

# WOMEN

Page 8 The Guardian, Friday, July 29, 1955

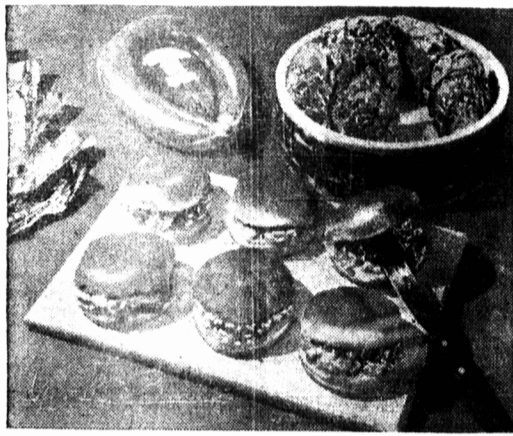
## LET'S EAT

### Bunwiches Are Good For Hot Weather Meals

By Ida Bailey Allen

"MADAME, when you first suggest that we serve bunwiches for dinner on a warm day it seemed to me altogether too casual an off-hand," remarked the Chef. "But now that we have invented so many substantial bunwiches, and sandwiches here in the test kitchen, my mind has changed."

A generous filling can provide most of the protein needed for a summer dinner. Chef, I told him. The bunwiches, of bread, protein, carbohydrate, vitamins, and



To save time and energy on Bologna-cheese bunwiches in advance, foil wrap and refrigerate. Season with 1/2 tsp salt, 1/4 tsp sodium glutamate and 1/8 tsp. pepper.

It desired thicken the soup by adding 2 1/2 cups flour, stirred smooth in 2 1/2 milk and simmering 2 min. Garnish of minced parsley.

**Bologna-Cheese Bunwiches:** Chop enough Bologna (skin removed) to make 2 c. Add 1/2 lb. chopped sharp American cheese, 1/4 c. chili sauce, 1/4 c. mayonnaise, 1/2 c. minced celery, 2 tsp. salt, 1/4 tsp. monosodium glutamate and 1/4 tsp. pepper.

Split 12 burger buns crosswise leaving a "hinge." Fill with the Bologna-cheese mixture.

Wrap each in aluminum foil. Refrigerate until cooking time. Then bake on a barbecue grill or in the oven until very hot. Serve in the foil.

**TRICK OF THE CHEF**  
Season French dressing for tomato-cucumber platter with 1/2 tsp. powdered basil.

## Science Shrinks Piles New Way Without Surgery

Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, very striking improvement was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months.

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance called *Preparation H*. Ask for a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in *suppository* or *ointment* form called *Preparation H*. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

Trade Mark Reg.

## ALICE BROOKS DESIGNS

**TV SQUARE**

Prettiest covering for your TV set! A smart combination of filet crochet and regular crochet forms the decorative new grape design! Pattern 7135: Crocheted TV square 25-inches in No. 30 mercerized cotton; smaller in No. 40; larger in bedspread cotton.

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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**

Any gummy substance left on the skin or clothes can be removed with nail polish.

by Alice Brooks

## MARY HAWORTH MAIL'S

### Woman of 27 Needs Courage to Leave a Despotical Guardian

Dear Mary Haworth: Is it advisable for a young unmarried woman to want her own apartment? I am 27 and feel I have missed so much of life.

My parents are dead and since I was 12 I have lived with my guardian, Mrs. X, who was always very strict with me. And to this day she disapproves of every man I have, says I am not fit to be a wife, and will not allow me to entertain anyone, male or female, at the house, regardless of whether or not she is there.

As a child I wasn't allowed to attend many parties, or to have friends at the house after school, or to have dates until I had finished high school. I am afraid my womanhood will be just as limited if I stay on with Mrs. X. I don't have many dates, and when I do, it is very embarrassing after the cool reception she gives them.

### GUARDIAN DRIVES OFF HER FRIENDS

I have many girl friends and long ago vowed to make people like me, so I put myself out to be nice to them. But always I am their guest and never can repay hospitality. I go with a young man now, and would like to know him better, but in these circumstances I am afraid I never will get to really know anybody. I think it is important that a man get to know a girl and feel at ease in her home.

Lately I find myself very depressed, not actually caring about my future. I have always dreamed for some sort of home and something to call my own. I make a good salary and could live quite nicely, and Mrs. X has married children who contribute towards her support, so she wouldn't be entirely without income.

