



August Newly-Weds

Shown above are Mr. and Mrs. William Henry Crandall after their marriage which took place at Trinity United Church, Summerside, on Saturday, August 13. The bride is the former Diane Dewar, daughter of Mr. and Mrs. Robert B. Dewar, Summerside, and the groom is the son of Mr. and Mrs. W. H. Crandall, Moncton, N. B. (Photo by Sears)

Timely Suggestions from Canada's Kitchen

By Consumer Section, Marketing Service, Canada Department of Agriculture.

CONSERVES, PICKLES AND RELISHES

Now is the time to look up favourite recipes for preserves, pickles and relishes. Fruit is ripe, tomatoes, onions and other vegetables are ready and grocers all over the country have laid in extra supplies of vinegar, spices and jars. To obtain some very good Consumer Section recipes write to the Information Service, Canada Department of Agriculture and ask for a free copy of the booklet "Conserves, Pickles and Relishes." The home economists of the Consumer Section remind us that for best results only good quality fruits and vegetables should be used. All fruits and even some vegetables can be made into jam but there are obviously some which are better than others for this purpose. Apples, rhubarb, pears, marrow and tomatoes do not make good jams by themselves but they can be blended with other fruits for either jam or preserves.

A conserve is made from several fruits cooked together in the same manner as jam. Usually raisins or nuts or both are added but when nuts are used they are added after the cooking is finished. Sometimes ginger is used in a conserve too as it is in the Green Tomato and Ginger Conserve found in the Consumer Section booklet mentioned above.

PICKLES AND RELISHES

Pickles and relishes are combinations of either vegetables or fruits blended with spices and vinegar and usually sugar. The spices and vinegar add piquancy to the fruit and vegetables and help to give each pickle or relish its own particular flavour.

Although everyone realizes that pickles will never form a large part of our food, we are all aware of their great appetite appeal and their amazing ability to make other foods taste better. They add colour and flavour to barbecues, buffet meals, sandwich trays and everyday meals.

In making pickles and relishes it is important to use ingredients of good quality in order to get a perfect product. Also, the Consumer Section tells us that spices should be used with caution, particularly in the case of cloves, allspice and hot peppers since these are exceptionally strong-flavoured. They say, too, that pickling is a waste of time and energy if the spices which are used have lost their pungent odour and tang. In order that they will not be left over from year to year it is wise to buy just the right amount of spices at pickling time.

TYPES OF VINEGAR

Although much of the flavour of pickles and relishes depends upon the spices used, the vinegar is important too. The flavour and acidity of vinegars vary according to the kind of fermented liquid from which they are made.

Of the commercial types, cider vinegar which is made from apples, has long been a favourite. White or spirit vinegar made from diluted distilled alcohol is preferred for pickles such as cauliflower and onions because it does not darken these white vegetables. The Consumer Section suggests using a blend of equal parts of cider and white vinegars for most pickles and relishes. The blended vinegar available in many shops is a combination of two or more kinds of vinegar. According to Canadian Food Regulations there must not be more than 55 per cent spirit vinegar in the blended type. In addition to the name blended vinegar, the label on the bottle sometimes lists all of the component vinegars in descending order of the amounts used.

Malt vinegar, made from malted barley or other cereal, is a golden brown like apple cider vinegar or even a darker brown. It is in more general use in England than here in Canada and accounts for some of the differences in taste between their pickles and ours. Wine vinegars which are, as the name indicates, made from wine, are more often used in salad dressings and meat and fish sauces than in pickles.

WOMEN

Page 8 The Guardian, Thursday, Aug. 25, 1955

LET'S EAT

Sunday Guest Dinner That's Fit For A Queen

By Ida Bate, Allen

Not long ago, the Chef and I spent a summer in Australia, bringing to the homemakers of that country, through staged appearances in the large cities and through radio, the latest news in nutrition, foods and cookery from the United States.

