

WOMEN

Page 10 The Guardian, Wed., July 20, 1955

LET'S EAT

Each Day Take The Time For A Good Breakfast

By Ida Bailey Allen

Have a good vacation, but don't take a vacation from breakfast. Some of the children to do it," I was saying. "Breakfast is a must for every person."

"Madame, you look too serious for such a warm day," observed the chef. "Let us up a cool time and discuss this matter."

But Calorie

"From at least four different sources, chef reports of carefully conducted studies have come in to me on the subject of the increasing habit of eating little or no breakfast. Some of this can be traced to a mistaken idea among persons wishing to reduce. That is to skip breakfast is effective. It cuts calories but it also cuts energy and undermines good health. This is especially true for adolescent girls who practise it the most. Giving without breakfast is a distinct threat to their good health."

"It is not an old wives' tale or a legend that the body is normally without food from the evening meal until breakfast time. Even during sleep the body uses up energy and needs to replace it. When breakfast is omitted, the body has to go without any help. These 'no breakfast' persons feel languid, too tired to work efficiently, or even to enjoy sports."

Mid-Morning Snack

"By mid-morning 'snacking' commences, perhaps a soft drink and a doughnut or some other food that cannot replace the breakfast essentials of citrus fruit or juice, a whole grain or enriched cereal and milk, perhaps an egg, a little ham or bacon, and a slice of hot toast."

"How can we mothers expect to raise families of healthy children when we allow them to form the lazy no-breakfast habit?"

TOMORROW'S DINNER

Iceberg Lettuce
Cream Cheese Dressing
Horseradish Sauce
Potatoes Creamed with Peas
Buttered Beets
Blackberry Rolls
Hot or Iced Coffee or Tea
Milk
Blackberry Roll: Sift together 2 c. already-sifted enriched flour, 4 tsp. baking powder, 1/2 tsp. salt and 1/2 tsp. sugar. Add 1/3 c. margarine or shortening. Chop in with a pastry blender.
Then add 4 c. milk. Turn onto a floured board or pastry cloth. Roll into an oblong sheet about 13" thick. Spread with 2 1/2 c. cleaned blackberries mixed with 1/4 c. sugar and 1 tsp. grated lemon rind.
Moisten the edge of the pastry with water, roll up gently and press the edges in place. Transfer to an oiled shallow baking pan. Brush the top with milk. Bake 35 min. in a moderate oven. 375 degrees F.
Serve with lemon sauce.
PIMENTO CREAM CHEESE DRESSING FROM THE CHEF
With a fork blend together 1 1/2 c. pkg. cream cheese, 1 pimento, 1/4 tsp. milk or commercial sour cream, 1/3 tsp. salt and 1/4 tsp. pepper. Chill.

MARY HAWORTH'S MAIL

Unmarried Divorcee Is Mother-To-Be, Wishes To Marry

DEAR MARY HAWORTH: I am a divorcee, a teacher, with children whom I am trying to support on my salary. My boy friend is 38, a bachelor and college graduate, employed in a traveling job. There have been times when he wanted to marry me, and times when I wanted to marry him, but they seemed never to coincide. Now I am expecting his child and when I found I was pregnant we had a disagreement. Foolishly and stubbornly I ignored all his suggestions, including marriage, thinking it would be best if we went our separate ways.

I had considered terminating the pregnancy. Now I want to marry and Ed doesn't, and since our disagreement he hasn't come to my home, I realize he would be doing me a favor to marry me, as I already have three children; but in the circumstances it is too much to ask for.

NERVES FRAZZLED THIS PAST YEAR

Perhaps we should have broken up sooner, but over the years I had become very attached to Ed. We have similar interests, like the same people and he was wonderful with my children and could even cope with my stubborn streak. But this past year I was overworked and over-tired and increasingly disturbed by his visits, which were very like the weekend comings of a husband who happens to work out of town — although it seemed our relationship would never develop into marriage.

Recently he sent me a copy of your column of May 23 concerning a divorcee, past 40, who expects a child and considers suicide as she shrinks from exposure. I think he wanted to call my attention to the Florence Crittenton Home, where the woman, as offering sanctuary and plan-making help to unmarried mothers.

