

WOMEN

Tuesday, July 19, 1955 The Guardian Page 3

LET'S EAT

Dinner a la Pompadour Comes Dressed in Pink!

By Ida Bailey Allen

"WHAT a gorgeous cake, Chef!" exclaimed. "And what a glorious pink icing!"

"It is to correspond with the color pink that is now high style," said the chef. "And the cake is a honor of that famous lady who lived in France in the 18th Century, Jeanne Antoinette, la Marquise de Pompadour, friend of Louis the Fifteenth."

Pompadour Favorite

"Of course! She was the lady who loved the color pink as well as confections so much, that even today, many cakes and dainty French foods are called Pompadour this or that."

"Because it would be both amusing and elegant, Madame,"



A FEW DROPS of vegetable coloring, lends a lovely color to the Chef continued. "I have taken the liberty of planning a menu for guests which includes several foods of the type popular in the days of La Pompadour."

Pompadour Cake: Cut baker's angel food cake into four layers. (A saw-toothed knife makes it quite easy to do.) Spread layers out on a smooth surface. Spread gelatin filling on all layers.

Reassemble layers in original cake shape. Pour pink confectioner's frosting on the cake so that it runs over the sides, spreading it a little, if necessary. Chill in the refrigerator until

Wife Preservers

Then stir in 1 small cubed, seeded fresh cucumber. Rub 6 individual ring molds with salad oil. Spoon in the gelatin-cucumber mixture. Refrigerate 4 hrs., or until firm.

Unmold on thin slices iceberg lettuce. Fill the centers with 1 c. commercial sour cream mixed with 1 tbs. lemon juice, 1/4 tsp. each sugar and salt, 1-3 c. sifted cooked beets and a little beet juice for the pink touch.

SUGGESTION OF THE CHEF

When cooking chicken and vegetables together in the pot add a little tarragon.

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THE GLORIA

179 GRAFTON STREET

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

MADONNA LILIES

When eventide with calm caress brings lovely peace to end the day: when all the sounds of earth grow less and city strife seems far away;— then, the Madonna lily pours its perfume on the evening air, and we may scent its fragrance rare:— But only if no wind is there.

So in the garden of our heart if all our being, sounds are still and the strong winds of all the day are quiet, calm and cool;— then shall the beautiful flowers of Heaven pour their rich perfume on the air, and we may scent their fragrance rare:—

—Tyrwhitt.

The seven Madonna Lilies in the garden are blooming and the fragrance is added to the lovely fragrance of the pale pink climber, New Dawn rose nearby. The honeysuckle vine is also blooming on the white lattice fence so this is a wonderful corner of the garden these warm summer evenings. The Lilies are placed in the rock-garden with the clipped evergreen cedar for a good background and it is easier to enjoy the fragrance when they are elevated in this way. The water was given them in the dry time and now they are rewarding the busy gardener with beautiful Lilies... seven and eight to a stem.

To loiter down lone alleys of delight. And listen to the beating of the heart of trees. And think the thoughts that lilies speak in white. By green wood pools and pleasant passages.

Many delightful visitors have walked these pleasant passages with me the past week and I have enjoyed their visits so very much. We share our garden triumphs and also the difficulties and we learn from each other. All my visitors enjoy seeing the evergreen hedges which make such a good background for the garden. In a new book "Garden Design Illustrated" by John and Carol L. Grant we read... Today good garden design requires both the sympathetic understanding of the plantsman and the design sense of the garden architect. With this in the forefront of our thoughts, we are urged over the threshold of the book to a brief description of formal versus informal design. Formal of course, includes symmetrical balance, all edges sharply defined, straight lines of planting, clipped hedges, man-made levels, retaining walls, and the like. Informal design is more of a challenge. It sums up to a symmetrical balance melting and merging, no straight lines, no free-flowing content, all in free-flowing content. In this we learn what scale does for design. Once we understand scale, we can use it with all sorts of telling effects.

We can make a small house look large, a large one more dignified. Without scale, people can make mistakes like giving a large house a small entrance effect, or housing on a steep slope very narrow terraces, out of proportion to its mass. Next, we are taught, in a whole collection of fascinating chapters, to look at plants (trees, shrubs, vines, herbaceous plants) from the viewpoint of their function in design. We are taught how to form the framework of our design with trees and shrubs, then to add the softer herbaceous plants to this structure. As we classify plant material for such use, we note the strong dark tone of the coniferous evergreens, for example, because they absorb light while the broad-leaved kinds reflect it. We become aware of the pattern of lines, and the texture of each plant type. Deciduous shrubs are light and airy, but, if used alone for structure, are also weak. Let them play second fiddle to the evergreens.