Please advise me what to do, as I can't see living like this much longer. Would the young man think it ill of me for having my own apartment?

### SELF-RELIANCE BECOMES ADULTS

Dear K. R.: Increasingly in the last quarter century, society has become accustomed to the practice of young unmarried women striking out for themselves, to be self-supporting in a place of their own, in the best arrangement they can afford.

Nowadays, far-minded persons don't regard such a move as daring or unrespectable or wrong or, indeed, as anything but the healthy expression of a grown woman's drive to branch out into life, and put the hobbles of childhood behind her.

So get rid of the notion that you've got to give your life to Mrs. X, just to prove you have good character. Her treatment of you is justification enough for moving out, if you haven't the ordinary social privileges that go with an agreeable home life. Indeed her attitude as described is practically an invitation to you to leave her in "peace and quiet," as she might say.

### TRUTH IS SHE LACKS COURAGE

There could be only one good-and-sufficient reason for staying on in the punitive situation—namely, if Mrs. X had nobody but you to count on for financial help and physical care in emergency. But such is not the case, it seems; she has grown married children, contributing to her support—hence keeping in touch. I assume, the heart of the matter is that you haven't the courage to pull up stakes, I think. Mrs. X's restrictive policies and patronizing air have smothered your initiative and unconsciously crippled your self-confidence. Thus you are muddled, anxious and furious with yourself and her. And the underlying resentment, bottled up, plus the overall sense of futility, is getting you down, in depression and despair, more recently.

My advice is to talk things over with a counsellor at your nearest Family Service Agency—where you'll get friendly expert help, in making plans to ease the tension.

M. H.

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

### COOK'S CORNER

**PINEAPPLE TURNOVER**

1-3 cup butter, 2-3 cup granulated sugar, 2 eggs, 1 1/2 cups flour, 3 tsp. baking powder, 1-3 tsp. salt, 1/2 tsp. vanilla, 2-3 cup cold water. Beat altogether. Put in pan 4 tbs. butter, 1 cup brown sugar; let melt but not boil. Pour this over a cup of canned pineapple or other fruit, then pour batter on and bake about 25 minutes. Serve hot or cold with whipped cream.

### MID-SUMMER SALE

AT HELEN'S THURSDAY, FRIDAY and SATURDAY

All our new Spring Coats and Suits Less 25%

One Rack of Dresses Half Price

## June Wedding



MR. and MRS. O. R. BOSS

The marriage of Miss Verna Betty Lewis, daughter of Mr. and Mrs. Harry Lewis Sr., Casumpee, P. E. I. to Mr. Oral Raymond Boss, son of Mr. and Mrs. Guy Boss, Nappan Station, N. S. was celebrated in the Casumpee United Church at 2 o'clock, June 25. Rev. Murray Gardner officiated.

The church was decorated for the occasion with white and purple lilies and geraniums. Miss Eleanor Ashley sang "O Perfect Love" and organist was Mrs. Artemas Cameron.

The bride, given in marriage by her father, chose for her gown three tiers of white nylon lace over white satin, with white pearls in front and a trailing floor-length veil. Her bouquet was of red roses.

Mr. Keith Lewis, brother of the bride, acted as best man, and ushers were Mr. Derrald Boss and Mr. Leigh Lewis.

The reception was held in the bride's home, with 65 guests present and Mr. James Dares in charge of the guest book. Decorations were of white and pink crepe paper and flowers, and wedding cake was of three tiers.

The bride chose for her traveling costume a pink suit with white accessories. For their honeymoon the young couple will tour the Maritimes.

Out of town guests at wedding and reception included friends and relatives from Nappan, N. S., Amherst, N. S., Summerside, P. E. I., Clermont, P. E. I., Port Elgin, Charlottetown, Moncton and Richibucto, N. B.

## ELLEN'S DIARY

By An Island Farmer's Wife

The early morning-sounds of the farm are pleasant these days. We came away on noiseless steps from that strange Land of Sleep to the reality of a day just born to spend then a long minute there on our pillow in contemplation before rising.

What we wonder will the hours ahead bring? The Geneva conference in session comes to mind. What news since that of last night should come in presently? A promise of assured peace for every nation? A compact, honorable and to be honored by the countries taking part? Would the faith and prayers and sincere searchings of mind and hearts bear fruit before too long in fair terms and bold signatures? Or would the hopes of the watching, waiting world materialize, as prayers, even ours, are answered at deferred times and in roundabout ways? Time would tell.