But my present hope is that this pregnancy, unwanted at first, may turn into a maturing experience for both of us, as man and wife. I am beside myself with worry and will deeply appreciate any help you can give me. —P.Y.

STRAIGHT FURROW IS LEAST TAXING

Farmer's Wife

Birds sang with us today — the robin-birds of lawn, the having wild wafting gently their "cheerful" about, pleased with the nestlings now trying young wings, naturally partial as we are to the grandchildren, in mind dwelling more on their charms and gifts than their foibles. Daily we find much to admire in our and all children, even as we try to pattern by them "the better parts" of our ways.

How quickly they can lose any resentment of hurt of spirit! Tears of disappointment soon dry on young cheeks, and unlike the mothers who are their elders' differences, quarrels, issues are forgotten, forgiven and lost in the common and smiling interest of some new work or play. "Unless you become as little children."

How difficult those terms for us who have allowed the wide acre of our heart once as clean as theirs, to be over-run with many a sorry briar and bramble of our planting.

And another day favored the having, filling mows and lofts with this summer gift of the fields. It kept the family alert and willingly busy, even to the youngsters, who at a call fetched and carried especially cooling drinks on occasion to the thirsty hands in field and barn.

Good too was the sound of the mowers in the morning field, one horse-drawn, the other after a tractor, good too the clatter of the raking, the machine used now unlike that we knew in the scent and quiet of old days fashioning strangely the windrows.

And it was pleasant to watch the saving to see tractors and hay-wagons follow the windrows, the leader picking up easily the burden to bear it up to the two busy builders on the load.

"Do you notice how that loader works?" We saw Mack turn to Gage with the question.

"Yes," Gage nodded. "What do you say if we fix up a hay-wagon and all and attach it to our truck?" And they were off then to that pasture. Delightful are these days for the children. Their bodies brown and lengthen and strengthen as they keep occupied and happy at fancies which serve to keep them long hours out of doors.

Good too it was to see once more the great loads draw to place beneath a high eave's door of the barn, and the forkfuls lift and enter the dimness within. We are glad that we are privileged to enjoy another harvest at Alderlea. And grateful that the fields tended by the farmers are giving them returns which will provide food for their herds and flock along stabling days, and so let this occupation that is farming continue with us.

All day a fragrant having wind roved, one sunny and warm. To night it rests. How quiet and still now our valley! Where is our plaintive pond music? Gone, to be one memory of spring that is past.

Until tomorrow—Diary—Good-night....



At Niagara Falls

Photographed as they left on their honeymoon to Niagara Falls are Mr. and Mrs. Neil R. Isenor. The ceremony took place at Westdale United Church in Hamilton, Ontario. The bride is the former Gertrude H. Barrett.

Nuptials in Toronto

A wedding of interest was solemnized at St. Joseph's Church, Toronto, on Saturday, June 11, Rev. J. H. Ingoldby celebrated the Nuptial Mass and officiated at the double ring ceremony when Blanche Laughlin of Toronto, Ont., daughter of Mr. and Mrs. Walter Laughlin of Sherbrooke, P. E. I., became the bride. The groom is the son of Mr. Joseph T. Forgeron, formerly of R.C.A.F. Station, Lac St. Denis, Quebec, and son of Mr. and Mrs. Alexander Forgeron of West Arichat, N. S.

Tremere-Ford Nuptials

A quiet wedding was solemnized at Brookfield Presbyterian Manse on July 5 at 3:30 p.m. when Rev. Lawrence Blake united in marriage Marion Dorothy, only daughter of Mr. and Mrs. Leslie Ford, Winsloe North, and Pope Preston, son of Mrs. Tremere and the late Pope Tremere of Hampshire.

MORNING SMILE

Salesman—"If you take this car, madam, we will put your initials on absolutely free."

Customer—"But John says it's not the initial cost, it's the upkeep that one must consider."

