

WOMEN

Page 8 The Guardian Friday, Nov. 19, 1954

LET'S EAT

Tea Is Best Stored In Closed Canisters

By IDA BAILEY ALLEN

The Chef settled his high hat, the way he does when about to deliver a lecture.

"It is my studied opinion, Madams, that persons cheat themselves of fine flavor when it comes to tea. And this unnecessary deprivation starts the moment they open the package. As soon as the air strikes the tea, the flavor begins to fade.

Tightly Closed Container

"But to prevent this, do they put the tea in a tightly closed container? Ah, no! They leave it in the open package."

"Some homemakers, Chef, do try to protect tea by storing it in a glass jar. But this is not satisfactory, as the light coming through the glass also fades the flavor of the tea. Whether loose or in tea bags, tea should be kept in a tightly closed canister."

How to Brew

Whether loose or in bags, tea should be brewed in a pot, preferably of earthenware.

The pot should be heated by rinsing with boiling water. Then put in the tea, a teaspoonful, or a tea bag, for each cup. Pour in a measured quantity of freshly boiling water—water at a galloping boil—for when under boiling point, it will not extract full flavor.

Allow It to Steep

Stand the pot in a warm place for 5 min. to brew or steep. Then immediately strain it into a second heated pot and keep hot over a candle warmer or electric plate, or cover it with an airtight British tea cosy.

Serve Piping Hot

Tea made this way is full flav-

ored and invigorating. Serve it piping hot with sugar and milk (not cream), or with sugar and lemon. Or stir in a little strawberry jam as they do in some European countries.

TOMORROW'S DINNER

Snap Beans Vinaigrette
Pork Chops Garden Style
Baked Sweet Potatoes Kale
Canned Pears Florida
Cinna-Raisin Muffins
Coffee Tea milk

Pork Chops Garden Style: In a heavy kettle, saute 1½ c. sliced peeled medium-sized onions in 2 tbs. fat. Remove most of the fat from 6 pork chops. Quickly brown them on both sides in a frying pan. Place on top of the onions.

Add 4 quartered peeled carrots. To 1 (No. 2½) can tomato, add 1 section peeled garlic mashed with 1 tsp. salt and ¼ tsp. thyme. Pour over chops. Cover; bake 1 hour in a moderate oven, 375 degrees F.

Cinna-Raisin Muffins: Add 1 c. all-bran to ½ c. milk. Let stand 15 min. Add 1 egg and ¼ c. soft shortening. Beat 1 min.

Sift together 1 c. already-sifted enriched flour, 2½ tsp. baking powder, ½ tsp. salt, ½ tsp. cinnamon and ¼ c. sugar. Add ½ c. raisins. Stir into first mixture. Transfer to oiled muffin pans, filling them 2/3. Bake 25 min. in a hot oven, 400 degrees F.

Remove, and roll in ¼ c. melted butter, then in a mixture of ½ c. sugar and 1 tsp. cinnamon.

CANNED PEARS FLORIDA FROM CHEF

Add 3 tbs. frozen orange concentrate to the liquid from a can of pears.

erved the Nuptial Mass.

The groom was attended by his brother, Bill, and the ushers were Vincent McDonald of Tracadie, P. E. I. and Eddie Powers, Toronto.

The bride's mother wore a dress of dusty pink crepe with lace bodice and a matching sequin hat. Her other accessories were chocolette brown and her corsage was of white gladioli.

The groom's mother chose a dress of navy blue crepe with lace insets. Her accessories were pink and her corsage was of pink roses.

Breakfast and a reception were had at the Toronto residence of the bride and her sisters at which the bride and groom received the best wishes of their many friends. They were also the recipients of many gifts and cheques.

Having completed a motor trip to New York, Boston and Kingston, the young couple are residing in Toronto.

father J. Clarence Peters, the bride's uncle, officiated and her two brothers, Clarence and Ronald

Bridal Party at Summerside



Mr. and Mrs. Peter Richard are seen above with their attendants following their wedding at St. Paul's Church in Summerside on October 28, 1954. The bride before marriage was the former Dorothy Gaudet, daughter of Mr. and Mrs. Wesley Gaudet, of Summerside. Her husband is the son of Mr. and Mrs. Doris Richard of Summerside. From left to right are: Mr. John Henry Gallant, usher; Mr. Eugene Richard, brother of the groom, groomsmen; Mr. and Mrs. Peter Richard, the groom and bride; Miss Joyce Gaudet, bridesmaid; Mr. Milford Chlow, usher. (Photo by D. W. Sears)

MARY HAWORTH'S MAIL

Girl Sixteen Wants to Marry Divorced Man

DEAR MARY HAWORTH: I am a girl 16, a senior in high school, very much in love with a young man, divorced man age 21. He is a perfect gentleman, very considerate of others, and has the best manners of anyone I have ever known. I have learned to put all my confidence in him and I feel he is trustworthy. We want only to make each other happy.

