

Women

Lena Caroline McLure, Women's Editor, Phone 8508

The Guardian, Charlottetown, Mon., Feb. 9, 1959 5

HAPPENINGS

Mr. and Mrs. Noel H. DeBlouis entertained at a late afternoon party on Saturday at their lovely home on Crestwood Drive.

Mr. and Mrs. Rankine MacLaine are leaving Tuesday by train for Calgary, Alberta, when they will attend the School Boy Curling. Mr. MacLaine is the Provincial Representative of the P.E.I. School Boy Curlers.

Mr. and Mrs. Arthur Roper, Charlottetown, are leaving Tuesday by plane for Calgary, Alberta, where they will visit Mr. Frank Roper and Miss Helen Roper, also to attend the School Boy Curling. From there they will go to the coast and then to Brandon, Ontario where they will visit Mr. L. W. Roper.

They will also visit in Ottawa with Mrs. Roper's brother, Mr. and Mrs. R. B. MacNeill and a family. From there they will visit in Toronto and Montreal with nieces and other relatives and friends.

Mr. and Mrs. Jack MacEachern, 6 Brighton Road, left Saturday morning for Montreal where Mr. MacEachern will attend the Dominion Fruit Dealers' convention which is being held at the Queen Elizabeth Hotel. Mr. MacEachern is representing the Clark Fruit Company of Charlottetown of which he is manager.

Mrs. John Anderson, the for-

mer Marie Jenkins, of Calgary, Alberta arrived on Sunday to spend a few weeks visiting with her parents, Mr. and Mrs. J. S. Jenkins, 132 Hillsboro St., City.

A very enjoyable evening was spent at the home of Mr. and Mrs. Wyman Gorrill, Glenwood, Monday evening, Feb. 2nd., when friends and relatives gathered to tender a miscellaneous shower in honor of their son-in-law and daughter, Rev. and Mrs. Dewis Rectpr. The living-room was nicely decorated with pink and white streamers. While the bridal chorus was being played by Mrs. Alvin MacIsaac the newlyweds took their nice-decorated seats of honor, beside the gifts which were carried in by the Misses Sandra and Debra MacIsaac.

The gifts were opened by Mrs. Keith Gorrill while the accompanying verses of good wishes were read by Mrs. George MacIsaac, Miss Harriet Gorrill presented and Mrs. William MacKinnon arranged them on the table. Dewis on behalf of himself and his bride expressed their thanks to all for their kindness and good wishes. All joined in singing "For They are Jolly Good Fellows."

Lunch was served by the hostess assisted by several of the ladies. The remainder of the evening was spent in social chat and music furnished by Mrs. Leslie Gorrill and Mrs. Alvin MacIsaac.

Potatoes Are Not Fattening As Written By Dr. L. B. Pett

Ladies and Gents—there is no need to go on that potato diet which you think is fattening. This letter written by Dr. L. B. Pett, Chief, Nutrition Division Department of National Health and Welfare declares that "Potatoes are not fattening."

Eating a variety of foods such as recommended by Canada's Food Rules is the only assurance of adequate nutrition. Therefore, no one food can be called indispensable or be given the title of being the most important food in the diet. But I can answer in one sentence the question implied in the title of this talk. The place of potatoes in our Canadian diet is simply that they should be eaten every day, by practically everyone.

This statement means that potatoes share with milk, tomatoes, other vegetables, cereals and meats the job of keeping us alive and well. Each of these foods is mentioned in Canada's Food Rules, and has a special contribution to make to health when eaten in conjunction with all the others.

Great harm has been done to the public themselves, as well as to the potato industry by the common fallacy that "potatoes are fattening." We all know that many people have become "calorie conscious" and have avoided eating valuable foods like bread and potatoes. Yet these same people continue to eat foods like chocolate and pie.

No food is fattening, in itself, only in the way it is used. All foods provide calories, but a gain in weight results only when the total diet supplies more calories than the body is using up in activity. There is a balance between food intake and energy expenditure, with obesity as the potential penalty, regardless of what foods are eaten. In other words, it is not the kind of food that adds weight, but the amount of all food eaten, in relation to activity.

Fat folks should stop shuddering at the sight of good foods like bread and potatoes. It would be better to take a good look at that cherry pie, doughnuts, cookies, or ice cream sundae. Sugar is just pure calories while potatoes have additional food values that may be vital to life itself. Of course second helpings of many foods are likely to be a mistake. That is where activity or exercise come into the picture: if you are active enough to use up all the energy value, then you may need those second helpings and those sweet foods.

