After him or was it in advance? A tractor with Jamie up, drew a second mower. Rob operating it's controls.

We stood in the yard a long minute watching the engaging scenes of season. Shortly now the mowing will move out of our sight to fields behind the woodlands of this farm. It was for us a heart-warming sight. If one day now concealed within the veil of the future, these four might not be together at such endeavours... but we banished the shadowy thought quickly from mind. This morning satisfying and good — it was ours.

"What you' lookin' at so long, yo' white-haired woman, standin' dar so silly-like dis no'ain?" a sparrow of the crew Jamie tries his best to decimate, at least, these days with bow and arrow, laughed lightly from a roof close by.

What were we looking at, gazing

## ANNE ADAMS PATTERNS

SMART SEPARATES  
Summer's smartest separates — to sew in gay contrasting colors, or one-piece dress effect! Graceful yokes detail the blouse; convertible-collared for cool comfort too. Classic skirt below, pleated for flattery and walking ease.

Pattern 4832: Misses' Sizes 12, 14, 16, 18, 20. Size 16 blouse takes 1 3/4 yards 39-inch fabric; skirt takes 2 yards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of The Charlottetown Guardian.

## SUMMER SLIMMING

### Mr. and Mrs. Style Dieting Tougher on the Cook

The tantalizing aroma of cooking whets the appetite... and that goes double for dieters. So wonder that along about five in the afternoon, in the midst of dinner preparation, taste makes wait. Zero hour for the dieter is apt to be late afternoon. So, to tide yourself over that hour, have an energy pick-up between four and four-thirty. Since a drop in blood sugar is back of the energy let-down, a pick-up is really needed. Have a glass of orange juice, or a glass of buttermilk or skim milk. Some homemakers like a hard cooked egg and crisp celery at zero hour, plus a cup of tea.

It's a scientific fact that a protein pick-up serves to prevent that all-gone feeling and also helps to take the edge off appetite. Then you will not be tempted to nibble while cooking and less likely to overeat at the evening meal.

By the way, make it a rule, particularly while dieting, to always have the evening meal on time. To the hungry head of the house, the three most welcome words will be "Dinner is ready."

The slimming menus in this double diet are highly protective and will not only help you take off excess pounds, but help you keep your bounce while reducing.

You draw on excess fat, not on healthy tissue. I'll let you in on a dietary secret... it is more weight lifting to eat three meals a day with a complete protein included in each meal than it is to half starve. Scientifically planned low calorie fare stimulates the body to burn fat. Whatever you do, don't follow a low protein reducing diet, for protein will be drawn from the body's own muscle and vital organs — health, strength, vigor and

### DAILY DOUBLE DIET

Breakfast	Calorie
Tomato juice, with lemon	25 2
Soft cooked eggs	75
Mr. 1 egg	50
Mr. 2 eggs	15
Toast, 1 thin slice	80 50
Butter, 1/2 pat	25 2
Coffee, black	0 1
	175 250
Luncheon	Calorie
Cube lean steak on thin slice bread	200 20
Milk	50 5
Mrs. — Skim milk or buttermilk	80
Mr. — whole milk	16
Cantaloupe	30
Mr. 1/2 melon	4
	380 45
4:00 Energy Pick-up	Calorie
Skim milk or buttermilk or orange juice	80 8
Dinner	Calorie
Baked ham, lean meat only, 2 small slices, 3" by 1/4" thick	205 20
Broiled pineapple, 1 small slice	45 4
Corn on cob	85 8
Butter, 1/2 pat	25 2
Asparagus topped with pimento or string beans	25 2
Cheese, Mrs. 1/2oz. cube	80
Mr. 1 oz. cube	100
Toasted crackers, 2	30 3
Tea or coffee	0 0
	485 518
Total Calories	1070 1258



## Set For A Birdie

By TRACY ADRIAN

HERE'S a cool and comfortable outfit for a day on the links and it's one that is designed for plenty of freedom of movement as well as for getting a nice tan. Pat Blake, pretty Hollywood starlet, selected this costume for her own personal wardrobe. It consists of a cotton, sleeveless shirt trimmed down the front with a clean tartan imported from England. The little collar and the short shorts are in the tartan.

On the back of her head, not visible, is a white hat trimmed with the plaid.

## French's MUSTARD

does something Wonderful for sandwiches!



\*HERE'S THE SECRET!  
CANNED MEAT SANDWICH SPECIAL! 1 can luncheon meat, chopped, 2 tablespoons chopped sweet pickle, 3 tablespoons French's Mustard. Combine ingredients in a bowl and mix thoroughly. Yield: Filling for 6-8 sandwiches.

French's Mustard makes many other sandwich fillings extra tasty. Creamy, golden French's is the perfect blend of delicious and spicy tang that hungry families go for!

Get your copy of NEW EDITION "CULINARY ART" RECIPE BOOK for 10c. Rankin & Colman (Canada) Ltd., Dept. 84, 1000 Amburst Street, Montreal.

Canada's Golden Quality PREPARED MUSTARD — in the Red Pennant Jar...

**NEW ANTISEPTIC DEODORANT**  
safely stops perspiration  
1 to 3 days

Clinical tests prove that ARRID, now with Perstop, is 1 1/2 times as effective as other leading deodorants. Arrid's antiseptic protection keeps underarms dry and odourless.

- Safely stops perspiration and odour.
- Will not irritate normal skin.
- Protects clothes from stains and clinging odours.
- Soft, gentle vanishing cream.
- Never dries out.
- Easy to use! Rub Arrid in, rub perspiration and odour out.

More Canadians use Arrid than any other deodorant.

**ARRID 53c**

DON'T BE HALF-SAFE. USE ARRID—TO BE SURE!

**ALICE BROOKS DESIGNS**

"TULIP" TV COVER  
Fillet crochet in a dainty flower pattern — prettiest covering for any TV set! Very easy to crochet! Pattern 7246: Crochet "Tulip" TV cover 20-inches in No. 30 mercerized cotton; 16 inches in No. 50; 27 inches in crochet and knitting cotton. Chart, directions.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Charlottetown Guardian, Household Arts Department., Charlottetown P.E.I. 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**

**FLOOR WAX**

Scuffed or worn floors can be easily brightened with an application of Floor Wax.

7246  
by Alice Brooks