

# WOMEN

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## Why Not Share Your Christmas Dinner?

By Ida Bailey Allen  
Christmas is an intimate family day. In almost every home in our country, there's a bountiful dinner, with enough to share with someone else.

**SHARING CHRISTMAS**  
Hunt out some lonely person you know—a young man or career girl who is miles away from home, or an elderly man or woman you've met at church. They will appreciate being treated like members of your own family and sharing the Christmas dinner and Christmas spirit in your household.

**TOMORROW'S DINNER**  
**Quebec Pea Soup** — Corn Bread  
Spaghetti Italian  
Tossed Celery-Green-Pepper  
Saladettes  
Cinnamon-Crouton Applesauce  
Coffee Tea Milk

Quebec Pea Soup: Put the contents 1 (1 1/2 oz.) pkg. pre-cooked dried split peas into a 2 qt. kettle. Add a chopped, peeled onion, 1 small-diced lean pork, 2 oz. small-diced lean pork. Add 2 qts. cold water. Cover and boil about 1 hr., or until the peas are very soft. Add 2 tsp. salt, 1/2 tsp. monosodium glutamate, 1/4 tsp. pepper and 1 tsp. sugar.  
Pass Johnny cake or cornbread.  
Spaghetti Italian: First make the sauce. Then cook the spaghetti.  
The Sauce: Peel and crush 2 sections garlic. Place in a frying pan with 1 fine-chopped, peeled,



**CHICKEN OREGANA** — The man of the house likes spicy flavorful food so you'll be the talk of the town if you serve chicken oregana for your holiday buffet suppers.

## Fine Cooking Need Spices To Delight Entire Family

Canadian homemakers are becoming more spice-conscious, perhaps because the man of the house likes spicy flavorful food, that's why they like eating in restaurants that specialize in foreign foods. The truth of the matter is the man of the house, do a better job of spicing food than the ladies. Men will take a chance with an "unknown" spice and use it more freely than women. This timidity in the kitchen may be due to lack of knowledge — fear of using the wrong spice or of over-spicing.

A Chinese gourmet of the eighth century left us this dictum — "Every eating material can be made palatable providing it is given the proper fire, timing, and the right kind of seasoning."

Many basic recipes call for seasoning to taste. This places quite a responsibility upon the cook — expert or novice. Taste is now recognized as a very personal possession — a part and parcel of our individual personalities. Fine cooking then becomes a form of self-expression.

One artist may blend colours on canvas another may blend harmonious tones and overtones but the artist with pots and pans must blend subtle flavors to produce a masterpiece of culinary art.

Spice makes prosaic foods more appealing. Heavily salted foods will need more spice than lightly salted foods.

There can be no rigid set of rules on the art of using spice effectively, and any rule-of-thumb guide has its failings as individual tastes vary.

You don't have to know the romance of the spice trade in the early years or the origin of the various spices and herbs to become known as the blue ribbon cook in your neighbourhood, but one thing you should know and remember is the wonderful aroma that makes everyone say "my smells wonderful, tastes even better" can be easily lost if spices are not carefully covered after each use.

Most of you are familiar with cinnamon and nutmeg — but have you ever used them in the pastry when making mince or pumpkin pie. Try sprinkling nutmeg on the pastry for meat pie or over a roast of beef. It's also just right for cauliflower, spinach or sliced bananas.

Next time you're using a whipped cream garnish try a dash of cinnamon, nutmeg or mace on the cream, or blend it in when whipping the cream.

For a wonderful flavor try ginger on pot roast or make gingered chicken by mixing butter and ginger then rub bird inside and out before roasting.

A good many times curried dishes such as chicken or lamb, chilli con carne, cheese chili or chutneys aren't quite up to par why? Because the hand was used when using sesame seeds as a nutritious garnish for rice dishes, for bread, rolls, or cake topping. If

## Wonders If Her Faith And Prayers Can Help Others

**DEAR MARY HAWORTH:** Do you believe that one person's faith in God can help another? In my own life, and in my immediate family circle, we have everything that we need — love, health, faith, sufficient material goods, challenging work. I feel that our cup truly "runneth over."