These very people who tell you that they never eat potatoes or bread may go to a cocktail party and eat rich little morsels that provide a hundred calories before you even taste it. Or they may get a scoop of ice cream on their pie—just a tiny scoop, can't have very many calories. Actually, it may have twice as many calories as the potato had that they passed by. And other people put their potatoes only to nibble at peanuts, until suddenly the peanut dish is empty—and peanuts tally up about 5 calories for each one. Other people avoid their bread and potatoes, but are tempted to take a chocolate later on. Just one, mind you. Surely that little chocolate could not bother their figure like that big starchy potato. Actually, one chocolate usually has more calories in it than a fair-sized potato. And they are empty calories—just empty sugar and fat calories, not providing other nutritional values. Pie, doughnuts, cookies and many other foods need this second look before you eat.

Therein lies the danger of many foods—they do not carry enough other nutritional values with their calories. This danger becomes acute as we grow older, because older people need more and more minerals and vitamins, but fewer and fewer calories. And yet we keep on with the same food habits and even the same appetite just when we should be judging our calories by the company they keep—do they have extra nutritional values? After the age of 40 every bite you eat should include protective nutrients in addition to any calories it may provide.

Potatoes contain quite a lot of other food value than calories. Vitamin C or ascorbic acid, vitamin B1 or Thiamine, iron and other minerals are all present in raw potatoes.

I believe that in the past potatoes have saved many Canadians from scurvy.

Twenty years ago potatoes, in the raw form, contributed half of all the vitamin C in Canadian food supplies—much more than the entire tomato crop and imported citrus fruits. Unfortunately much of this precious food value was lost by over-cooking in too much water, and then storing and even re-cooking. But even in this final state a few milligrams of vitamin C must have remained, and the large quantities eaten by poorer families gave enough to avoid scurvy.

Scurvy is not common in Canada, but for the last 400 years it has never been very far from being our most serious nutritional problem.

In 1535 Jacques Cartier had a dreadful winter of scurvy in the Montreal area, described in the following words:

"In the month of December, there were dead above 30. And albeit we had driven them from us, the said unknown sickness, began to spread its sickness amongst us after the strangest sort that ever was either heard of or seen, inasmuch as some did lose all their strength... then did their legs swell. Others also had all their skins spotted with spots of blood of a purple colour, their mouths became sticking, their gums so rotten that all the flesh did fall off."

In 1855 there were several hundred cases of scurvy in Canada, especially among babies, and a few cases among older people. They were not as serious as in Jacques Cartier's time, and only a few died, but the fact that they existed shows how far we are from applying nutritional knowledge.

Vitamin C prevents scurvy. Vitamin C or ascorbic acid is found in lemons and oranges and grape-



SHAPED FOR SMARTNESS

BY ALICE ALDEN

The long slim pouch bag is the perfect complement to the current silhouette. Softly tailored and of fine leather, a bag such

as the one shown here should have a long and fashionable life. Imported from France, it features French knots dotted over the lustrous calf surface. The lining is beige leather.

fruits in considerable amounts. Tomatoes, either fresh or canned, are also good sources. But citrus fruits are imported into Canada, and therefore too expensive for many people, while tomatoes are not always available. The one vegetable that is almost universally used in Canada is the potato, and to this we might add turnips and also green vegetables like cabbage. All of these vegetables contain in the raw state, quite a lot of vitamin C. Note that I said in the raw state. Water leaches out the vitamins, and heat gradually destroys it.

In our Canada's Food Rules, which give an outline of a good diet, we are forced to mention citrus fruits, because people are very careless how they handle vegetables. If potatoes or cabbage are cooked in too much water, and for too long—as they frequently are—then it is probable that the cooking water contains most of the vitamins and minerals. In fact, I once calculated that more Vitamin C is lost that way in Canada than is present in all the citrus fruits that we import. The need is for better food preparation, not for attacks on our import pattern.

In conclusion, there are 3 things that I believe the Potato Industry itself can do for better health and to improve the position of potatoes in our diet:

1. There are still people who grow any old kind of stock. They may get certified seed stock but know nothing about food value. Some varieties of potatoes, such as Dooley, have much more vitamins than others like Green Mountain. So first of all, why not grow potatoes with more food value.
2. Storage. Then there is the question of storage. Good airy cool storage slows down the losses of vitamin C in potatoes after the initial rapid drop. Having produced the maximum food value I think you should encourage retention of this food value by proper storage. Remember that the starch does not deteriorate, so it is these extra food values you must keep your eye on.
3. Cooking. Too many people cook potatoes for too long a time in too much water and then throw the water away, thus losing much of the minerals and vitamins originally there.

