

# WOMEN

Page 8, The Guardian Monday, April 23, 1956

## KEEP IN TRIM

### Try An Abundant Diet

By Ida Jean Kahn

This dietitian is convinced that faddy diets are actually to blame for much of the overweight that exists today. Most of these popular diets are restricted to a few foods, and the very monotony of such fare sends you back to eating as usual.

Why not try a different plan? The satisfying way to reduce is to streamline your food habits enough to bring about the desired weight loss. The technique is to take a protective pattern and leave out unnecessary calories. Actually, this plan can be so nearly like your regular ways of eating, you will scarcely know you're dieting. The difference will be registered on the scales.

If you love to eat, then you've never stopped looking for some magic formula by which you can eat heartily and slim down. Fair enough—once you know which foods provide the essential nutrients to make good the wear and tear of daily living, and the approximate calorie value of standard servings, you've got the pattern and it's a formula by which you can lose 2 pounds a week—without going hungry.

Look over the following lists of foods and the amounts suggested: lean meat, fish or fowl, ¼ lb. (4 oz.) cooked; 1 pint of skim milk or buttermilk (hot soup made with 1 cup of skim milk is delicious); citrus fruit or juice, small glass (5 oz.); plus second fruit, an egg and cottage cheese or ½ cup yellow cheese; green leafy or yellow vegetable and another low calorie vegetable plus one small serving of starchy vegetable, such as half a baked potato; also 2 thin slices bread and 3 half pats of butter.

That doesn't sound much like a strict diet, but on it you can lose 2 pounds a week. Since this pattern of eating provides all the nutrition essentials, you can safely stay with it until normal weight is reached. By then, eating for normal weight becomes habit.

Convincing proof is found in this letter: "I have tried all kinds of popular diets and was successful

in losing pounds quickly—but gained it all back just as fast. Thanks to your Energy Boosting Diet for losing only 2 pounds a week, I am now on the slow, safe, not-hungry way to losing my unwanted poundage. I began this pattern on January 17th, and to date (March 21) I have lost 16 pounds. My goal is 30 more pounds. I do not suffer hunger pangs and am very satisfied indeed with this plan of reducing healthfully.

Good for you! When you reach your goal of normal weight, stay with this same protective pattern of eating, adding about 300 calories daily. You'll never again be overweight.

## Kindt - Gass

A honeymoon trip to New York City followed the marriage Saturday afternoon, April 14th, 1956 of Miss Florence Jean Gass to Mr. Joseph Kindt. The bride is the daughter of Mr. and Mrs. Thomas Gass, Hunter River; Prince Edward Island and the groom is the son of Mr. and Mrs. Joseph Kindt, Chippawa, Ontario.

In St. Paul's Lutheran Church, Rev. M.C. Weissbach, Minister of the church officiated at the four o'clock service. Baskets of Spring flowers decorated the church chancel.

Given in marriage by her father, the bride's gown of French imported nylon embroidered tulle had a scalloped portrait neckline and draped short sleeves. A cumbersome silk taffeta topped the ballerina skirt which fell over an all ruffled skirt of nylon net and tulle, the back of which was draped with its panel of cascading flounces. Her matching garter set came to points over the hands. A tiara of seed pearls and crystal beads held in place a fingertip length veil of French illusion. Her bridal bouquet was of red roses.

The attendants to the bride were Miss Joan Doerr, maid of honor and the bride's sister, Miss Mildred Gass of St. John, New Brunswick, bridesmaid Miss Doerr's strapless gown of nylon was in ice cream pink shade. It was designed with an elongated draped bodice, full ballerina skirt with scrolls of ruffles outlined in iridescent sequins at top of bodice. She wore a matching fitted stole over her shoulders and completing her ensemble was a tiara of satin studded with beads to which her veil was caught. The bridesmaid's gown was of pale blue nylon tulle and hand clipped Chantilly lace over glowing satin. Designed with a flattering square neckline, the gown had a figure molded torso. Her veil fell from a cap of pleated tulle and soft ruffles, touched with sequins. Both attendants carried arrangements of pink and white carnations.

The groom was attended by Mr. Percy Williams, as best man. The ushers were the groom's brother Mr. John Kindt and Mr. Eric Gass, brother of the bride.

Miss Patricia Gault was the soloist and Mrs. M.C. Weissbach, presided at the console of the organ for the ceremony.

A reception for 75 guests was held at the Red Cascade Inn at 6:30 o'clock. Assisting in receiving the guests, the groom's mother chose an attractive model in pale blue crepe with which she wore black and white accessories and a corsage of pink and white carnations.

For the wedding trip, the bride went away in a floral dress designed in blue and white topped with a matching pale blue duster. Her accessories were blue and white, complemented with a rosebud corsage.

