

WOMEN

Page 8, The Guardian Mon., March 12, 1956

Magic Of Tea Was Found Accidentally Many Years Ago

Chinese legend has it that tea was discovered accidentally in 2737 B.C. by the Chinese Emperor, Philosopher Shen Nung. Leaves from a wild bush fell into the Emperor's pot of boiling drinking-water. He noticed a delightful aroma, drank of the infusion and found that it "gladdens and cheers the heart."

The legend stresses the mysterious exhilarating quality of tea. Strangely, the sensations of "pick-up" followed by relaxation experienced by anyone drinking properly-made tea are still not fully understood by the medical world. Perhaps the magic of tea will always remain a mystery, for tea is a natural, unique and inimitable product.

UPSET STOMACH: "A nice cup of tea" is another of those recurrent examples of folk lore that turn out to be well-founded. By the time Lu-Yu in 780 A.D. was telling the Chinese in the first book on tea the right way to make the beverage—briskly boiling water then, as now, was the secret—the tea was long established in the Orient. Lu-Yu advised that when the water resembled crystal beads rolling in a fountain it was time to pour it over the tea and went on to say: "When feeling hot, thirsty, depressed, suffering from headache, eye-ache, fatigue of the four limbs or pains in the joints, one should drink tea only, four or five times."

EASES TENSION
Tea is not, in fact, a "cure-all" and the best reason for drinking it is because you like it. But a cup of tea does ease some kinds of headaches, probably by decreasing tension of arteries within the skull. Tea can be drunk freely by patients on low salt diets, for tea contains no sodium. It does contain small amounts of B vitamins, riboflavin, niacin and pantothenic acid. Tea is also quite rich in fluorine, an element concerned with sound decay-resistant tooth structure. Dr. Henry J.L. Marriott, Head of the Division of Physical Diagnosis, University of Maryland School of Medicine, points out that tea is recommended in the diet for both healthy and sick children.

The nervous tension, anxiety and chronic tiredness that are so common in our civilization often result in part from over-activity of the higher nervous centres of the brain. Dr. Richard L. Jenkins, Chief of the Psychiatry and Neurology Service of the U.S. Veterans Administration, feels that tea is an aid to relaxation in these cases. And so the beverage which, for thousands of years, has comforted and comforted mankind is fully justified by modern medical science.

KEEP IN TRIM

Here's Hope For Tall Girls

By Ida Jean Kain

Teen-age tall girls, today's column is for you. Encouragement from other tall girls is this: "The only time height is a handicap is when you are very young."

The mother of an unhappy teenage daughter just had her 13th birthday and she is 5' 8" tall. I am 5' 4" and her father is 5' 7". She grew 5 inches in one year! Her diet has always been excellent. She prefers the protective "growing" foods.

"She has become very shy and self-conscious during this rapid growth period. All the talk she hears from adults about tall girls wearing clothes that are being models just aggravates her. Can you give words of comfort?"

Definitely, it will be reassuring to your daughter and to other girls who suddenly shoot up tall in their early years to know that their fast growing days are over. Studies show that girls incline to "shoot up" from ages 10 to 13.