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Fish A La East India For Dinner Tomorrow

By IDA BAILEY ALLEN

A highlight of the remarkable dinner given recently in New York City for food editors by the American Spice Trade Association was a program of folk songs presented by the United Nations Singers. This choir of men and women of all nationalities, some in native costumes, sang with skill, touching simplicity and enthusiasm. They presented folk songs of many countries.

These singers make only three appearances a year. If they are listed on radio or TV, don't miss them. Their music represents the best we are all seeking—mutual understanding and world harmony.

AMERICAN SUNDAY DINNER

Toss lettuce-asparagus salad, assorted pickles, crisp celery, baked smoked ham, cider sauce, sweet potato loaf, broccoli spears warm crisp - cross apple pie, cheese, coffee, tea, milk.

All measurements are level; recipes for 4 to 6.

Sweet potato loaf: In a 2 qt. mixing bowl, combined 4 cups mashed cooked sweet potato, 1-3 c. melted butter or margarine, 1 egg, 1 c. fine dry bread crumbs, pepper and 1/4 c. each small-chopped walnut meats and seeded raisins. Mix thoroughly. Turn into oiled 9" x 5" x 3" loaf pan. Bake 1 hr. in moderate oven, 350 degrees F., or until firm to touch and lightly browned. Cool 10 min. in pan. Unmold on heated platter.

Tomorrow's East Indian Dinner:

Lentil soup; baked fish; east Indian stuffing; flaky rice; mixed vegetables; banana fritters; coffee, tea, or milk.

Baked Fish East Indian Stuffing: Rub a dressed 3 lb. cod, haddock, bass or sea trout inside with salt, pepper and monosodium glutamate. Fill with East Indian stuffing. Press edges of fish together.

Place in baking pan lined with aluminum foil, then oiled. Brush fish with oil; dust with seasoned salt.

Bake 20 min. to the pound in

mod. oven, 350 degrees F. Baste 3 times with 1-3 c. oil containing 1 tsp. lemon juice.

East Indian Stuffing: To 4 c. heated cooking oil add 2 tsp. minced onion, 1 crushed minced section garlic, 2 fine-minced fresh chili peppers, 1 tsp. crushed coriander, 1 tsp. ground turmeric 1/2 tsp. each ground cumin seed and ginger and 1/2 c. fine soft enriched bread crumbs. Sauté 3 min. Stir in beaten egg mixed with 1 tsp. cold water. Add salt to taste.

Trick of the Chef: Season cooked mixed vegetables to taste with curry powder; keep warm 10 min. to develop flavor.

BEAR'S COLORS

Alaska's brown bears vary in color from dull brown to almost black, and sometimes are mistaken for grizzly bears.

WHAT CAUSES WOOL TO SHRINK?

... washing wool in hot water, with the wrong kind of soap causes the tiny fibres to break down and shrink. ZERO, the cold water soap that has been specially developed for washing woollens, stops shrinking or matting. Wash all your woollens from softest cashmeres and baby things to heavy wool blankets with ZERO in comfortably cool water. ZERO's gentle yet thorough action means no hard rubbing... dirt just floats out leaving your woollens sparkling bright, soft as new. Good for Nylon, Orlon and all cool water fabrics, too. Thrifty ZERO saves its cost the first wash. Regular size does over 50 washings. Large economy size does over 100. Get ZERO today from your drug, wool, department stores or supermarkets. For FREE sample, write Dept. CI, ZERO SOAP, Victoria, B.C.

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Double Wedding Performed In A Double Ring Ceremony

Christmas lights and evergreen was the setting for a lovely double wedding in Belfast Church on December 31, 1958 when Rev. Donald Nicholson, assisted by Rev. Fred MacKinnon united in a double ring ceremony Doris Isabelle Gillis, daughter of Mrs. James MacDougall and the late John W. Gillis, Newtown, to Alexander Ross MacRae, son of Mr. and Mrs. Wm. MacRae, Pt. Prim and Florence Eileen Gillis, daughter of Mrs. James MacDougall and the late John W. Gillis, Newtown, to John Frederick MacPherson, son of Mr. and Mrs. Alexander MacPherson, Bellevue.