By this time we are ready to use trees as accents, and are shown how to select and place them. We learn that trees have "Spheres of influence" and to avoid lapping these spheres. We become aware of the pattern of values of deciduous trees — their lines. A Lombard Poplar is an exclamation point. A weeping tree is lovely near a pool because it points downward to the reflection. Yet at the same time, if we know our plant materials, we will choose a weeping cherry, say, for a concrete pool located in a dry spot, because a willow may reach out and break the concrete with its roots.

As I write this I think of the lovely planting at our own Memorial Nursery of the willow around the natural pool, and the daffodils followed by the Azaleas so very suitable for this site. In this wonderful book we read about the relation of plants to their environment and how to use this knowledge. They give us, as key, the color of foliage. Group together the plants that like the same cultural conditions and their foliage colors will go together. In this book we get fresh understandings of how to garden in the best way and when visitors comment on the good evergreens in the garden here we know that we have an asset in our native white spruce and cedar that any of us

can have for the taking. In one day the past week I learned of the garden at Washington, Ottawa, and Oregon. It is a fine way to do your travelling, walking about your own garden and visiting with folk from "all over". Within this scented garden close Whoso desires may find repose; An earthly Paradise it seems — Of cypresses, green lawns and streams. And if your host you wish to please Converse of nothing else but these. This was written by a Persian poet many years ago but it is good advice to every one who goes visiting gardens anywhere.

The fragrance of the Orange shrubs in several new varieties and the older tall bushes are making the garden lovely with its fragrance and white beauty especially in the evening. The (pink) Philadelphia or (Mock Orange) shrub that I remember was in my grandmother's garden enclosed by an evergreen hedge of native spruce. As a small child that garden was an enchanted place and the fragrant "Orange tree" made it more lovely. Here were the similes and metaphors, and all fragrant with one variety of alabaster whiteness. So heavily loaded are some of the arching branches that the shrub has an ethereal effect. The fragrance is delightful, more delicate, yet more penetrating than the Jasmine. I am happy that many new Philadelphia shrubs were planted last year and now the garden contains a few dozen of them.

Among the new shrubs planted this year is a Rose acacia which is covered with drooping clusters of rose-colored flowers resembling pea-blossoms. The foliage is very attractive and it proves hardy, more will be added to the garden next year. My father grew a tree of Acacia in the home garden and I remember, it had long racemes of cream colored drooping clusters. Astilbes are lovely at this time in creamy feathery plumes and also in crimson and red. There are many varieties of these hardy dependable perennials and they do especially well in a shady spot in the garden although they will grow well in sunny places if there is a good deal of moisture. They are good for cutting and the foliage is quite attractive. A few heat of this month have been noting the plants which seem to thrive in spite of the weather. Sedums like hot dry sunny places in the rock garden and in the garden here are making large bushes of a cream and pink flowers, without any care whatever except to pull the grass from the attractive foliage. Some are crimson in color and more must be grown from seed as it is very easy to get a fine collection of such hardy perennials. A few ferns pulled from the plant will sprout very easily, and many slips have been given to garden visitors who like this plant for their rock garden.

Another good perennial blooming for the first time from seed is the Gaillardia (Blanket Flower). They are showy perennials and Goblin is a dwarf rounded plant covered with bright yellow and red blooms. Anthemis is a beautiful, hardy perennial which seems to flourish when it is sunny and dry. They are easily grown from seed and have lived here in the garden for years. It is splendid for cutting having long strong stems. Coming in the gold and yellow shades it blooms for weeks and the foliage is quite ornamental. A few new varieties in double bloom and certainly a border of these hardy perennials would be very lovely in the warm sunny days. The blessed rain has come at last and it is wonderful to walk in the garden and see the ground soaked after all the hot dry time. Even if you buy a new hose every day it is possible, so as to reach the roses and begonias with a small stream of water it just keeps them living and now every thing has taken a new lease on life. It is a fine time to transplant the annuals that are crowded and last evening some Larkspur, Salvia and other plants were moved. Seeds of sweet alyssum and other fast growing flowers can be sown now and in a few days will be up in rows. A summer rain is wonderful. The garden is lovely on a hot summer night, when the perfume steals out in the soft stillness. It is lovely in the dawn, when it is drenched with dew, but it is never more lovely than when it has been soaked in the first rain after a dry spell. There is a wonderful scent which rises from dry soil as the rain falls upon it, and afterwards the hot earth steams and the plants seem to grow before one's eyes. How lovely is the sight of rain! A glittering ring, silver wedding train. Of marriage, Earth to silken sky In wedlock, though the day will die. The silver rain; a jewelled gift From out the heavens cloudy rift. Elysium Fields are not more sweet Than rain-swept country at my feet. Gordon.