Mr. and Mrs. Kindt will reside at 635 Simcoe Street, Niagara Falls Ontario.

## LET'S EAT

### Two Jambalaya Recipes

By Ida Bailey Allen

Down in the rice country of Louisiana, the farmers have been busy during the last few weeks. "I understand their planting season starts about the middle of March and extends through April," remarked the Chef. "This is because there are many varieties of long, short and medium grain rice which have different maturity times and so need different planting times."

A highspot of our visit to this section was dinner at the home of Frank A. Godchaux, Jr.

It was an unforgettable experience, dining in that lovely old room gleaming with candlelight and decorated with low masses of roses from the gardens.

Chicken Gumbo was one of the delectable regional foods on the menu. After dinner, we visited the kitchen to ask the cook for the recipe and found she had thoughtfully made up a real southern jambalaya, for us to taste. So today we're including both of these recipes from the kitchen of a distinguished Southern family.

Oysters are still in season. Make the most of them.

**TOMATO JUICE CREOLE FROM THE CHEF**  
Season with garlic, onion salt and celery salt. Top with minced green pepper.

**SUNDAY DINNER**  
Chicken Gumbo with Rice  
Grilled Minute Steaks  
With Mushrooms  
Tossed Lettuce-Tomatoes-Cress  
Upside-Down Caramel Custards  
Coffee Tea Milk

**Chicken Gumbo with Rice:** Into a 2½ qt. saucepan put ¼ c. butter or chicken fat, 1 bayleaf, ½ tsp. Tabasco, 1 qt. chicken stock or 4 c. water and 4 chicken bouillon cubes, 1 c. cubed or flaked cooked chicken and 1 No. 2 can tomato. Bring to boiling point; simmer until the okra is done. Season to taste as needed.

Meanwhile, cook 1 c. uncooked white rice until flaky. Serve the gumbo in soup plates and add a generous portion of hot rice to each serving.

If desired, 1 c. cleaned shrimp may be added to the gumbo 15 min. before it is done.

## COOK'S CORNER

**STUFFED ONIONS**  
Boil whole spanish onions till soft. Scoop out centres, mash and mix with fine bread crumbs, broken nutmers, parsley, pepper and salt. Fill shells and dot with butter. Put in baking dish - pour cream sauce over onions. Bake half hour in moderate oven.

## MORNING SMILE

A city youngster roaming around the country with some pals, found a pile of empty condensed milk cans.

"Hey, guys," he called excitedly, "come here quick I've found a cow's nest."

## HOUSEHOLD HINT

Mothers of young babies will be happy to know that a germ-resistant finish is now being applied to the plush fiber used in making stuffed toys. Even after eight or 10 washings in soap and water, the germ-resistant finish still helps to safeguard a baby's health.

## TOMORROW'S DINNER

Tomato Juice Creole  
Oyster Jambalaya  
Buttered Asparagus  
Tossed Romaine  
Sliced Radishes  
Lettuce  
Sponge Cup Cakes  
Strawberry Sauce  
Coffee Tea Milk

**Jambalaya:** Cut 1 lb. sliced raw ham in ½ in. cubes. Brown in 2 tsp. butter in a heavy pan. Add 1 chopped peeled onion, 1 chopped seeded green pepper and 1 minced shallot, peeled garlic. Simmer 5 min.

Add 1 (No. 2) can tomato, ¼ tsp. Tabasco, ¼ c. water and 1 c. uncooked white rice. Cover. Simmer 35 min. Lift occasionally with a fork.

**Oyster Jambalaya:** Follow the preceding recipe but omit the ham and use 1 lb. quartered cleaned shrimp. Five minutes before finishing, stir in two doz. shucked oysters. Cook until the edges begin to curl.

## HAPPENINGS

Dr. and Mrs. Frank MacKinnon entertained at tea on Sunday for fourth year Prince of Wales College students. They were assisted by Miss Doris Anderson and the Home Economics Class.

Mr. and Mrs. Keith MacKinnon have returned from Kentville, N.S., where they attended the sixth annual convention of the Maritime Motor Transport Association at the Cornwallis Inn.

MARGATE W.M.S.

The April meeting of the Margate W.M.S. met at the home of Mrs. Harold Wadding with Mrs. Chester Howard taking the worship service, and Mrs. John Johnson gave the prayer for our Missionary. Roll call was answered with an Easter verse by fourteen members.

Collection was taken and Easter envelopes were opened. Mrs. John Howard sent her thanks for cards received from the W.M.S. members by Mrs. Keith Warren, Christian Stewardship was read by Mrs. Stanley Sharp, and Temperance by Mrs. Reggie Dennis. Next meeting to be held at the home of Mrs. Leah Mayhen. Worship service to be taken by Mrs. Keith Warren, and Program by Selma Johnson.