The young brides entered the church to the strains of the wedding March beautifully rendered by Mrs. Augustus Ross. Mr. John Bears sang "Oh Promise Me," before the ceremony and "The Lord's Prayer" during the signing of the register.

Doris, given in marriage by her uncle, William Hambly, wore a ballerina length gown of chantilly lace and net over tulle with a lace bolero trimmed with pearls and sequins, the sleeves coming to points over her hands. Her elbow length veil of tulle illusion was held in place by a coronet of nylon tulle and sequins, she carried a bridal bouquet of American Beauty Roses with white satin streamers.

Her bridesmaid, Caryl MacRae, sister of the groom, wore a ballerina length gown of yellow nylon and net over tulle with matching mitts and head-dress. She carried a nosegay of white mums centered with a yellow rose.

Florence, given in marriage by her uncle, John Hambly, wore a ballerina length gown of lace and net over satin with a lace bolero, the sleeves coming to points over her hands. Her elbow length veil of tulle illusion was held in place by a coronet of nylon tulle and sequins, she carried a bridal bouquet of American Beauty Roses with white satin streamers.

ELLEN'S DIARY

Weather Nice And Clear Spring Will Soon Be Here

This was the Monday morning, the sparrows kept to the shelter of eaves' nooks - and we coming out early to read the thermometer at the house - corner were amazed, and adjusting glasses better to be sure, exclaimed to the pup who had followed us, "This is the coldest yet!" And bright and clear and beautiful the new day was.

And the sun opening the gray segments of morning, to look out on the vales and dales of the countryside, noted with a twinkle the rotinged machines about, which were a first concern of the farmers.

And notwithstanding the precautions which had given these extra protection through the night, there was discovered to the odd tap in the out - buildings that refused to give out the usual crystal flow.

And certain ones of us, voiced a longing for the "dear dead days," when a simpler and less-complicated way of life, gave us well-shod horses, a yard-pump, and a beaten path down a decline of field which led the cow-kind once and the horses twice daily to drink at the stream.

What matter if for the needs of the house, that winter - pump must be sometimes primed? And if our kitchen-conveniences and we counted ourselves blest with them! - consisted of an ancient iron sink, a pail or two of water on the neighboring shelf with a much-used dipper hanging near, we could at least, as James recalled at breakfast "Lay our heads on our pillows at night in content, and sleep in peace until morning" without disturbing thought of the water-lines below or above ground or in building being caught in the steely grip of the frost.

We yearned, though only briefly. Presently with a measure of warm persuasion, the tractor chugged off about its missions, the valiant little truck puffed and chuckled and was once more pressed into service. And with the aid of the boiling kettle, which

sings to us sweet tunes of auld years, any caught taps out about were soon pulsing freely again.

The sun smiled, and the smokes were coral-tipped that billowed in miniature clouds above the winter-roofs then.

And again, happy, to have the clean bright weather continue, though conceding the buildings would be considerably warmer if there were drifts of snow about them, the farmers followed their usual orderly routine.

A light wind roamed the hillsides. And there, too on a drab meadow, we saw the sheep come from a far barn to forage. Were they on their way to these yards of home, scenting perhaps a storm in the offing? ... But the sunset this evening spread rich and glorious colors. And no stars sparkle with a brilliancy not unlike those of the wonder-skies of December. Granddaughter has come from the house across the lane to join this household, her present interest a book.

"What are you reading?" James queries dropping his own.

"Anne of Windy Poplars-I've read it before" she replies.

"Then put it away," James smiles fondly at this one granddaughter of ours, and like old Mr. ... used to say, "Let's have ourselves a bit of a chat!"

Until tomorrow - Diary - Good-night.

HOUSEHOLD HINT

A pencil and pad by the bed may be the answer to an insomniac's problem, since he often lies awake trying to remember things he wants to do the next day. To free his mind by jotting them down may relax him so he can get to sleep.

Turpentine, ammonia or hot vinegar is the remedy for paint splashes on windows and mirrors. Don't use a razor, as it may scratch the glass.