But there are those I love, whom I would like desperately to help. If I knew how. Their spiritual, emotional and physical resources simply aren't adequate to cope with the overwhelming problems they face. There is no social agency in the community in which they live, to which they can turn. They are not religious people, although not anti-religious; and do not get spiritual help from church attendance. Maybe they pray; I don't know.

**WHAT FAITH DOES**  
Recently I heard a sermon on faith — in which a clergyman whose views I value talked about what faith can, and cannot, do. He does not believe that a wife's faith, for example, can help an alcoholic husband. The husband himself must believe, this preacher insists. I want to believe that my prayers to God can help others. What troubles me is this: God is all powerful and all good. He loves more than I am capable of loving. He knows our needs. Why, then, is my intercession necessary? And how can it be effective?

Another question: How can a true Christian, who loves his neighbor as himself, ever be happy when so many of his neighbors are in need of things he cannot hope to supply?

**OUR CONCERNS**  
**DEAR W. B.:** You ask why — if God is all powerful and all good, and if he knows our needs — why is your intercession necessary, on behalf of certain unfortunate whom you love.

Well, as I understand, "God is a Spirit" and "God is Love". These are God's truths about Himself as revealed in Holy Writ. And God as Spirit, or God as Love, operates (shall we say) or makes manifest His good purposes, in the human scene, through the lives of persons who are fully surrendered to His service, willing to be His instruments.

Faith in God is in itself a gift from God. The mystics tell us — a first step in the process of knowing Him. Knowing God has to do with becoming profoundly aware of one's inner connection with and dependent claims upon His sustaining power and loving guidance — never available, if one will ask and listen and obey.

**FORMS OF PRAYER**  
In a beautiful little book "The Fruits of the Spirit" (Longmans), the late great English mystic, Evelyn Underhill, writes clearly and simply to novices, about the



## BRIDAL AT TRINITY CHURCH

A pretty wedding was solemnized in Trinity United Church, Charlottetown, when Audrey Elizabeth Jane, daughter of Mr. and Mrs. Joseph Neale of Charlottetown, became the bride of Neal Lewis, son of Mr. and Mrs. Daniel Livingstone, New Dominion.

The double ring ceremony was performed by Rev. Frank MacLean. The church was decorated with bouquets of autumn flowers and baskets of gladioli and fern. The guest pews were marked with lace doilies and bronze "mums". The music was under the direction of Mr. Royston Mugford A.R.C.O. Mrs. Cecil MacKenzie, cousin of the groom, was soloist. The selections chosen were "O Perfect Love" and "I'll Walk Beside You", the former sung before the bridal party entered the church, the latter during the signing of the register.

Given in marriage by her father, the bride chose for her wedding a strapless ballerina-length gown of white princess lace and nylon net over taffeta. It was styled with fitted bodice and full skirt. The matching jacket had a Peter Pan collar with pearls and sequins, and long puffed sleeves. Her tulle fingertip veil fell from a tiara of seed pearls and pearl sequins and she carried a white Bible, gift of the groom, and bouquet of pink sweetheart roses.

Miss Joan Balderstone, North Wiltshire, was bridesmaid. Her gown was a strapless model of sky blue nylon and net over taffeta, ballerina-length, the skirt bouffant with lace jacket, matching headress and mitts. She carried a bouquet of yellow "mums".

Miss Marion Neale, sister of the



**COCONUT FUDGE**  
2 cups brown sugar  
2 tsp. margarine  
2 tsp. cream  
Just bring to a boil (no more) remove from fire, beat into this:  
2 cups icing sugar  
1/2 cup coconut or nutmeats  
Pour into greased pie plate.

the following address,  
**Dear Lewis and Audrey:**  
Your friends of the community have gathered here tonight to extend to you our best wishes and to offer our congratulations on the interesting event which has recently taken place in your lives when On the good ship matrimony You gladly sailed away With true love as your pilot To guide you day by day Throughout the entire journey May your happiness increase And may you anchor in the harbor Of hearts content and peace.