We plan to be married in the near future, but my parents are strongly opposed to Joe. They feel he is too old for me, also they object to his being divorced—as they are much against divorce. He has told me the story of events leading up to the divorce, which was granted him. And my older brothers and sisters (happily married) don't hold it against him, since the verdict favored him.

Joe has talked with my parents and knows how they feel, but he can't change the past, though he regrets his mistake; and as I can't alter his past either, I am satisfied with things as is. He tells me he thinks my parents are afraid of losing their youngest child (me)—and this could be, as I help mother quite a bit, doing much of the housework.

In any argument between mother and me, she always brings up the subject of Joe, with such remarks as "You'll be sorry some day." I have learned to ignore these comments, because I see no reason for worry. Joe is an only child and my parents feel he has been spoiled and pampered; but he isn't—and I believe in him. Your estimate of the situation will be much appreciated.

SUITOR SEEMS RATHER SLY

DEAR S. T.: I agree with your parents on principle, that a divorced young man, 21, is not an appropriate sweetheart for a school girl, 16. As for Joe, whatever the history of his divorce, he has been in and out of a serious relationship much too quickly to be adjudged a stable or conscientious character.

I am not impressed with his whitewash theory that it isn't his record, but rather your parents' selfishness, that sparks their objections to his suit. That's a pretty sly doctrine he is feeding you—thinking of rebellious self-pity and self-aggrandizement in you, as regards the regime of an operation required of you at home. Evidently he has a talent for turning the tables on his critics—a trait not uncommon in spoiled only children; and maybe it was his principal advantage in the divorce action.

In any case, if you were to marry Joe in the near future, you would be marrying for wrong reasons mostly—reasons having to do with ignorant immaturity, infantile misallied love, and childish revolt against parental prudence. I think that the result likely would be wrong too—another mistake into which Joe will have led an inattentive girl.

BEWARE PLUNGE INTO HOT WATER

Experts probing causes of success or failure in marriage find that girls who marry in their teens, in disagreement with their parents, or in rejecting mood towards a family, usually don't make a satisfactory choice—as they live to learn. It is the old story of "To him that hath shall be given; and to him that hath not, even that which he hath shall be taken away."

If you are happy and contented in relation to parents, while subject to their requirements, your chances of making a good marriage in due season are excellent, assuming you are normally attractive and socially capable. But if your filial experience is irritating, embittered, quarrelsome, etc., an escapist plunge into matrimony will land you in equally hot water, probably. My advice is to proceed with caution in the field of romance, until you've acquired a backlog of common sense. M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

KEEP IN TRIM

At Ease... Good Posture Is Not Stiffly Starched

By Ida Jean Kain

At the mere mention of the word posture, many of Eve's daughters automatically stiffen, giving the impression that good posture is rigid and downright uncomfortable.

Relax... shoulders should ride easy. Keep them squared, but down and relaxed. When you pull yourself up to your full height, make the middle muscles do the lifting... that's streamlining. From now on, associate the word posture with poise, and control through the middle measurement. This makes for freedom of motion and graceful movement.

Correct body alignment counteracts gravity and makes posture self-supporting with no straining at the connections. Here it is... the center of gravity, as far as the balanced lineup of the figure goes, is in the pelvic girdle. To be exact, it lies toward the front of the lowest bone of the spinal column which directly connects with the pelvis.

The muscles which surround this area, when toned and used properly, keep the whole body in perfect alignment. Those familiar instructions to pull the hips down and under and pull the front muscles up and in do the trick and get the center of gravity "on the beam."

Don't be confused with the down and under pull of the hips. Think of it as contracting with the hip muscles and coordinating this action with a snug up-and-in pull, beginning with the lowest part of the abdomen.

To get the "feel" of the right line-up, with discipline through the middle muscles, stand with back against the edge of a door. Stand so that head, shoulders, hips and calves of legs touch the door edge... now pull down and under with hips and pull strongly up and in.

with the girdle muscles. Relax shoulders but keep snug control through the midsection. In good standing, there is just room enough to slip the flat of your hand between the small of your back and the door edge.

In this posture, the chest is automatically raised... but note, the action is taken with the abdominal muscles. Walk away from the door, keeping the control through the girdle area. The whole body seems free for action, with shoulders relaxed, arms easy—free wheeling.

In balanced posture your bones give proper support and streamlining isn't all left up to the muscles. Technically, correct posture means the ability to handle the body easily, gracefully and efficiently under all circumstances. It feels comfortable and looks beautiful.



muscles. Walk away from the door, keeping the control through the girdle area. The whole body seems free for action, with shoulders relaxed, arms easy—free wheeling.