Through the foliage of the birch beyond the window, our companion of all our years here, the sky was very blue, the sun casting his fresh glory within on a wall... Somewhere a robin chirped cheerily, swallows twittered endearments to the young of a nest. A cow lowed, rather insistently, "Which one?" We smiled. Mack, hearing would know. Likely one on pasture with her calf, reminding him that his breakfast was ready.

The hens in the poultry house across the widths of yards chattered brightly over "the little things of life" we supposed, the current size and style of an egg, the merits of certain kinds of cereal... A truck with a noise of changing gears mounted the road-hill, some one off to a shift of road-work maybe.

In the neighboring room, the two boys still slept. We could point the breathing, regular, Gage, who last evening had been of two opinions whether to remain with Jamie at Alderlea or go home with his Dad would awaken with some surprise to (for him) strange surroundings. He was tall against the sheet last night and young and brown against the pillow when according to his request, to "leave the light on until Jamie comes up" we had tucked him in and said our good-nights. This would be another busy happy day for him and Mack, without a sign of discord between them.

A plane winged in the distance, bringing in summer visitors to enjoy the lovely days or perhaps bearing them away from us to home-provinces, home-places, with we hoped only nice memories of their stay. James still slept. Hay-ing-days are wearing, sleep brings refreshment. We must make the meals extra good today. We would cook favorite foods for the workers who should come to our table, good and substantial things to keep them against their lengthy hours of work.

"I think I'll take three of those cookies!" Mack laughed yesterday when at mid-morning he and Gage came in spying out the land for refreshment, "one wouldn't make a lunch for a canary!"

How still the leaves were no breath of day's wind yet stirring... A mare nickered to her pasture-mate. That sound, we smiled, would tell James' depth of sleep! He stirred as though called... listened. "Ellen" he whispered "are you awake? Come! I think it's getting-up time. It's fine-see the sun! We have a busy day ahead!"

Busy at the haying.

Until tomorrow... Diary

... Good-night...

## HOUSEHOLD HINT

To remove oily spots, dry cleaning fluids are better than water or water-and-cleaner solutions. Oily substances, if not banished take a stubborn hold on dust and dirt, so be persistent in efforts to remove these spots.

**Grey Hair Safely Concealed with...**

**NEW! IMPROVED!**

**"CLIFTON COLOUR COMB"**

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Just a few strokes of the New, Improved Clifton Colour Comb and patches of grey hair are restored to its natural 250 lustrous beauty. A harmless colour—won't rub off!

Three Shades—Medium Brown, Dark Brown and Black.

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## SUMMER SLIMMING

### Mr. and Mrs. Style Stay on the Slimming Course

By Ida Jean Kain

Would you like to make this your last reducing diet and never again be burdened with excess pounds? You can—the choice is yours. The aim of this series is not merely a temporary expedient to help you take off a fast ten pounds, then back to your old way of eating. The real purpose of this summer slimming series for Mr. and Mrs. is to give you the nutrition know-how for meal planning, not only for reducing, but to help you live happily at normal weight ever after.

The scientifically-planned pattern of eating controls calories and helps you to reduce at a safe and satisfying rate. On this pattern, you can easily lose 15 pounds lightly by Labor Day. If that brings your weight to normal for your build, fine. However, for many of you this may be only a good start. If so, it is important for you to realize that the protective plan of eating, with calories limited to reducing allowance, can safely be followed until you reach your goal.

Once the pounds are lost, this same pattern will help you to maintain normal weight. Calories can be increased, for there is no longer a need to force nature to draw on stored fat. On a keeping-slim diet, you can have at least a third more calories. The pattern includes all the protective foods in adequate amounts. So follow the basic pattern, making it the backbone of your menus, and increase calories any way you please—by adding some favorite foods or by having larger servings of some of the favorites already included in the diet pattern.

You'll be more than pleased at how easy it is to maintain normal weight with this way of eating. Skeptical? You wouldn't be if you could read the letters from reducers who have learned the nutrition technique. Their only regret is that they didn't have this dietary know-how years sooner.

