

WOMEN

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LET'S EAT

Seasoning Accentuates Flavor Of Shrimp Stew

By Ida Bailey Allen

"Shrimp leads all shellfish in popularity in this country," observed the Chef. "Perhaps because it is so widely available, perhaps because it has been featured in many eating places; also perhaps because it is really a good buy for the money."

"Fresh shrimp contain no waste except the light shell. Two pounds will make a satisfying dish for 6 persons with enough for second servings."

"For example, Madame, the shrimp stew you created yesterday was delicious—yet it is quick and easy to make. A veritable example of a gourmet food, which to this Chef means a dish so prepared that the natural fine flavors and textures of the ingredients are accentuated, rather than masked by adding too many herbs and other seasonings."

Shrimp Stew: Cook shell, and de vein 1 1/2 lbs. whole shrimp in the shell, or use 2 8 oz. pkgs. frozen shelled, deveined shrimp. In a 2 qt. saucepan, combine 1 c. thin sliced celery, 2 c. thin sliced seeded green pepper, 1 thin sliced peeled onion, 2 tsp. butter, 1/2 tsp. salt, 1/2 tsp. monosodium glutamate, 4 drops tabasco and 2 1/2 c. boiling water. Simmer 15 min., or until the vegetables are barely fork-tender.

Put the shrimp in halves, or quarters if large, and add. Simmer 3 min.

Then, beat 1 egg yolk with 1 tsp. cream or undiluted evaporated milk; stir in. Cook-stir 1/2 min.; do not boil.

Serve in bowls, each containing 2 heaping tbsp. flaky rice. For special occasions, garnish with sautéed or roasted almond meats if desired.

TOMORROW'S DINNER

Deviled Ham and Egg Saladettes
Shrimp Stew on Flaky Rice
Stewed Apricots

Coffee Tea Milk
he vegetables for this meal are included in the salad and shrimp stew.

Deviled Ham and Egg Saladettes: Hard-cook 6 eggs; cut in halves crosswise and scoop out the yolks. Mash and blend with 1 (2 1/2 oz.) can deviled ham, 1/2 tsp. horseradish-mustard and 1 tsp. mayonnaise.

Slice the tops from 6 small tomatoes; hollow out half the pulp; dust the interior of the tomatoes with salt, pepper and monosodium glutamate.

Put the egg halves together in pairs and stand them up in the tomatoes. Place in nests of lettuce leaves. Garnish the top of each egg with a sprig of parsley.

Pass French or Russian dressing.

TRICK OF THE CHEF

Add 1/4 tsp. dried dill to liquid for shrimp stew.

KEEP IN TRIM

Remodeling Program

By Ida Joan Kain

Excess weight is wily — It sneaks on so gradually as to dull us into complacency. It's only human nature to drift along comfortably until a changed situation jolts us into reducing action. This is the case with today's homemaker turned business woman, who implores help in pulling her figure out of the dumps.

"In the last ten years I have put on 25 pounds, slowly and unsurprisingly. Being a busy housewife, raising a family, and active in community affairs, I pretty much accepted this extra weight — not happily, but it seemed to take more concerted attention to lose than I was able to give to the task."

"Recently I have taken a job and find in my horror that I am frumpy and look much older than my contemporaries. I feel that I have simply been left behind. In the last three months I have tried in spurts and starts to diet, but it never lasts more than a week. I am discouraged, but determined to get back in shape. I am embarrassed to admit to anyone that I used to be a model."

"Will a reducing salon or a model school set me straight? I need help in dieting — I have not been able to do it alone. I get no moral support at home. The budget is limited but I could stretch it and sacrifice. What is your advice?"

The mistake you have made, and it is a common one, is to try to "diet" instead of using the science of nutrition to lose unwanted pounds. Rigid dieting has sapped your energy just at the time more energy is needed to carry on. No wonder you feel discouraged.

Start over fresh... get excited about what you are going to do. Accept the challenge. Picture how you want to look and feel. Vision comes first, then action follows. Plan your meals around protein foods which pull their own weight. Don't skip breakfast; include an egg. At lunch have an extra thick filling of meat in the sandwich. Dodge fats all along the line, and take care to keep dinner within 500 calories.