A FABULOUS WELCOME

The warmth of our welcome was almost overwhelming, a fabulous experience, recently recalled by letters and press clippings from our Australian correspondents bringing news of Queen Elizabeth's welcome in Australia, and the state banquet given for her and the Duke of Edinburgh.

This banquet was not given in a hotel, but in the dining hall of a company department store, famous for its fine cuisine, and a focal point for Australian art and culture.

CHICKEN DINNER

The piece de resistance at the royal dinner was chicken, the most expensive and prized meat in Australia.

From the long and elaborate menu served Queen Elizabeth, her husband and the royal party, I have formulated a company dinner menu we hope you will enjoy preparing for your guests.

SUNDAY DINNER FOR GUESTS

Tropical Fruit Cocktail
Roast Chicken
Potatoes
Asparagus Tips Salad
Fairy Toast
Almond Ice Cream Mold
Coffee

Tropical Fruit Cocktail: Combine 1 c. pineapple chunks, 1 diced peeled ripe mango, 1 c. diced honeydew melon and 1 sliced peeled banana. Combine 1/2 c. each pineapple juice and passion fruit juice. Pour over the fruits and chill.

If passion fruit juice cannot be obtained, use juice drained from thawed frozen raspberries.

Note: If desired, this may be frozen until crystals form, in the food freezer or freezing compartment of the refrigerator.

Almond Ice Cream Mold: Rub an ice cube tray or freezing tray with a very little butter. Mix together 1 c. fine-chopped toasted almonds and 1/2 c. fine dry cake crumbs. Use half to line the tray. Pack in 1 pt. vanilla ice cream. Top with a layer of the remaining almonds and cake crumbs.

Then layer and pack on a second pint of ice cream. Freeze until firm. Unmold. Slice and serve plain, or with chilled, sweetened, stewed cherries, or with the Chocolate Mocha Sauce previously described in this column.

The "fairy toast" enjoyed by

TOMORROW'S DINNER

Based on Australian Recipes)
Baked Shrimp-Stuffed Peppers
Broiled Tomatoes
Summer Squash
Macaroni-Vegetable Salad
Prune Nut Pudding
Hot or Iced Coffee or Tea
Baked Shrimp-Stuffed Peppers: Remove the tops from 6 medium sized green peppers. Scoop out the seeds. Boil the peppers 10 min. in salted water containing 2 sections garlic; then drain.

Next, combine 1 1/2 c. cooked rice with 2 (7-oz.) cans shrimp, cut in bits, 1 tsp. minced parsley, the juice 1/2 lemon, 1/4 tsp. black pepper, 2 tbs. melted butter and 1 c. condensed mushroom soup.

Stuff the peppers with this amount on the top; then pack in dried mild cheese until they are filled, using 1 c. cheese in all. Top each with 1/2 tsp. butter. Place in a baking dish. Pour in water to the depth of 1/2 in. Bake in a moderate oven, 350 degrees F. about 30 min., or until the cheese melts and browns. Garnish with parsley sprigs.

Macaroni-Vegetable Salad: Cook 8 oz. high-potential macaroni elbows in 4 c. boiling salted water until tender. Drain if water is not absorbed. Cool, and add 1/2 c. thin-sliced celery, 1/4 c. drained cooked string beans, 1 minced small onion and 1/2 c. French dressing. Chill 30 min., stir in 1 1/2 c. mayonnaise mixed with 1 tbs. grated parmesan. Chill and serve on lettuce.

Prune Nut Pudding: Remove the pits from 1 lb. cooked prunes. To 1 c. prune juice, add 1 c. sugar, 1/4 tsp. cinnamon, and 1/4 tsp. clove. Chill 30 min., stir in 1 1/2 c. orange juice. Simmer-boil 5 min. Add the prunes. Stir in 1/2 c. fine-chopped almond or pecan nuts. Then pour prune mixture into 2 egg whites beaten stiff. Transfer to a serving bowl and chill. Serve with a garnish of whipped cream and whole nutmeats, or with custard sauce.