The protective plan is rewarding in many ways. Not only does it

**DAILY DOUBLE DIET**

Breakfast	Mrs. Mr.	Calories
Chilled orange juice, 4 oz.	55	55
(Frozen, fresh or canned)		
"Scrambled" eggs		
Mrs. - 1 egg	100	
Mr. - 2 eggs	200	
Toast, 1 thin slice	50	50
Butter, 1/4 pat	25	25
Coffee, black	0	0
*Scramble eggs in top of double boiler, 1 Tbsp. milk added. No fat.		
<b>Luncheon</b>		
Clam chowder, 1 cup	150	150
Or Tomato Soup		
Crisp crackers, 3	45	45
Mixed green salad	25	25
With sliced hard cooked eggs	75	75
(Dieter's dressing or vinegar)		
Fruit	75	75
4:00 Energy Pick-up—		
Skim milk or buttermilk	80	80
<b>Dinner</b>		
Broiled fish with parsley	175	175
Or Pan broiled turkey		
lightly flour served with quartered lemon		
Baked potato	50	50
Mrs. - 1/2 potato	25	25
Mr. - medium size	50	50
Butter, 1/2 pat	25	25
Tomato broiled	10	10
Sliced cucumber		
Fresh or frozen raspberries	100	100
Total calories -	1090	1240
Note: If Mrs. is short, subtract 100 calories from day's total.		

## Provinces Have Special Preferences In Salads

By THE CANADIAN PRESS

Even the most steak-conscious man will perk up for national Salad Week July 28 to Aug. 6 this year.

Through the years salads have graduated from the limp-lettuce-leaf stage to utilization of every ingredient imaginable—sometimes even steak. Now strong men don't dare disdain salads.

In a provincial survey from the Atlantic to the Pacific many regional differences and tastes emerge in salad making.

In Newfoundland fresh salmon is plentiful and becomes the basis of many cold dishes. The fish can be cooked in boiling water, then chilled and served on a platter with lemon and parsley. To accompany it, a large lime-flavored jellied carrot and apple ring can be unmoulded on a bed of shredded cabbage. Potato salad fills the centre and wedges of hard cooked eggs are added for color.

Prince Edward Islanders' preference for good food runs to lobster salad recipes. An attractive blend of flavors is obtained with lobster, apple, celery, carrot and hard-cooked eggs tossed together and garnished with lemon wheels and lobster claws.

Nova Scotia and New Brunswick will feature chicken in their salad week menus. Nova Scotia especially is famous for garden greens for tossed salads of green or red cabbage, finely chopped green pepper, radish and cucumber slices, carrot sticks, onion rings and tomato wedges.

Quebec families usually prefer simple tossed salad dishes embellished by the many exotic dressings French Canadians are famous for. Ontario, a hodge-podge of nationalities, is better-known for its hodge-podge salads, combining cottage cheese, asparagus tips, radish, beet and cucumber slices, cooked or raw cauliflower florets, turnip and carrot sticks and tomato wedges.

Garden fresh cabbage from Manitoba forms the basis of that province's favorite dish, a tossed salad of cabbage, and other greens with cottage cheese and a little curry powder in the dressing to add a peppery flavor.

Saskatchewan grows a lot of juicy tomatoes so families build their salad around a large tomato cut almost to the bottom to form

## MORNING SMILE

"Aren't you ashamed," the judge asked the man, "to have your wife support you by doing such menial work?"

"Yes, I am, Your Honor," he replied contritely, "but what can I do? She's too ignorant to do anything else."

## Words Of The Wise

Demagogues and agitators are very unpleasant, but they are incidents to a free and constitutional country, and you must put up with these inconveniences or do without many important advantages.

## For Children's Stomach Upsets

For quick, happy relief, give Children's Own Tablets, designed for youngsters from 8 to 16. Speedily help soothe your child's stomach, clear bowels gently—yet thoroughly. Pleasant, easily-swallowed. Made by the makers of Baby's Own Tablets—your assurance of a reliable product. Be sure to get a package today at your drugist!

**Children's Own TABLETS**

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**FAMOUS NAMES**

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## If Taking Children On A Long Trip

By ELEANOR ROSS

It does take a heap of planning to keep the small fry comfortable, quiet and good on a long motor trip. But it can be done, as witness the car loads of happy families seen along the road, all over the country, during the summer months.