Mark down your measurements and set a goal of three months to get back in beautiful shape. To slim off bulges, ease into stretch-swing movements. Five minutes of specific exercises, taken regularly, will work wonders.

It is never a bad idea to have a supervised program, if the budget permits. If not, how about bolstering your morale through a slimming club? Most important — believe that you can do it, and go at this with joyous enthusiasm. Let's hear from you three months from now!

COOK'S CORNER



SHORTBREAD

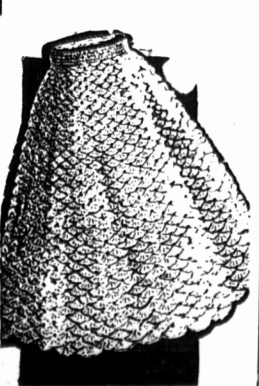
1/2 lb. butter
1/2 cup corn starch
1/2 cup icing sugar
2 cups flour
Roll and cut in desired shapes. Bake in 325 deg. oven about 10 minutes.

Wife Preservers



If you are ironing a garment that has plastic buttons and you fear they might melt under high heat, protect them by placing the bowl of a spoon over each one as you iron around it.

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7396
By Alice Brooks

MARY HAWORTH'S MAIL

Dispute Question Of Daughter Attending Party

DEAR MARY HAWORTH: My wife and I are in disagreement concerning a social policy for our 16-year-old daughter. When Carol was about 14, she started going with a boy who was then about two years ahead of her in school. He has developed into her "Steady", —which is okay. He is a nice boy and we all like him.

Now he is in college, and they are corresponding, and he dates her when he is home from school. Carol still has two years ahead of her in high school.

A question has arisen about Carol's attending weekend social events at John's school. She has been asked and wants to go. Girls are invited from Friday evening through Sunday evening, and the boys' fraternity house is turned over to them, under the jurisdiction of a house mother.

AGAINST GOING

As Carol's father, I feel she is too young, at 16, for this sort of thing, that her proper province at present is attending dances and functions in her own group here. However, I have no objections to her attending John's college dances occasionally on a one-evening basis — as the college isn't too far from our home.

I think the college group is a little beyond her. John is just starting college and he himself must be among the youngest of the crowd. And Carol's being two years behind him makes it seem out of keeping for her to attend these two-day programs.

My wife doesn't feel as I do. She is perfectly agreeable to Carol's going for the weekends. Naturally this isn't very conducive to happy relationships at home. What do you think? Carol always has been very well behaved and level-headed.

ISN'T MASCULINE

DEAR W.P.: I think all good parents — devoted, intelligent, socially aware — search soberly for the right answer to this kind of question. And I think that you and your wife are registering a perfectly natural difference of opinion, in the throes of trying to reach an appropriate decision.

It is a difference in viewpoint that issues from your being a man, and she being a woman; your being the father and she the mother. It is substantially the difference between the masculine and feminine outlook in man-woman experience. So don't let the difference engender bad feeling; rather, be philosophic and open-minded in trying to learn from each other, how to augment Carol's growth while protecting her also.

Well-married women are realistic enough about human nature to be glad, when their daughters are sufficiently attractive and admired to be asked to properly chaperoned weekends. Because instinctively they want a good marriage for their daughter too — or at least, opportunities for her to turn down offers in the event she prefers another vocation. And the campus weekend is truly a compliment, from the boys' angle. They invite their nicest, or most beloved girl friends to do them credit before their peers. And what is more poignant, painful to the sympathetic parent, than to have a well-flouring daughter, withering on the vine?

PATERNAL TRUST

Doting fathers, on the other hand, tend to be jealous guardians of a winsome daughter, as if unconsciously appraising all masculine nature as potentially scoundrelly where the fair sex is concerned — especially in the riptide of youth.

Of course, you seem to feel that John can be trusted with Carol, at least while you keep a latch-string check on their dates. But as for trusting Carol out of your sight, overnight, in a dating situation that you can't regulate — well, your present dubiety says that you don't trust her to please you. In contrast, her mother does trust her, to behave with prudence and moral propriety. Of the two parental attitudes, your wife's is more helpful to the adolescent.