Couture Capeskin

LEATHER is lovely, and is fast coming into its own, not only as a real sports and hardy country clothes material, but as a sleek, smooth delight in dressy things, too. New techniques in handling and dyeing have enlarged and enhanced the scope of fine leather and next season there'll be a veritable pageant of leather clothes. Luxurious capeskin and velvet combine in a new jacket that should be an addition to any wardrobe. Samuel Robert does it in pale pink and accentuates the hip line by a belted back and low-placed slashed pockets. Revs of cherry red velvet match the slim line skirt to create a delightful and original suit.

The bride was attended by Miss Teresa Laughlin. She wore a bouffant gown of pale pink crystal over pink faille with a headpiece of shirred nylon net and sequins in matching shade and carried a cascade of pink carnations.

Mr. Roland O'Connor was best man and the ushers were Messrs. George and Cyril O'Connor.

During the mass Mr. Joseph Daugherty sang "Ave Maria," "Pani Angelicus," "Oh Lord I Am Not Worthy" and "On This Day."

A reception followed at the Mayfair Inn. The bridal party were assisted in receiving by Mrs. George O'Connor and Mr. Kenneth Laughlin. The brides table was beautifully decorated with bowls of spring flowers and tall white tapers in silver holders. It was centered with a three-tier wedding cake topped with a wedding bell and flowers. Mr. John Paul Gagnon acted as toastmaster.

Mr. Edward Laughlin proposed a toast to the bride, which was appropriately responded to by the groom. Remarks followed by F.L.L. Gordon Melniss of St. Huberts R.C.A.F. Station, Quebec. Mrs. John Paul Gagnon was in charge of the guest book.

For travelling the bride wore a princess style navy silk shantung dress with white collar and buttons and navy and white accessories. Her corsage was of pink carnations.

After a wedding trip to places of interest in Ontario and Quebec the couple will live in Sydney, N. S. where the groom has been posted with the R.C.A.F.

The bride, previous to her marriage, was a valued employee of Simpsons and Sears Ltd., Toronto, Ont.

by Mrs. Walker on her recent trip to the United States, and a report on a day spent at the Provincial Convention by two of the members.

Lunch was served by the hostess assisted by her daughters.

Wife Preservers

Rice is one of the few foods that don't change flavor when reheated. Leftover rice may be added to boiling salted water, cooked for five minutes, then drained and allowed to dry and fluff. Or it may be reheated in the oven by adding a little water to the pan, covering and heating until the grains are thoroughly hot.

SUMMER SLIMMING

Mr. and Mrs. Style

Toss Out Notions On Dieting

On this summer slimming course, get out of the rough and on to the fairway by tossing out all your previous notions about dieting. The rough is mostly mental.

The common error is to regard diet as a restriction depriving you of favorite foods. That very attitude sets up an inner resistance which makes reducing an ordeal.

Now the mental gymnastics ... do a broad jump in your thinking to get a fresh point of view. What does a scientifically planned low calorie diet really mean to you? Think of diet as enabling you to achieve your goal of normal weight. Concentrate on the rewards and you can be enthusiastic about calorie curbing.

When the two of you set out to lose weight, one of the other may express doubt on the will power score. Analyzed, will power is mental attitude in action. If your desire to be normal weight is wholehearted and you hold that attitude enthusiastically in mind, there will be no question about enough will power. With the right mental attitude, there is no resistance.

From the standpoint of menu planning and good preparation, double dieting is always easier ... and two can reduce almost as cheaply as one. What really makes it more effective, however, is that two can get into the spirit of reducing ... than one ... you boost each other's morale and enter into a spirit of friendly competition.

The scientific way of eating will bring your weight to healthy normal. This system is as exact as 4 minus 2 equals 2. It takes a little longer to turn excess fat back into energy, but calorie arithmetic is accurate. And, thanks to the advances in the science of nutrition, you need not go hungry while reducing.

Strict dieting for a short period is not the way to control your weight, for the pounds bound right back. The only successful system of reducing is to control weight through a plan of eating that is profitable and satisfying — as well as low in calories. Make your aim in this summer slimming adventure toward the real goal — to live happily at healthy normal weight from now on.

Posh Beauty Centre Features Hi-Fi Music

By PAULINE KENNEDY
Canadian Press Staff Writer

Toronto (CP) — Toronto now has a posh women's beauty culture centre where patrons can absorb high-fidelity music while they work off surplus poundage.