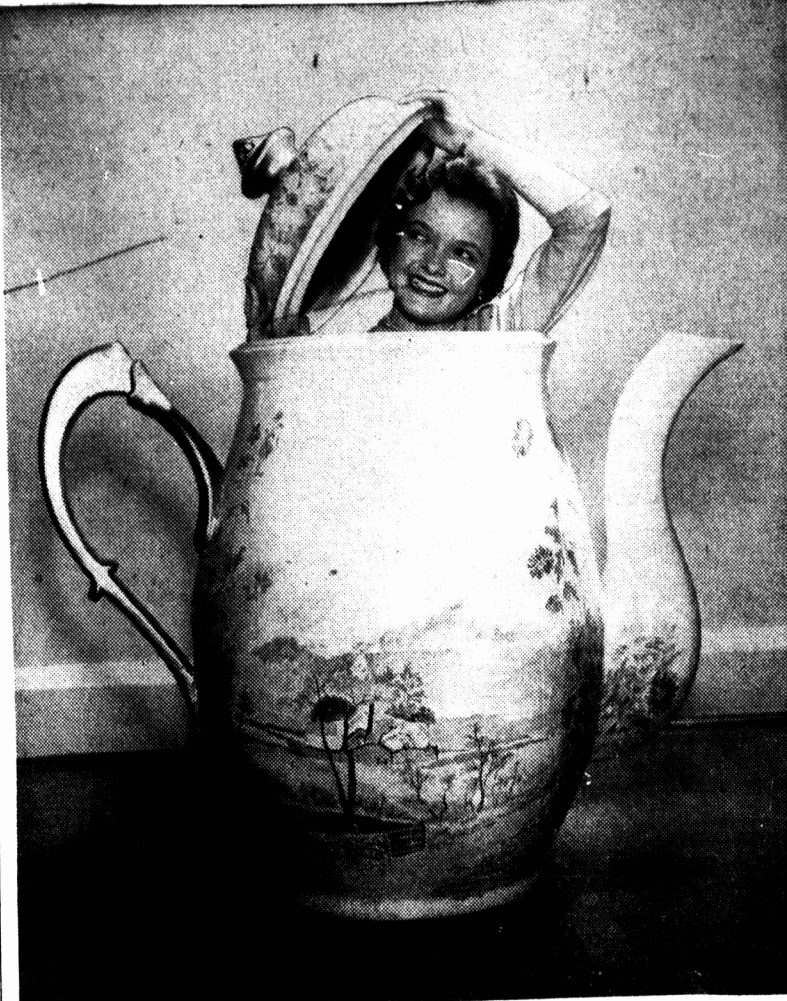
NO MAGIC HANDY
I have never interviewed a tall girl who didn't make the statement, "I've been tall since I was 12." They all point out that it is only during the early teens when a girl will feel self-conscious about her height. Right then, so many of them would give the world to be able to take a sip of that magic draught, that helped Alice in Wonderland to grow shorter. But girls, even if this were possible, later you would wish you hadn't!

The self-consciousness about height at age 12 stems from the fact that the boys do not start growing tall until later. Their fastest growing years are from 14 to 17 or 18. While this appears short-sighted on the part of nature, the cause is glandular. After the menopause period begins, girls slow down on growth.

COOK'S CORNER



PINEAPPLE SANDWICH
1 cup flour
1 teaspoon baking powder
1/4 cup butter
1 egg
Mix and put in bottom of pan, then spread with pineapple jam, then mix butter, size of an egg. 1 cup sugar, 2 cups cocoanut, 1 egg. Mix well, then spread on top of jam. Bake to a light brown. When cool, cut in squares.



Peeking Out Of World's Biggest Teapot

This attractive young lady celebrates Tea for Canada Week by peering her head out of world's largest china teapot, which holds 810 cups of tea and is 37 inches high, pounds. The teapot, 80 years old, was made in England.

Mary Haworth

Girl Finds Herself In Confused Fog Since Engagement

Dear Mary Haworth: I am a girl barely 19, a high school graduate working in a small city. I met Jay almost three years ago. We dated a few times. Two years later we started going steady, and this last Christmas he gave me a diamond ring. Since then I have been so confused I don't know what to do.

You see Jay is the only boy I have ever really gone with. Although I've had one or two dates with a couple of other boys, he is the only boy I've ever kissed goodnight. So I feel I shouldn't become engaged; that I haven't had enough social experience to know if he is really my choice. I love him very much, but feel that people are saying, "Well, he's the only beau she's ever had."

I am quite attractive (others say), and was very popular in school. I won many honors, but it just seemed that I love him very much. I care to date me, while my friends, who never wanted me to go out much either. It seems they were against me in everything as far back as I can remember. My sisters went out a good deal before they married; and my brother (younger) always had much more freedom too.

IS SHE MISLED?
Certain girls in school seemed so jealous of everything I got that for a time I didn't care whether I finished school or not. Now these jealous girls are working in the town with me, while my friends, who are either in college or working in a larger city. So maybe I love Jay because I am lonesome as I live on a farm and don't meet as many new people as I might if I lived in town.

"Jay comes of a very nice family. I is very nice looking, too. My folks like him very much and I do, too; but I feel that I am tying myself down too soon, that I haven't ved enough yet to see how down. Should I wait and see how the engagement works out? Would it be better to break the engagement later? I realize I am making a mistake and definitely need your help. H.K.

CHANCE TO GROW
Dear H.K.: There is no such thing as a one-and-only true love, for whom you should seek and wait—searching patiently for him (or her) as if looking for the well-known needle in the haystack.

The average person has a capacity to be congenial with a considerable number of variety of sweethearts, any one of whom might become a satisfactory helpmate. However, the pattern of accommodation that might develop between A and his wife B likely would be different in characteristic ways from the relationship that would eventuate, if A were to marry C. The one brand of marriage would be better than the other, necessarily, simply there'd be a difference.