The roll call for next meeting to be answered with a verse of scripture assisting the Mary in Mrs. John Johnson to visit the Mission Band Friday afternoon of this week. Mrs. Arthur Profit was unable to be present and Mrs. Stanley Sharp read the Easter Program.

Mrs. Wilbur Dennis is to have the prayer for our Missionary next month. Meeting closed with Benediction by the President. Lunch was served by Mrs. Woodside and the committee in charge.

MILLVIEW W.I.

The regular monthly meeting of the Institute was held at the home of Mrs. Alex Stewart on April 4th, with 11 members in attendance. The president called the meeting to order, and the Mary Stewart Collect was repeated in unison. Roll call was answered by passing in articles for bazaar.

Minutes were read, approved and signed and monthly financial statement given by Secretary-Treasurer. Sick committee reported four calls made and bill of \$1.50 paid. Just bars to be ordered for school. The rummage sale held on April 3rd, proved quite successful, turning in a clear profit of \$32.30. Letters of thanks were read, and Institute news distributed. Other Institute papers were read and disposed of and an order for cans from the Windsor Can Co., is being made up.

A dance is being planned for the near future, each member to invite two or more couples, date indefinite at present time. Next meeting to be held at the home of Mrs. M.E. Enkins. Roll call to be more bazaar articles. Collection amounted to 60 cents. A guessing contest was won by Mrs. Robert Drake and Mrs. Walter Crane. Lunch was served by the hostess and meeting adjourned.

ALEXANDRA W.I.

The April meeting of the Alexandra W.I. was held at the home of Mrs. Atwood MacRae with an attendance of 13 members and one visitor. Meeting opened with a piano solo by Linda MacRae, followed by Mary Stewart Collect in unison. Roll call was responded to by "Sing, Say or Pay." Minutes of last meeting were read and approved.

Reports of committees were given. It was moved and seconded to give \$1 towards the Ceylon sewing machine fund.

Knitting and sewing were passed in for Red Cross and more work distributed. Collection amounted to \$3.40.

Next meeting will be held at the home of Mrs. Harold Beaton, when the roll call will be "Exchange of potted plants." Lunch committee will be Mrs. Gerret VanDerkooy, Mrs. Blanche Caron and Mrs. Harold Beaton. The meeting closed with "The Queen" and lunch was served by hostess and committee in charge.

ST. ANN'S C.W.L.

The St. Ann's Sub-division of Lot Sixty Five Catholic Women's League held their monthly meeting on April 15th, with the President presiding.

The meeting was opened with prayer by Rev. Charles McCarthy. Correspondence was read which consisted of a thank you letter from one of the members for treat received, also a letter from the Sacred Heart Program in thanks for prayers and financial help.

It was moved and seconded to send donations to The Sacred Heart Program and The Sisters of Notre Dame.

A donation is to be given to the building fund of Mr. and Mrs. Ivan Peters who recently lost their home by fire.

Donations in lieu of Card Parties were received from two members.

A Mass is being offered for the members on April 28th, the Feast of Our Lady of Good Council.

Fr. McCarthy told the members he had inquired regarding the Stations of the Cross for the Vestry and folders were passed around re. same. It was decided to

make a selection at a later date.

Mrs. Vincent McCloskey, Mrs. Matthias Flood and Mrs. Gus Tierney were appointed to the nominating committee for the annual meeting in May. All members are requested to send their ballots to the committee immediately.

Meeting adjourned and closed with prayer.

CLYDE RIVER W.M.S.

The April meeting of the Clyde River Presbyterian W.M.S. was held at the home of Mrs. John and Mrs. Lorne MacNeivin. Meeting opened with "Call to Worship," followed by the singing of a hymn. The opening prayer was repeated in unison. Scripture reading was taken from Matthew 28 verses 1-10. The Bible exposition was read by Mrs. Warren MacKinnon. Mrs. Donald Nicholson led in prayer, followed by the Lord's Prayer in unison.

The roll call was answered by 15 members. Two visitors were present. The president repeated the offertory sentence followed by the offering (amounting to \$2.25) and prayer of dedication. Minutes of the previous meeting were read and approved. Sick committee reported sending two boxes to sick members. Four boxes of Christmas cards were sent to Mrs. Dickson. Several "Thank You" cards were received for flowers and sympathy cards sent. Also one letter in appreciation for fruit sent. Mrs. John Beer and Mrs. Donald Nicholson each had a reading on the theme which was "The First

Easter Day". Roll call for next meeting to be answered with a verse containing the word, "Mother". Meeting to be held at the home of Mrs. Arnold Beer. Lunch committee will be Mrs. Gordon MacKinnon, Mrs. Davis Ward, Mrs. Donald Nicholson, Mrs. John Gillespie and Mrs. John MacNeivin. Prayer was offered by president, followed by the benediction. Lunch was served.