ELLEN'S DIARY

by an Island Farmer's Wife

"Someone has said: 'I have read a book by a wood fire, so I know what contentment is.' A visitor to the place offered with a knowing smile the other evening as we chatted of that 'golden key which opens the enchanted door' to the world of reading.

We had been to town that day, and while about our bits and pieces of buying it came to mind that we should take home some little gift for our favorite Granddaughter then recovering from a trying bout of the then prevalent common cold. But what should we bring to help brighten the hours of her enforced spell of confinement indoors?

A doll, perhaps, one of the beautiful season display of irresistible appeal even to us? But she had dolls now, and besides we had no idea of the one she would choose—little or big, fair or dark.

A toy then, or a puzzle? But we had watched children play with these. For a while to soon weary of them, leaving them then to lie neglected about or gather dust on a shelf. No, we would delay any such buying until the Christmas season, and then buy only sparingly.

A little frock then, a past-eight's dress, bright and pretty, with matching ribbons for the long braids she has not yet given up. But what had Jeanie said recently of her daughter's wardrobe adequate but not all over-stocked? "I think she should manage pretty well this winter with the dresses that she has."

Then what should we buy? Of course, a book or better still, books! She opened the parcel eagerly later, obviously much pleased with the gift. "I'm going to read this one first," she said selecting one, "Little Women!" she smiled in anticipation of the treat that was in store for her "I've been wishing to read that!"

"Nowadays, reading doesn't seem to be so important or necessary to a child's education or entertainment as when I was a child," our visitor continued. "They have their interesting school-books and projects now, the radio too and movies and soon. I suppose, they will have television. We had none of those. When I look back it is to recognize

Need Of Diet For Victims Of Heart Disease

If you have heart disease, you must be careful how much and what you eat.

In general, I would advise a diet of bland, easily digestible foods. An excess of animal fat and salt should be avoided.

Because of limited space, we will consider here only the low sodium—no salt—diet.

Use of a low salt diet is not a matter to be taken lightly, because too little salt can be harmful just as too much salt can be. So the low salt diet must always be used under careful medical guidance.

Permissible Foods

The following foods are permitted:

Fruits and Fruit Juices: Apricots, grapes, pineapple, plums, oranges, grapefruit, apples, pears, peaches, figs (fresh or canned) all berries (fresh or canned) and fruit juices. No more than three servings daily.

Vegetables: Asparagus (fresh), beans (fresh lima and string), broccoli, carrots, cabbage, Brussel sprouts, cauliflower, corn (fresh), cucumbers, eggplant, onions, parsnips, lettuce, tomatoes (fresh), mushrooms, green peppers, turnips, pumpkin, squash and potatoes (white and sweet). Four large servings daily.

Breads Without Salt

Breads: Bread, muffins and biscuits made without salt.

Cereals: Cream of wheat, farina or oatmeal (prepared without salt), buckwheat, rice, puffed rice, macaroni, puffed wheat. One serving daily.

Meat: Not more than four ounces of lean beef, lamb, veal, pork, chicken or turkey. One to two servings daily.

Liquids: Fruit juices as desired, coffee (decaffeinated) as desired, milk, not more than one glass daily. (Since one glass of milk contains approximately 150 mg. of sodium, it may be omitted if indicated.)

Desserts: Canned and fresh fruits, rice pudding, gelatin desserts and pastries such as pies, tarts and cookies if they are prepared without salt.

Sweets: Jellies, apple sauce, apple butter, marmalades, preserves, maple syrup and cane sugar as desired.

The following foods should not be eaten:

All foods with a high salt content such as bread, muffins, biscuits, crackers and cheese; bananas, coconuts, dates, molasses; egg white; all corned, pickled, smoked and salted foods; dried meats, sausage, meat broth, stock and meat extracts; sardines, herring, anchovies, shell fish (clams and oysters); canned vegetables, vegetable juices, turnip greens, endive; processed cereals such as corn flakes, and cakes containing large amounts of egg white and salt.

Recipe for Salt-Free Bread

2 tbs. saltfree butter
2 tbs. sugar
6 c. bread flour (about)
2 c. boiling water
¼ c. lukewarm water
1 yeast cake
Place shortening and sugar in large bowl. Pour in boiling water, stir and allow to cool until lukewarm. Add yeast cake dissolved in lukewarm water. Add 2 c. flour. Mix thoroughly. Slowly add rest of flour until dough becomes just stiff enough to handle.

Knead for 5 min. Place in large bowl. Brush top of dough with salt-free butter or vegetable fat, such as margarine. Cover lightly with towel. Set in warm place until doubled in bulk. Knead for 3 min.