Studying your letter, it occurs to me that Jay is probably as much of an answer to your basic needs of sympathetic close affiliation with another person—as you'll ever meet. To bypass him, in search of somebody else (you haven't the vaguest idea whom) is only to postpone your own development, towards normalcy and maturity.

SELF-DISTRUST
Thus far in life, your psychological growth has been thwarted, by adversely hostile parents at home, and by lack of social assurance at school, which led to lack of boy friends, and timidity in facing the men were at the threshold, bringing in the treasure of the field to the gear by a barn. The genial sound of its pulsing came to us there beneath the spruces in the spot of old orchard and we had listened enraptured ear task in

ELLEN'S DIARY

The Day's Beautiful Sunset

A March day, somewhat mad, we took up this morning, with a light saucy wind and playful drifts about. But sunshine, for the housewife and her gold and bearing strengthening gold, and bearing later as it westered casting rosy smiles along the snow-white of the by-then peaceful farmlands.

So reverent is the sunset-time. Then, we fancy, Heaven comes down earth's soul to greet, in miracle minutes and solemn. Brightly then the day's heartfulness glowed in the west and last loitering sunbeams danced home along lighted paths of snow. And against the flame, how lovely the woodlands with their dark spires and minarets and the lace of bare branches! No amercus sunset, this, nor yet mildly sullen but good to see, calmly beautiful and giving every promise of a fair tomorrow for the future at Alderlea, somewhat chore-ridden today, and in the event of a chance storm approaching, not without a certain concern.

Today with Rob and Jamie too, poor lad, confined indoors with the debilitating malady known as the flu, James and the younger farmer must assume pieces of extra choring there.

"That made us busier than usual," James said, when in his armchair this evening he looked back along the vicissitudes of his day. "But nothing, Ellen to what work there would be if a storm should happen to come. In the first place, it might be that we couldn't get that far-I've seen some pretty fine sunsets then they have in good warrant, and the brilliance of contented stars lighting the fields the night now to set a seal to that promise."

Mack too and granddaughter of the house across the lane have colds, though only passing ones believe, that served to keep them unwillingly from their classes of today.

And it came to mind as we pottered this morning with a painful will be good for the children to arrive at the nice summer days. We were filling a flowerpot with earth we had purposely set aside for such a purpose on the blue-gold day of last autumn.

Gossamer, intriguing in the sun-light floated in the quiet warmth of that afternoon and we remembered that as we gathered the soil bered that as we gathered the soil in a rare burst of forehandedness.

MORNING SMILE

Doctor—Hm-m: do you have bouts of giddiness, Mrs. J.?
Mrs. J.—I should say not. I'm a respectable married woman

HOUSEHOLD HINT

When buying saucepans, look for tight-fitting covers to conserve heat and hasten cooking.

Words Of The Wise

Happiness consists in activity; it is a running stream and not a stagnant pool. —(J. M. Good)

How to Keep Recipes

Every housewife has a different way of keeping her favorite recipes but there's only one best way. In The Standard this week Food Editor Helen Gougeon gives some good advice on this point and also some practical recipes for delicious casserole dishes. Get The Standard—on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents.

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EATING OUT

Of each dollar spent on food, Montrealers used 11.7 cents in public eating places in 1953, against 10.9 in Winnipeg and 9.4 in Toronto.

Happenings

Mrs. T.W.L. Prowse has graciously invited the members of the Queen Mary Needlework Guild to a sewing meeting on Friday, the sixteenth, at Government House, Victoria Park.

In honor of Sir Ernest and Lady MacMillan, members of the student's Concert Committee of the Toronto Symphony Orchestra, entertained Tuesday evening at the home of Mr. and Mrs. Elie Spivak, Ava Road. Among the guests were Mr. and Mrs. Joseph de Pencier. The latter will be remembered in this province as Miss Patty Richardson, a daughter of the late Mr. and Mrs. H.A. Richardson.

Dr. Sidney Smith, President of the University of Toronto, was the guest of honor of Dr. and Mrs. Frank MacKinnon at a supper party Sunday evening at their residence. The guests were the Executive of the Canadian Club and their wives.

Mrs. J.A. Lawson leaves by plane today for Edmonton to visit her sister, Mrs. W.V. Newton. The latter it will be regretfully learned has been in the Edmonton Hospital and is now convalescing at her home.

Miss Anne Dystant who spent the past month with her mother, Mrs. Hazel Dystant, Summerside, left recently for Montreal where she will intern in dietetics at the Royal Victoria Hospital.