TURN DOWN SUGGESTION

LONDON (Reuters) — The government Friday turned down a suggestion in the House of Commons that it should do away with fighter planes because they had been superseded by guided weapons. George Ward, financial secretary to the admiralty, said "manned fighters have got the live alongside guided weapons for a very long time to come."



VESSEY-THOMAS

Easter flowers formed the setting at Stranraer United Church of Canada on Saturday March 31 at 3 p.m. when Miss Dorothy Thomas, daughter of Mr. and Mrs. Frederick Thomas, Stranraer, Sask. became the bride of C.F.N. Vessey, a G. son of Mr. and Mrs. Russell Vessey of Charlottetown. Rev. W.L. Lane performed the ceremony. Miss Charlotte Krann played the wedding music. During the signing of the register, Misses Maureen and Patricia Wallace sang "I Love You Truly."

Given in marriage by her father the bride wore a floor-length gown of white nylon over satin in princess style. Her fingertip veil fell from a tiny cap trimmed with white flowers. She carried a bouquet of American Beauty roses.

Mrs. Weston Glyde, sister of the bride was matron of honour. She wore a floor-length gown of pink nylon net over taffeta. Her head-dress was a band of pink flowers. She carried a nosegay of pink and white flowers.

Miss Kay Vessey, sister of the groom wore a floor-length gown of blue nylon net over taffeta her head-dress was a band of blue flowers she carried a nosegay of pink and white flowers. She was the bridesmaid.

Mr. Donald Thomas, twin brother of the bride, was best man. The ushers were Mr. George Thomas, brother of the bride and Mr. Weston Glyde, brother-in-law.

The bride's mother chose a dress of navy sheer with white accessories, and a corsage of pink carnations.

The mother of the groom wore a navy suit with white accessories and a corsage of pink carnations.

A reception was held in the church hall which was decorated for the occasion. And the brides table had Easter flowers and a four-tiered wedding cake topped by a miniature bride and groom.

The groom is in R.C.E.M.E. stationed at Regina, where they will reside.

## ELLEN'S DIARY

### First Morning's Fishing

The first angling of the season for the folks at Alderlea came this morning. As it happened, quite early, before the place about was altogether astir. Then in the freshness and good cheer of the day, which we ourselves much enjoy and too often miss, a little lad unearched dew-worms, took down from long disuse a pair of rods and with his his mother accompanying him the two were off to try their luck along the bridges and pond.

A cool morning? Aye, and with gray clouds marshalling above the valley, veiling the weekend blue. Cool but kissed by the springtime in the delightful birdcall, near and far, and high and low along the bush and the farmland. But no trout! Streams running red, pond disturbed with the flows of feed-streams of the season.

Gray clouds massing, thickening. And then against every hope and wish of this family that all days of the week this one should be fine, mid-day brought the rain. Someone has said,

"Rain that falls in winter is out of tune and drear-beating at an ice-gray earth too cold to care or hear. Autumn rain is gloomy. Rattling in the eaves. Tapping, shimmering, at the glass. Rustling in the leaves. Summer rain slants softly warm and sweet and slow. Or pours with sudden thunderclap. To cool the parched below. But rain that falls in springtime its silver notes unpenned. Is like a first young boy's song. Or the handclasp of a friend."

It is indeed usually heart-warming, as it washes away the traces of winter. But not for the two children of the house across the lane who must be off to the hospital this afternoon for tonsillectomies. This incident in their lives has been indicated for some time, but more insistently this winter by rills of indifferent health.

By tractor they must go the first mile and in the rain, it was not

the usual happy procession which goes off to town from Alderlea on some matter of shopping or marketing.

"This is one time I'm not liking the trip," granddaughter said at the assembling in the yard.

"I'm between two minds yet—I've a notion which says to stay home," Mack declared. The pup wagged his haunches, not far away, eyes, ears, wondering. James not fond of partings, regarded the scene from a stable-doorway. Watch came to join us later to watch the machine along the April lane—off-field and roadway.

"I wish, Ellen," the Doctor was living to be with them tomorrow morning, as he was with ours," James said.

So this afternoon there was no little girl dropping by with news of the farm or to pick out a tune on the old piano, and no boy in from school to display the stars-of-day won, or to ask "Am I invited" to a meal. So quiet it is at Alderlea, and Mack's first night away from the farm since his hospital birth.

Until tomorrow — — — Diary — Good-night.

## MORNING SMILE

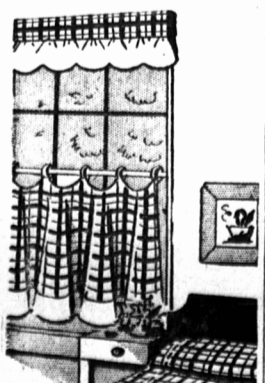
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## HOUSEHOLD HINT

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