My advice is to stop arguing your anxiety in terms of generalities. Search yourself for the exact reasons why you prefer to have Carol stay home. What is it, exactly, that you fear for her, if she goes? As you dredge up your fears, discuss them explicitly with your wife, and listen attentively to her responses. That way, you'll be getting down to cases, in deciding, jointly, whether it is (or is not) a good risk to let Carol accept the weekend invitations.

M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

False Teeth Need A Special Cleanser

Don't Brush Your Plates! Soak Them in Polident As Dentists Suggest

Polident is the recommended way to clean dentures, banish Denture Breath. Just follow these easy rules:

1. Never use a brush on them! Your denture plates are much softer than natural teeth. Brushing wears down fitting ridges so they get loose.
 2. Never use soap or toothpaste! They can leave film which collects bacteria and food particles, a major cause of offensive "Denture Breath".
 3. Use a soaking-type cleanser made for false teeth only. Polident is recommended by more dentists than any other. No brushing, no handling of soapy plates. Polident gets where a brush can't reach.
- Best of all, Polident always leaves false teeth odor free. Get the world's largest selling denture cleanser, Polident, at your drug counter. D-133



RESIDE IN CHARLOTTETOWN

Mr. and Mrs. Lawrence Keough, an cut their wedding cake following their recent marriage at the Immaculate Conception Church, Palmer Road. The ceremony was performed by Rev. Patrick Walsh.

The bride is the former Miss Margaret May Gallant, daughter of Mr. and Mrs. Joseph B. Gallant, St. Louis. The groom is the son of Mr. and Mrs. Koughan, Johnston's River. The couple are residing in Charlottetown.

ELLEN'S DIARY

By An Island Farmer's Wife

By the trees lined bare against the fall skies, and the leaves brown and old underfoot, these days we are keenly aware of another year's passing. We found that same sentiment echoed this evening when we were in attendance at that meeting of the W.I. of the community, which makes the close of another year's work. And it seemed as though there in that pleasant living room of a farmhouse down the River Road, we were closing a door on a place a little dull and worn, and opening a portal into a beyond all shining and new.

But before crossing that threshold, we lingered a while in the old. It had been a satisfying place. There we had gained another year's experience in working pleasantly together. No member had we lost to that "long time" to occasion us vain longings and regrets. Together we had planned, and hoped, and managed our varied affairs and good works, though of course we may not envision the value of these, or guess which was the greatest or least.

We had sympathized together and been interested, the one in the other's difficulties and joys. We had talked much, and laughed, and odd times we suspect been close to shedding a tear, and been refreshed and inspired by all of it. And back of everything to prove the practicability and foresight of our budgeting we had been able to put by, a little of what our husbands would call "the cold hard cash" to have against any emergency, or rainy day, or exceedingly worthwhile local project that might suddenly demand such assistance.

"I'm not interested in what you've made-tell me what you've saved!" an astute old-time farmer was wont to say with a twinkle.

"Then I'll be able to say how well or not, you're doing." Even by this ideal, we had done at least creditably well.

"The old had been good. What about the new we wondered? Would it be better? The best yet, possibly in every way? Would we be privileged to meet throughout the coming year beneath peaceful skies? To attend to the continuing peaceful pursuits of home and country? Or was even now that hated cloud "no bigger than a man's hand" appearing in the East whence only new daybreaks of promise should come, to trust forlorn duties upon us?"

And now, our President smiled, "what about the place of meeting for next month?" So we stepped one after the other over the threshold into that beyond-of-a-place all shining and new.

Thus, closing a door behind us, our W.I. entered its new year. That was what the younger farmer was doing when we came home not long ago-opening a new season, another springtime, with his plowing. Over the fields, the tractor lent its companionable beams to the dark of the farmhands about. Presently it will turn homeward and the day, still silver-set by November, will be off, as we now, to its rest.

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

HOUSEHOLD HINT

Good scissors and shears can be easily damaged by improper use in cutting cardboard, paper, heavy cord and wire. This is likely not only to dull them but also to cause the blades to come out of adjustment. Never use the points in prying anything open. This can bend or break the points.



