

WOMEN

Wed., March 7, 1956 The Guardian, Page 9

LET'S EAT

Weekend Breakfast

By Ida Bailey Allen

"Many homemakers feel a bit tired at this season of the year, Chef," I said. "So much entertaining, so many persons to nurse through colds, so much cold weather to combat. All these things are likely to wear them down. The best antidote is extra rest."

"I'd suggest a 15-minute period of actual lying down during the day and very early to bed at night. And on week-ends, when there's someone home to prepare it, that wonderful luxury — breakfast in bed."

"The menu should be simple, Madame," the Chef added, "so that the husband or one of the older children can prepare it."

"Instead of juice, I suggest a new compote of plump canned purple plums and peeled orange sections, a soft-cooked egg, crisp toast, butter and coffee with sugar and cream or heated milk. Then for the touch de luxe, add a flower in a low vase and the morning paper."

"Very nice, Chef. And if there's some plum juice jelly in the house, it would be perfect with the toast."

"Purple plum jelly: Combine 2 c. juice drained from canned purple plums, 1 c. canned orange juice, 1 pkg. powdered fruit pectin and 2 tsp. slivers of lemon rind. Bring to boil.

Add 3 1/2 c. sugar; stir constantly until smooth. Bring to a rolling boil for 1/2 min.

Remove from heat; spoon off the froth.

Pour into glasses, cover with paraffin and store in a cool, dry place. Makes 7 (6 oz.) glasses.

Tomorrow's oven dinner: Grapefruit; green-peppered fish or meat loaf; baked sweet potatoes; baked onions; baked apples, cream; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6.

Green-peppered fish or meat loaf. With fish: Use 1 1/2 lbs. deboned fresh haddock or cod, or thawed frozen fish fillets, put through a food chopper.

Separate 2 eggs. Beat the whites stiff and the yolks until lemon-colored.

Add 1/2 c. fine soft bread crumbs to 1/2 c. heated milk. Stir in the fish, egg yolks, 1/2 tsp. each salt and monosodium glutamate, 1 tsp. minced parsley and 1/2 tsp. pepper. Fold in the beaten egg whites.

Thoroughly oil a 5" by 9" loaf pan. Spoon in half of the fish mixture. Top with an inch thick layer of minced scalded green peppers. Pack in the remaining fish loaf mixture.

Bake 45 min. in a moderate oven, 375 degrees F. Unmold on a platter. Serve hot or cold with or without tomato sauce.

With meat: Use a standard meat loaf recipe. Put together with minced green peppers as for Fish Loaf, then bake.

Trick of the Chef.

Add a little crushed coriander seed when baking apples.



Conversation Piece

Here's a delightful piece of costume jewelry that is as refreshing as it is unusual. It is pictured as an ornament on a new spring hat but it is equally as enchanting when worn on a suit lapel or a dress. The pin is made of pseudo gold in the shape of a flower cart heaped with exquisite miniature jeweled flowers and is very Parisian in feeling as well as being a colorful and amusing idea.

Coles. Mrs. Hooper expressed her thanks.

Mrs. Eric Coles invited the members to her home for the March meeting. Mrs. Thompson in charge of program. Roll call to be answered by an Irish joke, and a card for the sick committee. Lunch committee to be named later. Meeting closed by singing the National Anthem. Collection \$1.35.

Mrs. L. Coles was auctioneer for an auction, sale of aprons and other donated articles, bringing the nice sum of \$23.36. Lunch was served by the committee and hostesses.

Prayer meeting were made. Cornwall is to entertain members from Churchill, Clyde River, New Dominion and North River. Mrs. G. Bain and Mrs. Earl Lowther offered to piece the quilt tops.

Mrs. Bain brought news from the missionary chosen for special prayers. The March meeting will be held at the parsonage when Mrs. Otto Newson will have charge of the Study period and Mrs. Heirly will conduct the worship. Roll will be answered with a verse containing the word "name". Mrs. Salmond, Mrs. Heirly and Mrs. Waldon Lowther will assist with lunch.