Summer is the season of happiness. When, among the trees, in the mountains, or by the sea, the fair hours of the day, the hours which at last open to us the golden gate of leisure, return for our delight; let us learn to enjoy them fully, continuously, voluptuously. Let us have for these privileged hours a nobler measure than that into which we pour our ordinary hours. Let us gather, let us be minutes in unaccustomed urn, glorious, transparent, and made of the very light which it has to contain. Maeterlinck.



Mr. and Mrs. Charles Bugalski

The marriage of Mr. and Mrs. Charles Bugalski, was held at St. Ann's Church, Hamilton, Ontario, on June 25th, 1955. The bride (Angelina Muriel Trainor) is the daughter of Mr. Peter D. Trainor, and the late Mrs. Trainor, of Johnston's River, P.E.I. The groom is the son of Mr. and Mrs. Justus Bugalski, of Cope-town, Ontario. The bridal party, from left to right: Mr. John Bugalski, usher; Mr. John Sinnott, usher; Mr. and Mrs. Charles Bugalski, the groom and bride; Miss Barbara Gallant (formerly of Charlottetown) maid of honor; Mrs. Betty Martin, bridesmaid.

MARY HAWORTH'S MAIL

Readers Write in Of Helpful Books

DEAR MARY HAWORTH: After reading your column of June 7, apropos a bad case of post-partum depression, I feel impelled to tell you of a book I was reading at that very time, which might be a godsend to the woman who wrote you.

Her problem consists of shaky emotional depression since the birth of her second child — a reaction that shocks her, she says, as she had always enjoyed life before. She has visited a psychiatrist, who had no specific advice to give — but who did prescribe medicine that eased her symptoms a bit.

The book is "Body, Mind and Sugar" (Holt publishers) by Dr. E. M. Abrahamson and A. W. Sager. Dr. Abrahamson is a specialist in diabetes. In the course of his work in this field he came upon a condition which he calls hyper-insulinism. This is a condition in which the blood sugar falls perilously low, due to excessive insulin in the system — and the result is invariably a breakdown in health, one way or another.

On the day I read B.L.'s appeal, I had arrived at the very chapter of the book which describes her symptoms exactly. According to Dr. Abrahamson, correction of hyper-insulinism is wholly a matter of right diet; and in many cases has brought persons out of seemingly neurotic states, or made them amenable to psychiatric treatment. — L.M.

FEELS SURPRISED AT OUR OMISSION

DEAR MARY HAWORTH: Reading your June 7th discussion of post-partum depression, I was a little surprised that you hadn't invited the plaintiff to investigate the possibility that hyper-insulinism may be causing her nervous despondency.

One of the symptoms of several cases of hyper-insulinism, which were diagnosed in the months immediately following childbirth, and the diagnostic implication is that the childbirth experience sometimes triggers off a latent tendency to hyper-insulinism — which in turn can lead to emotional depression, among other things.

So why not supplement your suggestions to B. L. with the excellent advice you've given so many others? — namely, to read "Body, Mind and Sugar" by Abrahamson and Pezet. And to have her doctor give her the 6-hour glucose tolerance test. — D.D.

DOCTOR'S SLANT GAINS FOLLOWING

DEAR READERS: Thank you for the friendly reminders that Abrahamson and Pezet's book "Body, Mind and Sugar" (Holt) may shed light on the erstwhile darkness of post-partum depression — which is a nightmare affliction, its victims tell me.

As the second writer recalls, this column for several years has been plugging the book as a possible key to understanding the physical basis of mental illness — since the book first came to our attention, in 1952. And in this time, letters of appreciation have come in from all parts of the country, from persons who claim it has put them on the right track, in getting the specialist help they need. — M.H.