You, Lewis, who have grown up amongst us here, by your kind and cheerful disposition won a large place in our hearts, and we can truly say that you have been a young man of splendid character and now that you have taken upon yourself a charming wife we wish you well.

And to you Audrey, although to us you are a comparative stranger, yet we have heard glowing accounts about you and we feel sure that you will do your part to make your marriage a most happy and successful one.

And now, we ask you both to accept this gift as a token of our good-will and:  
We wish you all that life can hold Of joy and sweet content. All health and wealth and Happiness. That ere by heaven was sent. And if sorrow you have any May the sun shine underneath. And may your troubles be as many As any hen has teeth.

Your friends, New Dominion and vicinity. (Photo by Crawlwell).

## ALICE BROOKS DESIGNS

**KITCHEN CHARMERS**  
Brighten your kitchen with these "animal" designs — for pot-holders, clever hand-mitts too! Easy, fun to make — sure hit of a bridal shower, bazaar!

Pattern 7016: Transfers, directions for making three different "animal" pot-holders, hand-mitts. Send **TWENTY-FIVE CENTS** in coin (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front Street, W. Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our **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!



## Best for Baby's Coughs

Specially formulated for babies! Breaks up phlegm — eases whooping.

## ANNE ADAMS PATTERNS

**SEW-EASY SEPARATES**  
Busy mom, whip up these wardrobe wonders in a jiffy. No fitting worries—this pattern was designed for beginners. Princess jumper, box jacket, blouse offer many changes for Monday - to - Sunday variety. Start sewing now!

Pattern 4545: Children's Sizes 2, 4, 6, 8, in Size 6 blouse 1 yard 35-inch; jumper and jacket, 1 1/4 yards 54-inch fabric.

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

Send **THIRTY-FIVE CENTS** in coin (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of (Charlottetown Guardian), Pattern Dept., 60 Front St. W., Toronto, Ont.



## Constipated? Try The EX-LAX Way

**EX-LAX** The Chocolate Laxative  
Good for Children and Adults  
EASY to Take  
EASY-Acting  
EASY on the System

## THIS CHRISTMAS SAY IT WITH FLOWERS - BY - WIRE

To everyone alike, your lovely, living Flowers-By-Wire bring glad tidings of happiness and love. Simply leave your Christmas list with us. We guarantee delivery worldwide, telegraph-fast—even of last-minute remembrances.

**Estate of Mrs. John Williams**  
Member Florists' Telegraph Delivery Association.  
18 UPPER PRINCE ST. DIAL 4525

## Paton-McGaughey Vows Solemnized

Yellow and white chrysanthemums formed the setting at Blaney Memorial Baptist Church, Dorchester, Mass., on Nov. 27 for the marriage at 2:30 p.m. of Miss Rose-Marie McGaughey and Mr. Andrew Paton. Rev. Kenneth McCowan performed the double ring ceremony.

Given in marriage by her father, Mr. Samuel McGaughey, the bride wore a gown of lace and nylon over taffeta with a coronet head-dress and veil. She carried a white Bible with an orchid and white roses.

Mrs. John Moody, sister of the bride was matron of honor and wore a gown of pink net and tulle and carried a bouquet of late autumn flowers. The bridesmaids, Mrs. Anthony Spinzola, sister of the bride, wore a gown of blue tulle and Miss Sarah Jane Palmer, cousin of the groom, wore a salmon tulle gown. They carried bouquets of late autumn flowers.

Mr. George Palmer, cousin of the groom, was groomsmen and the ushers were Mr. John Moody and Mr. Anthony Spinzola.

The bride's mother chose a dress of pale blue crepe with a corsage of pink tea roses. The mother of the groom was attired in an ensemble of white dotted navy nylon over taffeta with a corsage of yellow tea roses.

Following a reception at the home of the bride's parents, the couple left on a honeymoon trip to Montreal. They will reside in Nantasket, Mass.