Paul Pogue, dapper physical culture expert who has piloted a similar exercise service for men the past 21 years, originated the pastelit, hi-fi women's counterpart recently.

"We teach you to think in the language of health," Mr. Pogue said at his beauty salon opening. Mr. Pogue, who bristles with health in a cultured way, has designed the ultimate in luxury for clients eager to exercise, take steam baths, have ultraviolet ray treatments or massage.

Rooms are painted in warm blue and green pastels, and attendants stand by to meet the customer's every need.

"Within these walls," Mr. Pogue said, "a woman finds luxury, elegance combined with tranquility and charm."

Milligan-Farrar Wedding

The wedding was solemnized in Kingston Road United Church, Toronto, on May 7, 1955, of Vina Pearl, daughter of Mrs. Vina Farrar and the late Edgar Farrar, formerly of Appin Road and Carl Milligan, son of Mr. and Mrs. George Milligan, Conway, P.E.I.

The double-ring ceremony was performed by Rev. J. E. Mutch.

The bride, given in marriage by her brother James, was charming in a strapless gown of white net over satin having a lace bodice and full-length bouffant skirt. Her jacket of Chantilly lace was styled with a Peter Pan collar and Lily Point sleeves. Her fingertip veil was held in place by a cap of tulle with seed pearls. She carried a bridal bouquet of pink roses with white satin streamers.

She was attended by Miss Doris Hammill as maid of honour and Miss Margaret Smith as bridesmaid. Miss Hammill's strapless ballerina length dress was of bouffant net over taffeta with small matching net stole and hat. She carried pink roses. Miss Smith was similarly attired in pink. She carried yellow roses.

Mr. Ronald Hawkins was best man and the ushers were Messrs. Harold Pappall and Ronald Vincent. The reception was held at Variety Inn with 75 guests present.

Following the reception the newlyweds left on a honeymoon trip to P. E. I. The bride wore a red wool box suit with white accessories and a corsage of pink roses. They have taken up residence at 488 Victoria Park Avenue, Toronto, Ontario.

SALE OF DRESSES

CLEARING ALL BETTER DRESSES — CREPES, PRINTED SILKS, AND COTTONS AT 20% OFF

Choose yours now for the best selection.

THE GLORIA

179 GRAFTON STREET

DAILY DOUBLE DIET

Breakfast	Calories
Chilled fruit juice, half cup	55 55
Scrambled eggs	100
Mrs. - small serving 1 egg	200
Mr. - generous serving 2 eggs	50 50
Toast, 1 thin slice	25 25
Butter, 1/4 pat	0 0
Coffee, black	—
	230 230
Scramble eggs in top of double ooler. Use 1 Tbsp. milk. No fat needed.	
Luncheon	200 200
Chef's Salad	
Hearts of lettuce, quartered tomato, celery, watercress, generous strips chicken or luncheon meat, strips of cheese (1 thin slice)	
2 tablespoons Reducer's dressing	
1/2 sliced bread, lightly buttered	75 75
Mrs. - Skim milk or buttermilk	80
Mr. - Glass of milk	160
Hot Tea or Coffee, if desired	0 0
	355 355
Note: If Mr. prefers, he may have lean steak sandwich on 1 slice bread, plus glass of milk and cantaloupe.	
4:00 Energy Pick-Up 80	80 80
Calories	
Choice: Orange juice, 5 oz. butter-milk or skim milk, coffee with cream and sugar.	
Dinner	
Broiled lamb chops (Loin or shoulder) (eat lean meat only)	130
Mrs. 1 chop	230
Mr. 2 chops	50 100
Baked potato (Mrs. 1/2)	25 25
Butter, 1/2 pat	25 25
Choice of asparagus, broccoli, spinach	25 25
Crisp carrot slivers and radishes	20 20
Honeydew melon, 2" wedge	80 80
Iced tea with mint and lemon	0 0
	300 350
Total calories	965 1295
Evening beverage: A no calorie soft drink	
REDUCER'S DRESSING	
2 parts vinegar to 1 part oil	
seasoning. Stir well.	