CORNWALL W. M. S.

Mrs. Hazen Howard was hostess to the Cornwall W. M. S. for their February meeting. Mrs. L. H. Drake led the devotional period, assisted by Mrs. Howard, Mrs. Earl Lowther and Mrs. Walter Boyle. Passages dealing with Jesus ministry were read and led to a discussion. The devotional period closed with Prayer.

Mrs. Patterson gave a report of Presbyterial. The Chapter from the Study book entitled "Indians in British Columbia" was given by Mrs. Neil Salmond. Twenty-seven members answered roll call after the minutes of the January meeting had been read.

Plans for the World Day of

LOT 65 G. W. L.

The February meeting of St. Ann's, Lot 65 sub-division of the Catholic Women's League was held February 28th, 1956, with a goodly number in attendance. The president occupied the chair and the meeting opened with the League Prayer by Rev. Father McCarthy.

The minutes of the previous meeting were read by the secretary. The treasurer's report followed showing a neat balance on hand and in the bank.

Father McCarthy spoke a few words of encouragement to the members present. A letter from the diocesan president, Mrs. Basil McDonald was read and discussed. Other correspondence consisted of letters from conveners

ELEANOR ROSS

"Area Rugs" Are New

Many modern homemakers like the look of uncluttered floors throughout the house, so hard-surface washable floor coverings have somewhat taken the play away from soft carpeting in many homes. This is true, especially in many units of suburban housing projects.

floor, in the basement, garage or outdoors on a sunny day. They guarantee you the same suds-and-water washability that a hard-finish floor offers, but they give that finishing touch that makes for livability.

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LUXURIOUS RUGS

But there is something so lovely so rich and luxurious about rugs, that it does seem a pity to give them up entirely, especially since so many offer excellent value and have the virtue of taking to suds as easily as the flooring itself.

Handsome new cotton rugs, as well as luxurious rayon and nylon combinations, are being made with latex backing which means that they won't skid. They are moth-proof, too, and oh, what designs and colors!

The new rugs are far more important-looking and effective than the little occasional scatter rugs of years ago. They have a new name, too, for today we know them as "area-rugs."

Available at realistic prices, these small rugs are really decorator pieces.

For instance, there's a black cotton low-loop rug, boldly checked in white. The white tufting is raised above the surface of the rug for an especially rich-textured effect. A 4 x 6 rug of this type would cost less than twelve dollars — and it can add a million dollars worth of swank and beauty.

Then there are the sculptured cotton rugs. Some of the pattern is in high, raised loops and the contrasting part of the design in flat or low loops.

HAPPENINGS

A pleasant part of the evening was an address read by Mrs. Lindsay Coles to Mrs. Percy Hooper a member who has moved to a new home just out of our district and a gift presented by Mrs. Eric



Duchess And Daughter At Fair

The Duchess of Kent, aunt of Queen Elizabeth, and her daughter, Princess Alexandra, are shown as they visited the British Industries Fair at Earls Court, London. Both were presented with nosegays.

MANY COLORS

Any number of patterns, of course, are available, and at least two dozen colors from which to choose.

The small rugs can go right into the washing machine and the larger ones can be scrubbed with soap or detergent right on the



New Coat Cardigan

This heavy, knitted, rib-coat cardigan is styled in flaming red wool. It is a Paris creation designed by Renee Collard. (CP Photo.)

KEEP IN TRIM

Throatline Beauty Routine

By Ida Jean Kala

Let's face it, middle age would be a more beautiful time of life if the throat muscles would keep a firmer grip on youth. But how to keep tone in the muscles that hold that fragile line is the problem. While a chin strap feels as bracing as all get out, actually it does nothing to restore tone to help to improve head carriage.