## Medley of Morfels

**CHICKEN OREGANA**  
1 broiling chicken - about 4 lbs.  
1 1/2 teaspoon parsley  
2 tsp. oregana  
1/4 cup lemon juice  
1/4 teaspoon garlic salt (more if desired)  
1-3 cup cooking oil  
salt and pepper

Clean and quarter broiler. Sprinkle lightly with salt and pepper. Mix cooking oil, oregana, lemon juice, garlic salt and parsley thoroughly. Brush (using pastry brush) chicken generously with mixture. Place on broiler rack about six inches from heat. Broil about 20 minutes on each side, or until brown and tender. Brush occasionally with liquid to prevent dryness. When serving pour balance of liquid over chicken. Serve very hot. Serves 4.

## ITALIAN TOMATO SAUCE FOR MACARONI

1 can tomato paste  
3 tablespoons olive oil  
2 large onions sliced  
1/2 teaspoon oregana  
2 1/2 cups water  
Pinch cayenne pepper  
Salt and pepper to taste

Saute onion in oil about 5 minutes or until medium brown. Add paste, fry three minutes, stirring constantly. Add oregana, salt, pepper and water. Cover, simmer for 25 minutes. May be used on any type macaroni. Sufficient sauce for 1 lb. of macaroni. Serve very hot.

## MORNING SMILE

Mary: "Daddy can't work since Mama broke a leg?"  
Billy: "Why not?"  
Mary: "It was daddy's leg she broke."

## Words Of The Wise

The tree casts a shadow on earth only when the sun's rays are caught in its boughs. There is no darkness that does not have a ray of light hovering somewhere nearby.  
—Alexander A. Steinbach

## HOUSEHOLD HINT

Be sure to save all instruction cards and booklets, and the guarantee agreements, for any household appliances you buy. Keep them in a file or desk drawer which you reserve for the purpose, so they can be located immediately when needed.

## THE MISTLETOE

Did you know that when enemies meet under the mistletoe bough they are supposed to lay down their arms for at least a 24-hour truce? That is why a hostess tries to hang some mistletoe near the doorway of her home, thus assuring perfect harmony while her guests are under her roof. The Druids of old held the mistletoe bough sacred. It was also considered symbolic and an invitation to the spirits of the forest to come in and bring good cheer. The custom of kissing under the mistletoe dates back to ancient Britain. To bring the best type of luck to the one kissed, it is claimed the bough must be cut with a golden knife.

## SALE CONTINUES THIS WEEK

HOURS: CLOSED MONDAY ALL DAY  
THURS. & FRIDAY CLOSED AT 10 P.M.  
SAT. (Christmas Eve) CLOSED AT 6 P.M.

MOIR'S POT OF GOLD Lb. Box 99c	JELL-O 3 PKGS. 25c
BUTTER NO. 1 Lb. 63c	GRAPES 2 LBS. 29c
ROASTING PORK Lb. 35c	CHRISTMAS CARDS 50 for 89c

**AJ. ZAKEM'S**  
FREE DELIVERY DIAL 9585  
THE BEST SHOP TO SHOP BEST



This Christmas your baby can enjoy a festive dinner too, thanks to **HEINZ**

Lucky Baby—this Christmas he can enjoy a really special dinner of his own—delicious Heinz Strained Chicken! Heinz introduced Strained Chicken a few short months ago and boy!... did babies go for it! Of course, Chicken is only one of the many Heinz Strained Foods specially prepared for babies. You'll find a wonderful assortment at your favourite store.

And for toddlers... Even if your youngster is at the age where he is making the switch to adult fare, you'd be wise to have some Heinz Junior Foods available. Rich Christmas food often proves too much for tiny tummies, so rely on Heinz for junior's diet at this busy season. You have your choice of dinners, vegetables, meats, fruits and puddings. They're really convenient too.

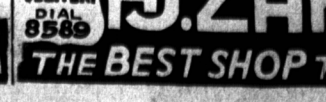
Don't forget to stock up for the Christmas Season

**HEINZ Baby Foods**



## 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 luster, polish with a thin paste of soda and milk applied with soft cloth.



**COW BRAND BAKING SODA**