ANOTHER BOOK DISPELS DESPAIR

DEAR MARY HAWORTH: Last fall you counseled a woman who had lost her teen-age son, an only child. She had lost interest in life and wanted to give her husband a divorce, that he might marry a younger woman and have other children. You suggested a book for her to read — "With Wings as Eagles" (Rinehart) by Helen Chappell Smith.

I clipped the article and sent it to my daughter in the South. She had just lost a teen-age child. At once she got the book and read and re-read it; and she claims that the book and I (her mother) led her to take her first step upward from despair. She had lost all faith and couldn't understand why I felt you would appreciate knowing that your suggestion has travelled so far and helped so much. It restored her faith... R.S.

DEAR R.S.: It is generous of you to share this good news. And perhaps your reference to Mrs. Smith's book — a brilliantly told story of her spiritual journey, in coming into harmony with a beloved son's death — will commend it to other readers, newly bereav-

ELLEN'S DIARY

By An Island Farmer's Wife

"Oh, dear, I wish the hay was done!" a farmwife said with a sigh the other evening. "I wish every last bundle of it was in the barn! The rush and the heat and the worry of it wears me down. Wouldn't it be lovely if there were no hay-making? We could enjoy our summer the n. Even get the time to take a trip away somewhere to see something," she smiled wistfully.

"No hay?" We tried to picture our summer without it. What should we have done then with a day like this? Driven miles, necessarily fast to keep pace with the traffic, along hot summer roads to glimpse what? With a nostalgic longing in some far place other folks at the haying!

We should have lost then every lovely sight and incidental to it of this day: the July sun beaming his blessings; a happy wind from the creek riffling the pond, both setting a fine scene for it — the one we most wished. And James with the team in the mower starting away before the dew of night had quite lifted, calling back to the younger farmer: "Do you think I should mow all that patch, or just cut for an hour or so?" "And the reply, "Please yourself — It would be good to have a nice bit ready though when we commence to haul in."

"Yes... but if we should be caught by rain with too much on our hands, spail hay is no good." — Calling to us on the back porch, we who regard the various goings and comings of the work of field: "Have my dinner a little on the early side, will you, Ellen? I'd like to get to the raking of that we first mowed. We should try to get that saved today."

And we smiled to ourself recalling that he had declared at the outset, "If I mow some and do the raking this year that will be my share of it — and I won't be doing, too badly, I think, to do that."

Today however good resolves were forgotten. He gravitated as naturally as the petals of red roses drift earthward these days, into a familiar groove which lends his experience and assistance all about and sets the pace for the whole family, even the housewives who come to door or yard and shading eyes from the summer sun take stock of the course of the work to wonder, "Should we let the tea to steep now, or...?" "You'll drive the horse in the lift?" We overheard him ask James.

"No!" Jamie shook his head and smiled. "I'd rather not — I'm not too 'crazy' about driving a horse."

"Then," James offered, hoping to bring the work full-cycle, the whole family with shoulders to carry and facing the fact that a every year you've planned to slim down, but neglected to shift into slimmer ways of eating — can jolt you into action.

Get the knack of eating for healthy normal weight this summer and you need never be over-

Amateur Needs Help In Painting A House

By ELEANOR ROSS

THE do-it-yourself army is becoming increasingly ambitious. A job that used to look difficult for even a professional is something they are ready to tackle—even painting a house.

But painting a house is really a difficult job. It is wise to tackle a small surface first, say a garage. But the best way to learn how to paint a house, is to find a painting contractor who is cooperative and who will take the "high road" while you take the "low road." He might agree to do certain designated chores and let you work as a member of the team, as it were. Or maybe you can take care of all the preliminary work necessary before the actual house-painting begins. And there is plenty, especially if the place is fairly old, or when there are unfavorable weather conditions, with much rain or snow.

Check Entire Exterior

To begin with, it is important to check over carefully the entire exterior from top to bottom to see where repair work is needed. If boards have rotted, they must be replaced. Peeling paint is a sure sign that moisture, destructive moisture, has forced an entrance. Its source must be traced to the point of entry; otherwise, a fine paint job won't avail much.