New Earring Settings

WHAT a difference, what distinction, a few fine pieces of costume jewelry can contrive, especially when they are placed with imagination. Lori Nelson is one young lady who really does it on costume jewelry and always on the lookout for new and interesting pieces. Recently she invested in some delicate gold snowflake earrings. But does she wear them in the accepted place? Why no, she has perched one on her belt, the other on her skirt pocket. Like the idea? We do, that's why we wanted her to pose. She added to the picture interesting pieces. Recently she with her beautiful gold choker.

Words of the Wise HOUSEHOLD HINT

Art is a jealous mistress, and if a man have a genius for painting, poetry, music, architecture or philosophy, he makes a bad husband, and an ill-provider.

To clean a slightly soiled single-toned rug, use cornmeal. Work the cornmeal into the pile of the rug with a stiff brush; then remove it with a vacuum cleaner.

ANNE ADAMS PATTERNS

ADORABLE PLAY-SET!

Toddlers love this outfit — it's just ideal for play! Sew the shorts overall in rugged denim or no-iron seersucker, she'll wear them without the shirt — as a cute sun-suit. Both are very, very easy to sew — wonderful styles for summer fun! Toddlers love them!

Pattern 4656: Toddler Sizes 1, 2, 3, 4. Size 2 overall, 1 yard 35-inch; shirt 1 yard. Use remnants!

This pattern is easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of The Guardian Publishing Company.



4656 1, 2, 3, 4, 5
by Anne Adams

French's MUSTARD

does something Wonderful for outdoor eating!

French's mustard is a golden flavor adds extra zest to many other outdoor treats — hot dogs, sandwiches, cold cuts.

HERE'S THE SECRET!
FRENCH'S HAMBURGERS:
1 1/2 lbs. ground chuck beef, 1 1/2 tsp. salt, 2 tbsp. minced onion, 2 tbsp. French's mustard, 1 egg, 1/4 tsp. pepper, 1/2 tsp. French's Worcestershire Sauce. Knead ingredients together thoroughly, put into cakes, grill or pan fry. Serves 5.
French's golden flavor adds extra zest to many other outdoor treats — hot dogs, sandwiches, cold cuts.

Send your copy of NEW EDITION OF "COUNTRY ART" RECIPE BOOK for 10¢ (Canadian 15¢). Dept. EA, 1000 Ambush Road, Montreal.

Canada's Golden Quality PREPARED MUSTARD — in the Red Pennant Jar...

ELLEN'S DIARY

By An Island Farmer's Wife

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Cook's Corner



STRAWBERRY JAM

Clean and cut 2 quarts strawberries. Mash with potato masher or fork. Put on to boil for 3 minutes then add 3 cups sugar. Boil 1 min. more then add 2 cups sugar. Boil 3 minutes more then add 1 cup sugar. Take off and let cool then put in jars and cover with wax.

ALICE BROOKS DESIGNS



Sew a jiffy wrap-on — trim with gay embroidery. Flower — basket pocket — nothing prettier! Make two styles — long and short!

Pattern 7022: Size pattern, motifs, directions for wrap-on. Sizes Small (10, 12), Medium (14, 16), Large (18, 20). State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian Publishing Company. Print plainly NAME, ADDRESS, PATTERN NUMBER AND SIZE.

ORDER our 1955 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!

ALBANY W. I.

The members of the Pleasant Circle Institute, Albany met at the home of Mrs. Mary Sherry for their July meeting. The meeting was called to order by the president, and began with repeating the collect in unison. Roll call was answered by members presenting their baby pictures, which caused much interest and comment.

The secretary was advised to pay the remainder of the dental clinic bill. Mrs. Sherry conveyed the thanks of Mrs. B. Noonan to the Institute for their remembrance of her during her recent illness.

Members to her home for the August meeting. Roll call is to be answered with a brief description of "My Favorite Hobby." Program consisted of a travelogue

JULY SPECIALS

BALANCE BATHING SUITS — Clearing at 1/3 OFF
KIDDER'S DRESSES, 1 to 8 years — Clearing at 1/3 OFF
GIRLS' COTTON DRESSES, 4 to 14 years — Clearing at 20% OFF
ASSORTMENT OF GOODS REDUCED TO CLEAR AT BIG DISCOUNTS
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