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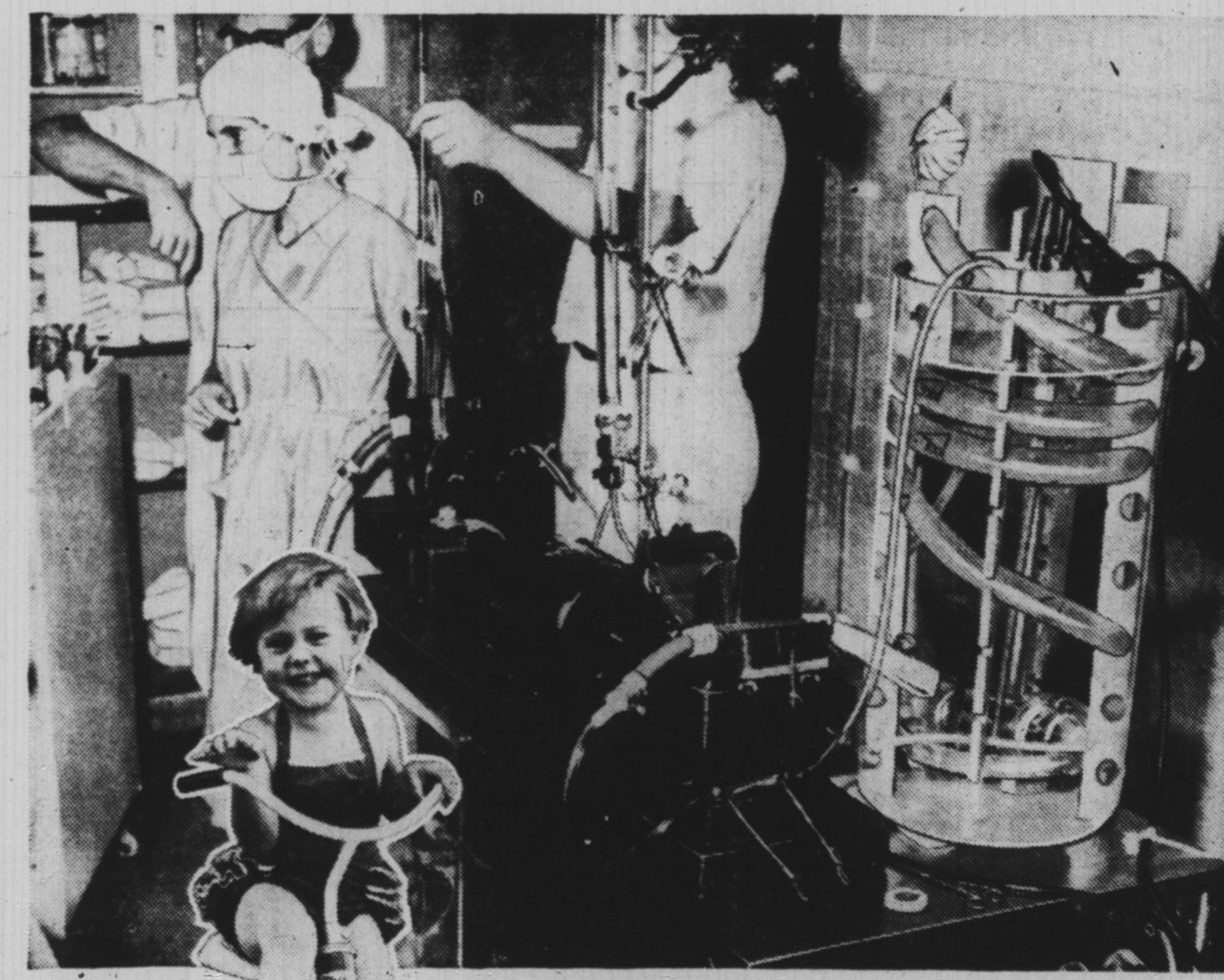


Photo above, courtesy of the University Hospital, Edmonton, shows the Heart Pump in use during Sherry Anderson's operation. Photo at left shows Sherry... 2 years after her operation.

How research saved Sherry Anderson's life

SHERRY ANDERSON was born a "blue baby". She had four defects in her heart which robbed her blood of the oxygen it needed. Her parents knew about the "blue baby" operation, but they also knew it had not always been beneficial.

Sherry was particularly fortunate because medical research had just developed a very efficient Heart Pump. This "pump" actually does the work of the heart during an operation, allowing surgeons time to make complete repairs.

Because the life insurance companies in Canada believe in the Heart Foundation, they have given it strong financial support. This is just one of many ways in which these companies help to create a healthier, happier life for Canadians.

THE LIFE INSURANCE COMPANIES IN CANADA