Miss Mary Silliphant, R.T., spent the weekend in Sussex, the guest of Mr. and Mrs. H.W. Wallace.

Miss Ruby MacNeill, St. John, spent the weekend with her parents, Dr. and Mrs. J.F. MacNeill, Church Street.

The hostesses at the Summerside High School Home and School Association meeting on Tuesday evening were Mrs. Henry Bishop, Mrs. W.E. MacCausland, Mrs. Murray Willett, Mrs. Jerry Sheen, Mrs. T.E. Rowley, Miss Joan Compton, Mrs. Marie Pineau, Mrs. Amos Hubley, Mrs. Eric Woodside and Mrs. Carl Woodside.

Mr. and Mrs. Ralph MacFarlane and children, Rodney and Cathy, and Mr. and Mrs. Silas MacFarlane, left last Monday for Florida. Mr. and Mrs. Silas MacFarlane will stop over at Norfolk, Virginia, for a visit with their niece, Mrs. William Slaughter, before going on to Florida.

Mrs. Ernest Wells has returned to her home in Braintree, Mass., after visiting with her parents, Mr. and Mrs. Chester Palmer, Summerside.

Mrs. Henry Bishop, North Mark Street, entertained friends at bridge on Wednesday evening.

Mrs. Arthur Dunn entertained the Ladies Club of the Summerside United Baptist Church at her apartment on Harvard Street on Friday evening. Mrs. Bruce Johnston assisted the hostess.

Miss Jean MacFadyen was hostess to the Ladies Club of the Summerside Presbyterian Church on last Monday evening. Mrs. Frank MacNeill and Mrs. T. E. Rowley were lunch hostesses.

Mrs. Lloyd Gorill was hostess to her bridge club on Monday evening.

Hostesses at the Summerside Curling Club tonight will be Mrs. Muriel MacArthur, Mrs. William Warwick, Mrs. James MacGregor, the Misses Patricia Weeks, Lillian Cudmore and Doreen Dennis.

F. L. and Mrs. R.J. Baxter, and children, have returned to their home in Toronto, after visiting Mrs. Baxter's parents, Dr. and Mrs. J.A. McPhee.

Mr. Stanley Linkletter and Mr. Harry Cannon left on Wednesday by car for Florida where they will remain for six weeks.

Mrs. Chesley Robertson entertained friends on Wednesday at an afternoon tea.

Mr. and Mrs. George Bowness were supper guests at the home of Mrs. James A. Harding, Norboro.

Mr. and Mrs. Chesley Robertson entertained at a mixed party of scrabble on Wednesday evening.

Mrs. Wilfred Callaghan was hostess to the Alpha Beta Sorority on Wednesday evening. Mrs. Gabriel Chiasson was in charge of the cultural program, the theme of which was "Nature's Landscape." Lunch was served by the hostess.

Dr. W.E. Callaghan is at present in Chicago, Ill., on a two weeks' post-graduate course at the Cook County Graduate School of Medicine.

Mrs. Gilbert Gallant, Mrs. Claude Ives and Mrs. W.E. Callaghan were hostesses on Thursday evening at the Nurses' Residence, where six tables of bridge were in play. The function was sponsored by the Ladies' Aid of the Prince County Hospital.

Included among Summerside curlers who attended the MacDonald Briar Canadian Championship games at Moncton this week were Mr. and Mrs. Harry Dickie, Mr. and Mrs. Reagh Tinney, Mr. and Mrs. William Morrison, Mr. and Mrs. Art Clark, Mr. and Mrs. Eric Mackay, Mr. and Mrs. Ralph Somers, Mr. and Mrs. Jerry Hayes, Mr. and Mrs. T.D. Morrison, Mrs. W. E. Smallman, Mrs. Shirley Simpson, Mr. and Mrs. Lloyd Inman, Mr. Harry Dye, Mr. Bruce MacWilliams, Mr. Horace MacFarlane, Mr. and Mrs. B.F. Hunter, Mrs. J.K. Beer.

The following Mount Allison University Students spent the weekend of Feb. 25 at their homes: Misses Elizabeth Brookins, Kensington; Deanna Bell, DeSable; Mary Cairns, Summerside; Helen MacMillan, Summerside; and Robert MacWilliams, Cape Traverse.

EMERALD W. I.