CHIC SHEATH COAT

In keeping with the pencil lines seen in suits and dresses, the latest coats are designed with the slender look whether they are tunic jacket, shirt, sheath or toddler toppers. The one pic-

ured is of the sheath variety and has a straight, slim, pared look. Made of mountain green tweed it features two flap pockets and interesting back treatment. The sleeves are notched and cuffs-

Glamorous Granny Stays Young Today By Keeping Busy

By DOROTHY ROE

NEW YORK (AP)—The way to stay young and look your best is to keep busy, says Margaret Rudkin, a glamorous red-haired grandmother whose latest honor is the award of the Medalion of Honor from the Women's International Exposition.

Mrs. Rudkin, who started with a loaf of home-baked bread and built an international business, says:

"My own grandmother had retired to her shawl and her rocking chair at my age, and wore her bonnet and best black silk dress only on Sundays."

Mrs. Rudkin, on the other hand, is given to frivolous Paris hats and spike heels, keeps up with the latest in art and literature and manages a far-flung business empire with accomplished ease.

KNOWS EMPLOYEES

Despite her fantastic success, however, she knows every employee at her Peppering Farms in Norwalk, Conn., and personally supervises the old-fashioned ingredients and hand processes that go into her bread.

Mrs. Rudkin has a granddaughter, Margaret Rudkin, aged 10 months, daughter of her son Henry J.

Says grandma: "She's simply wonderful, has red hair just like me, and I'm going to see to it that she has a career. I'd like to see her go to Harvard business school."

Mrs. Rudkin feels that the world's happiest women as well as some of the most glamorous get that way from keeping busy, not growing bored, having more than they can do most of the time.

"When you're in business you have to be on your toes, look your best and spend less time at it. When you have to do these things, you do them, and manage to be efficient about it."

"I think women's worst enemy is boredom, which comes of not having enough to do. I might add that I never have had that trouble."

Miss Mary Deighan, sister of the



WED IN DOUBLE RING CEREMONY

A wedding trip to Toronto, Niagara Falls and Boston, Mass., followed the marriage of Margaret Nadine, daughter of Mr. and Mrs. Bennett Deighan, Bradalbane, to Finley Charles, son of Mr. and Mrs. William D. Fraser, Whim Road, Rev. E. L. Murray performed the double ring ceremony in St. James Church, Summerfield, on Oct. 15 at 8.30 a.m. Also present in the sanctuary was Rev. Justin MacDonald, Charlottetown.

The church was decorated with mixed autumn flowers and leaves. Given in marriage by her father, the bride wore a full-length gown styled with princess lines in nylon pearl-seeded tulle with matching lace bolero jacket. This was fashioned with long sleeves tapering to points over the wrists and stand-up-neckline. A bridal tiara of pearls held her chapel veil and she carried a white prayer book with red Sweetheart roses and streamers of lilies-of-the-valley and forget-me-nots.

Mrs. Wilfred McAleer, Hope River, was organist. Mr. Wilfred McAleer, assisted by Colleen and Florence McAleer, sang many hymns.

For her daughter's wedding, the bride's mother chose a tailored navy blue suit with light blue and pink accessories and a corsage of pink carnations. Her costume was topped with a squirrel neck-piece.

The mother of the groom wore a navy blue suit with shaded red velvet and white accessories. Her corsage was of white carnations.

A reception followed at Mulberry Lodge for forty guests. The table was decorated with mixed gladioli in autumn shades, centred with a two-tiered wedding cake which was topped by a miniature bride and groom. The toast to the bride was proposed by Rev. E. L. Murray. During the afternoon music and dancing were enjoyed at the home of the bride's parents where a buffet luncheon was served in the evening.

For travelling, the bride donned a wool worsted suit of Chinese red with black fleck, aqua and black accessories and a corsage of white carnations.

The bride is a laboratory technician with the Dept. of Health and the groom is employed with Imperial Oil Ltd. Mr. and Mrs. Fraser will reside in Charlottetown (Photo by D. W. Sears, The Reef Studio.)

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