Out dough into two parts. Knead each loaf lightly until smooth, tucking under any edges so there are no cracks on top. Place each loaf in pan greased with margarine. Cover with towel and allow to stand in warm place until doubled in bulk again.

Bake in hot oven (400 degrees F.)



SKI CAKE

½ cup butter
1 cup sugar
2 cups sifted flour
3 tsp. baking powder
1 cup milk
1 tsp. vanilla
2/3 cup coarsely shaven chocolate
2 egg whites
Cream butter and ½ cup sugar, flour, baking powder with milk, vanilla and chocolate. Beat egg whites with other ½ cup sugar and fold and put in 2 pans.

Iceing

½ cup butter
1½ cup icing sugar
2 egg whites
Beat well. Cover with chocolate chips.

—Mrs. Joe Kearney, Albion W. I.

Household Hint

To prevent chamois gloves from hardening after washing, add a few drops of olive oil to the water in which they are washed. The oil also helps to preserve the chamois.

Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium in side each giant package of NEW BLUE Super Sud.

Ask your grocer for it—or mail 25c and any Super Suds box top, along with your name. I address and your grocer's name, to: Super Suds, P.O. Box 1010, Aurora, Ontario.

Doyle-Costello Wedding



Mr. and Mrs. Richard Doyle, and their wedding attendants are shown above following their recent marriage at Saint Ann's Church, Lot 65. In front is the bride, the former Doris Ann Marie, daughter of Mr. and Mrs. Norbert Costello. In the back row is the groom, Mr. Richard Doyle, son of Mr. and Mrs. Philip Doyle of Charlottetown, and Peace River; Mr. Reginald Whalen, groomsmen, and Miss Marion Costello, bridesmaid. (Photo by Crawwell)

Alice Brooks Designs

TODDLER SET

Sew this adorable toddler-set for a boy or girl! Set includes jacket and overalls or shorts with side openings. Good gift!

Pattern 7123. Toddler Set for Boys and Girls! Toddler Sizes 1 to 3. Tissue pattern embroidery transfers State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

Brimful of thrifty gift ideas—our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

for 15 min. and finish baking at 350 degrees F. for 45 min.

QUESTION AND ANSWER

S. K.: Is there any kind of a diet to reduce blood pressure?

Answer: As a general rule, a diet will not cause a reduction in the blood pressure. However, if the person with high blood pressure is overweight, it is a good idea to employ a reducing diet. A diet low in salt may be helpful.

You should consult with your doctor as to the best type of diet you should follow for your specific condition.

7123
SIZES
1-3 yrs.

by Alice Brooks

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

BAKED IN THE OVENS OF EASTERN BAKERSIES LIMITED

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

For Healthy Growth Butter-Nut Bread Supplies...

Protein Energy Calcium Iron Vitamin B₁ Vitamin B₂ Vitamin B₆ Vitamin B₁₂

Ask your Grocer for FREE Growth Chart, Growth Record

FINEST WAXES for FINEST SHINES

10 POPULAR SHADES

Morning Smile

"Is that hair tonic any good?" "Well, I spilled some of it on my comb last week and now it's a brush."

Wife Preservers

Many scratches on polished floors can be avoided if the feet and bottoms of the legs of furniture are kept waxed.

Anne Adams Patterns

INDISPENSABLE!

Ready for destinations unlimited! Classic shirtwaist dress—more precious than gems to the career girl or homemaker with a busy routine! It buttons to below the waist for quick and easy on and off! Pocket trim accents the newly modern neckline.

Pattern 4764: Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 3½ yards 35-inch.

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

Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

4764

by Anne Adams

COLD MISERY

Now—relieve feverish, aching, all-over, feverish, grippy cold misery in 15 MINUTES with BUCKLEY'S Cinnamon Capsules.

CUT FROM DAYS TO HOURS!

HOURS—instead of days—your system is helped by not one, but four balanced cold-fighting ingredients to banish cold symptoms F.A.S.T.

12 Capsules—35c. Family Size—79c.

BUCKLEY'S

MUST GIVE FASTER COMFORT OR DOUBLE YOUR MONEY BACK

SPECIAL Perfection ICE CREAM

Orange & Chocolate Ripples

Queen Elizabeth II Spoon!

Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium in side each giant package of NEW BLUE Super Sud.

Ask your grocer for it—or mail 25c and any Super Suds box top, along with your name. I address and your grocer's name, to: Super Suds, P.O. Box 1010, Aurora, Ontario.

Now's the time for... JELL-O

SEVEN DELICIOUS FLAVORS

Three kids and a cash register add up to budgeting any day in the week! That's why this family will be enjoying wholesome,