Mrs. Joseph Hughes entertained the members of the Emerald Women's Institute at her home on Tuesday evening, March 6th. The president, Mrs. G. C. Green was in the chair. Meeting opened by singing the "Institute Ode" followed by repeating the Mary Stewart Collect in unison. Roll call was answered with an Irish jingle by eight members. Minutes of last meeting were read and approved. Correspondence was read and discussed. It was moved and seconded that \$5.00 be sent to the Red Cross, also 50c to Polio Sick. Sick committee had no calls to report; on motion they were re-elected. Collected money was paid. Collection amounted to \$10.00.

Box of cross sewing was distributed among members. Mrs. Clayton Hughes invited members to her home for April meeting. Roll call to be answered by a place in Canada and what it is noted for.

Lunch was served by the hostess. A contest was conducted by Mrs. Joseph Hughes with prize won by Mrs. Herman Mayne. A bingo game was enjoyed by all.

S'SIDE BAPTIST W. M. S.
The Summerside United Baptist W.M.S. met at the home of Mrs. Jack MacLeod on Tuesday afternoon. Minutes were read and approved. Roll call was answered with the word "Eternal". Mrs. J. F. MacNeill reported a box was sent to India.

Money was voted for the Vellore medical college in India. The devotional service was taken by Mrs. W. G. Ellis. The scripture was taken from the 14th chapter of St. Mark's. Mrs. Ellis' topic was "Midnight Music". Mrs. W. M. Currie led in prayer. Mr. W. M. Currie read an article on "Acadia and its missionary recruits."

Mrs. C. B. Jelly conducted a period with the mission study

LET'S EAT

Simple Recipes Often Make The Best Dishes

By Ida Bailey Allen

"It's sometimes surprising, Chef," I was saying, "How short and simple-looking recipes with few ingredients make some of the best dishes."

"For instance, the Peach Marshmallow Cream we're featuring in today's column. Four ingredients and about 5 minutes' working time is all that is required. And what a reward! It makes a dessert that can top off a company dinner, and it is elegant enough to serve as a dessert luncheon."

SPECIAL TREATS
"Canned sliced peaches also are delightful, Madame," replied the Chef, "in a crisscross peach pie with a cream cheese crust. Or in filling tall, biscuit shortcakes, topped with a tower of whipped cream and more peaches. And spiced sliced peaches are a treat on any relish tray."

Spiced sliced peaches: Combine the syrup drained from 1 (No. 2½) can sliced cling peaches with ½ c. sugar and ½ c. vinegar. Add 1 in. stick cinnamon and 6 cloves tied in a bit of gauze. Boil 5 min.

Add the peaches; boil 5 min. Cool. Remove the spice bag. Cover and refrigerate.

Monday dinner: French onion soup; blanquette of veal; buttered rice; hot kale vinaigrette; peach marmalade cream; coffee, tea or milk.

All measurements are level unless otherwise specified. Cut 2 lbs. breast of veal into 8 serving portions. Place in a heavy 2-qt. saucepan.

Add 1 tsp. salt, ¼ tsp. monosodium glutamate and 4 c. boiling water. Bring to boiling point. Add ½ a sliced peeled onion, 1 sliced peeled carrot, 2 whole cloves & sprigs parsley and ½ a bayleaf. Cover; simmer 1½ hrs. or until the veal is fork-tender.

Remove the meat. Strain off the broth. There should be 1½ cupsful. In a saucepan, melt 2 tsp. butter or margarine. Stir in 2½ tsp. enriched flour. When smooth, slowly stir in the veal broth. Stir-cook until boiling.

Then, beat 1 egg yolk with a fork. Add ¾ c. undiluted evaporated milk or commercial sour cream. Stir into the boiling sauce; cook-stir 1 min.

Add ½ tsp. lemon juice, a few grains nutmeg and 1 tsp. minced parsley.

Place the veal in the center of a heated large platter. Pour over the sauce. Ring with buttered rice.

The Chinese started drinking tea. Back in a distant century. The English started to make the Pot. To serve this beverage, piping hot.

"This easy now for all to see. Why English people love their tea. With milk or lemon, lead or hot. 'The better made in a GIBSON Pot."

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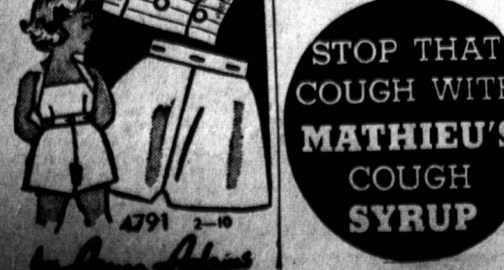
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