**BEAUTY AND DRAMA**

There's no air-tight method of keeping kids good and comfy during a long trip, we know that. Children weren't meant to sit still. They also aren't equipped to appreciate the drama and beauty of the country, the Grand Canyon or Niagara Falls. And they are also so built that they're assailed by unbearable hunger every time they pass a hot dog stand.

The chances are enormously against taking along the youngsters without at least a few bad sessions. But these can be kept to a minimum if a few small preparations are made ahead of time. Remember that a child's difficulties, on a long summer trip, stem mainly from boredom and heat.

One good idea is to keep a shoe-bag full of "surprise packages" hung on the back of the front seat. This simple device has been known to keep noisy youngsters quiet as long as 20 minutes at a time. Toys, packed up in the dime store, wrapped and tied with bright ribbons and doled out at stated intervals keep the youngsters' interest up, their boredom down and

make things easier all around. A generous supply of new books is another good idea. These should be short on type and long on bright eye-catching pictures to bring on another spell of peace.

Keeping them quiet dispels a lot of trouble. Keeping them comfortable does away with some more. Put a jar of soapuds, a jar of clear water and a sponge in the glove compartment to mop up hot little faces and sticky hands from time to time. When you stop to take them into a washroom, let the cold water run over their wrists for a moment or two, then suds them right up to the shoulders for cooling as well as for cleaning. The children should be dressed comfortably in clothes that can be squirmed in. Pull a pair of old stocking feet over their white shoes so that this business of "keeping your feet off the seat" won't be come an issue.

Keep a thermos bottle filled with cold water and another with lemonade so that a pitched battle won't be necessary when thirst overtakes your youngsters in the middle of the forest primeval.

There's no cure, of course, for the hot-dog-stand-hunger, so make the best of it and ration stops and amount consumed, as much as possible. Don't forget to have a hand a first aid kit and a few simple remedies to take care of various upsets and mishaps that invariably do occur no matter how careful parents may be.

## Coconut Fudge Chiffon Cake

Sift into a bowl, 1 c. plus 2 tbs. once-sifted cake flour, 1 1/2 tps. Magic Baking Powder, 1/2 tsp. salt, 3/4 c. fine granulated sugar; mix in 1/2 c. deacidified coconut. Make a well in dry ingredients and add in order given (do not stir mixture), 1/4 c. corn (salad) oil, 2 unbeaten egg yolks, 1/4 c. plus 2 tbs. water, 1 tsp. vanilla, 2 1/2 ozs. unsweetened chocolate, melted and cooled. Stir liquids a bit, then stir in dry ingredients; beat until batter is smooth. Measure into a large bowl 1/2 c. egg whites (at room temperature) and sprinkle with 1/4 tsp. cream of tartar; beat until whites are very stiff—much stiffer than for meringues, etc. Add flour mixture, about a quarter at a time, and fold after each addition until batter and egg whites are well combined. Turn batter into an ungreased 8" angel cake pan; bake in rather slow oven, 325°, about 1 hour. Immediately cake comes from oven, invert pan and suspend cake until cold.

**MAGIC BAKING POWDER**

Always Dependable

## Share your summer holiday for only 4¢



Yes, it costs only 4 cents to send a picture postcard anywhere. So keep them posted—the folks back home, we mean! They'll want to know where you are and how you're enjoying your summer vacation trip.

**POST CARD**

So resolve right now to take along plenty of writing materials and stamps. Then you can doubly enjoy your trip by sharing it with others as it happens. To help you avoid annoying delays, here are a few simple suggestions to follow while you're keeping them posted back home:

- 1 Write clearly and give COMPLETE, CORRECT, address. Include postal zone number on mail to Quebec, Montreal, Ottawa, Toronto, Winnipeg and Vancouver.
  - 2 Put Return Address On All Mail—for vacation mail, it's a good idea to write your home address on the top left corner of envelopes or parcels.
  - 3 Postal Rates—First Class
- Local Delivery: 4 cents first ounce; 2 cents each additional ounce. Other parts of Canada, U.S.A., British Commonwealth, Central and South America, France and Spain—5 cents first ounce; 3 cents each additional ounce. All other countries—6 cents first ounce; 4 cents each additional ounce. Postcards—Anywhere—4 cents.

Take a little extra time to follow these suggestions and you'll **SPEED YOUR MAIL!**

**CANADA POST OFFICE**

W. J. Turnbull, Supply Manager-General

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