Rusted metal also needs careful attention. All rust must be taken off with sandpaper, steel-wool or wire brush. Where new wood is added—or old coatings are completely removed—the surface must be primed. Nailhead indentations should be leveled with putty. Where rust is removed, the bare metal should be coated with a primer meant for the purpose. Fill Cracks

It goes without saying that all rough areas should be sanded smooth and that all cracks should be filled in with either putty or calking compound. Loose dirt should be whisked off with a dusting brush. After surface preparations are completed, the house is ready for the paint job.

If you are tackling it yourself, see to it that before you begin, every necessary tool is at hand. Check to see that you have stirring paddles, solvent for cleaning brushes, wiping rags, drop cloths to protect shrubbery, strainers—if the paint has been previously opened—a paint can opener, necessary, also need a lift out of despair. — M.H.

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

SUMMER SLIMMING

Mr. and Mrs. Style

Are You Toting Excess Pounds?

There is a generalization that married couples often tend to look more alike as the years slip by. Specifically this is true on the silhouette side if cooking his favorite foods has proved doubly fattening. So if you'd both like to travel lighter, swing aboard.

At the start, it's a good plan for each of you to figure your weight handicap. Ladies first: A rule of thumb in determining your normal weight is to allow 105 pounds for 5 feet of height and 5 pounds for each additional inch. Now the Mr.: Allow 110 pounds for the first 5 feet of height and 3 1/2 pounds for each extra inch. That is about right for an average frame. However, if you have big bones, a wide frame and heavy muscles, add 1 per cent to that total. Figure this way, bones and frame are inherited and muscle weighs heavier than flabby fat. It is only excess fat that is a burden to carry.

What about birthdays? After 30 they don't count on the weight score. Your normal weight at 30 is your healthiest weight from then on. Bones and framework do weight again.

DAILY-DOUBLE DIET

Breakfast	Calories
Tomato juice, with lemon wedge	25 25
1 Egg, poached, served on thin slice toast	75 75
Crisp bacon,	50 50
Mrs. — 1 strip	50
Mr. — 2 strips	100
Mr. — Second slice thin toast	50
Butter, 1/4 pat	0 25
Coffee, black	0 0
	200 325

Note: Sucaryl or saccharine may be used for sweetening Luncheon

Cube steak, broiled served on thin slice toast	200 200
Frankfurter on bun (Same calories)	50 50
Mr. — Skim Milk or or buttermilk	50
Mr. — Whole milk, 8 oz.	100
Cantaloupe (1/4 melon — Mrs.)	50
(Mr. — 1/2 melon)	50
	350 450

Dinner

Chicken: Broiler or fryer	
Broil — Do not fry	
leg and thigh	175 175
Mr. — extra piece, 1/2 breast	100
Allowance for baking, 1 tsp. butter each	36 36
Choice of: Corn on cob or small baked potato	100 100
Butter, 1/2 pat	25 25
Tossed green salad with Green pepper rings (Special Dressing)	
1 tsp.	36 36
Cheese, 1/2 oz. wedge	50 50
Tea or Coffee	0 0
	420 520

REDUCER'S SPECIAL DRESSING

1 cup white vinegar (substitute part sweet pickle juice)

1/2 cup salad oil

1/2 tsp. paprika

Grated onion if desired

Sucaryl or saccharine

Mix well each time before using 1 tablespoon

20 calories

(SAVE THIS RECIPE)

Note: For normal weight members of family — add bread and butter, whole milk and ice cream or other dessert to menus.



Cook's Corner

FUDGE

3 cups granulated sugar, 4 dessert spoons cocoa, pinch of salt, butter size of walnut, 1 cup milk. Boil until it forms a soft ball when dropped into cold water. Beat until creamy.

HOUSEHOLD HINT

Bath tubs that are smooth as glass, and have rounded rims, cause many serious injuries. A small rubber mat on the tub bottom and hand-grips at convenient locations are worthwhile safeguards.

ANNE ADAMS PATTERNS

Just like mommy's favorite fashion — little girls love the tapered Madador pants! These are especially pretty — practical in rugged denim, no-iron seersucker. Shirt can be worn many different ways — belted, unbelted, tucked in, out. Ideal for summer sun and fun!

Pattern 4891: Child's Sizes 2, 4, 6, 8, 10. See 4 pants, 1 1/4 yards 35-inch fabric, 1 1/4 yards 1/2 yard.

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