There are only two measures that counteract gravity and help to keep the throatline young—erect head carriage and bracing tone in the throat muscles. Head posture is all important, for when your head is perfectly balanced, the chin is held level. It is neither tipped up nor down, and in this position, the muscles of the throat are being used according to nature's plan. The chinline hasn't a chance to slip.

Lift head to, straight line, hold for a second, and lower. Repeat three to six times.

Before retiring, do this resistance exercise. Rest chin on heel of hand, chin level. Resisting with hand, slowly lower chin. Then, resisting with throat muscles, push upward with hand until chin is level. Relax and repeat two or three times.

The rule for improving your head carriage is to get the habit of pulling up strongly with that line at the back of the neck. This takes practice, but it's rewarding.

The proper way to carry your head is squarely on your shoulders, with that line at the back of the neck almost straight and the chin held level.

HIGHFIELD W. M. S.

Highfield Women's Missionary Society met at the home of Mrs. Ralph Gay on February 15th. Mr. Hardy installed the newly elected officers.

Mrs. Creed, president, led the devotional period, taking as her theme "The Meaning of Missions." Scripture was taken from Mark, Chapter 16, Solo, "Ivory Palaces," by Mrs. Hardy was enjoyed.

Report of Presbyterial which was held in Charlottetown was given by Mrs. Frizzell. Mrs. Clarke invited the members to meet at her home for the next meeting. Mrs. Hardy closed the meeting with prayer. Lunch was served by Mrs. Gay.

MANY SONG - BIRDS

Japan exported 179,000 canaries in 1954, most of the song-birds going to the United States.

of League Magazine. Our Honorary Members, Our Ladies Missionaries and Education. All were fully discussed. On motion it was decided to give five dollars to "Our Holy Father's Relief Fund", ten dollars to our Sisters of Martha, ten dollars to the Precious Blood Sisters, fifteen dollars to Our Ladies Missionaries, and twenty-five dollars to the Catholic Girl's Scholarship. It was also moved and seconded that our diocesan dues be paid in March. The secretary was asked to send to National office for "call to action" cards.

Ways and means of raising money were discussed and Father McCarthy was asked to secure a good play and pick out the cast. The members decided to invite the New Haven Variety Show for St. Patrick's and to have a pie social in connection with the concert. The meeting adjourned with prayer by the president, Mrs. William Coady.

MALPEQUE AND BALTIC W. M. S.

The February meeting of the Malpeque and Baltic Women's Missionary Society met on Friday evening, 17th, at the home of Mrs. Earnest Bryenton. The world Day of Prayer service "One Flock, One Shepherd" was in charge of Mrs. W. H. Burns with several members assisting. Following this part of the service a business period followed with the president, Mrs. Burns, presiding.

The minutes of last meeting were read and approved. Roll call was answered by nine members, one visitor was present. Collection \$2.10, expense fund 43 cents, fees \$1.50. Mrs. Burns read a letter from Mrs. Fraser, associate member secretary, also one from Mrs. Alexander McKay regarding Presbyterial. It was moved and seconded that we send for one dozen associate member leaflets and mite boxes. Mrs. Burns and

Mrs. MacNutt offered to continue leadership for Mission Band. Mrs. Bryenton to treat mission band for February meeting and Mrs. Bruce Riley for the March meeting.

Eleven home and four hospital calls were reported. The March meeting to be at the home of Mrs. Riley. Worship service in charge Mrs. Gerald Lockhart. Program Mrs. Kenneth Owen; Lunch committee, Mrs. Robert Wall and Mrs. Lorne Silliker. Lunch was served by the hostess, assisted by committee in charge. CV

CHILDREN'S FAVORITE

The opera "Hansel and Gretel" based on the famous fairy tale was first performed in Germany in 1893.

IMPROVED SINCE

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FUR JACKETS - - FUR JACKETS

JUST ARRIVED OVER THE WEEKEND — MUST BE SOLD AT

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