TRICK OF THE CHEF
Before broiling tomatoes, slice as usual and dust with salt, pepper, monosodium glutamate, and a little onion salt. Then brush with oil, and dust lightly with cornmeal.

New Carpet Textures

By ELEANOR ROSS

Formerly the fiber content of a rug was the shopper's main concern and dictated the price tag. But not these days. Ask carpet salesmen and they'll tell you that the magic appeal is texture.

Surface interest is what the customers want, just as they do when choosing wall coverings. So the rug pile is elevated in several levels, cut, clipped in various designs. Looped, sheared or shaggy yarns in various color tones and designs are all there competing for favor, as are new tweedy effects and interesting tone on tone colorings.

Brilliant Hues
Strong color and color schemes are prominent in these area or accent rugs which offer a wonderful (Continued on page 9)



Out-of-town Guests Attend Nicholls-MacFarlane Wedding

The United Baptist Church, Bedouque, was the scene on July 23 at 3 p.m. of the marriage of Helen Melinda MacFarlane, R.N., of Hamilton, Ont., formerly of Bedouque, to Thomas Joseph Nicholls, Hamilton, Ont. The bride is the daughter of Mr. and Mrs. Herman MacFarlane of Bedouque and the groom is the son of Mr. and Mrs. Charles Nicholls, Hamilton, Ont. The ceremony was performed by Rev. Dr. C. A. Britton.

During the ceremony Mr. J. B. Lewis sang "The Lord's Prayer" and "O Perfect Love" accompanied by Mr. Stewart Williams, organist. The church was decorated for the wedding with baskets of mixed flowers.

Given in marriage by her father, the bride chose a floor-length gown with two layers of nylon tulle under a layer of embroidered tulle. Her short sleeved jacket was of matching embroidered tulle and she wore matching mitts. To complete her ensemble a finger-tip veil of nylon tulle fell from a pearl and rhinestone crown. She carried a cascade of red roses.

She was attended by Mrs. William MacFarlane of Moncton as matron of honor, who wore a ballerina-length gown of shrimp crystal, and carried ivory mums. The bridesmaid, Miss Isabel MacFarlane, wore a ballerina-length gown of turquoise taffeta and carried a bouquet of pink carnations. The best man was Mr. Eric Farquhar and ushering the guests to their seats were Messrs. Donald MacFarlane and David Manewell. Following the ceremony a reception was held at the home of the bride's parents for 75 guests.

where baskets of mixed flowers provided the floral decorations. In charge of the guest book was Mrs. Lorne W. MacFarlane of Aldershot, Ont.

For a honeymoon trip to the New England states and Ontario the bride wore a pink linen suit with white accessories.

Out-of-town guests present at the wedding were: Mr. and Mrs. Charles Nicholls, Hamilton; Mrs. Walter Aitken, Hamilton; Mrs. Keith Nicholls, Winnipeg; Mr. and Mrs. C. Manewell and David, Toronto; Mrs. A. Manewell, Toronto; Mr. and Mrs. Lloyd McCoy, Rochester, N.Y.; Mr. Eric Farquhar, St. Miss Marie Farquhar, Mr. Eric Farquhar, Jr.; Mrs. K. Russell, Burlington, Ont.; Miss Geraldine Hennessy, R.N., Hamilton; Mr. and Mrs. L.W. MacFarlane and family, Aldershot, Ont.; Mr. and Mrs. Huestis Williams and family, N.Y.; Mrs. L. Tangedahl, R.C.; Mrs. Dorothy Nicholls, Hamilton; Mr. and Mrs. William MacFarlane, Moncton, N. B.; Mr. and Mrs. William Symons, Hamilton and Mr. and Mrs. H. C. Luckfield, Halifax, N. S.

ANNE ADAMS PATTERNS

STORK-TIME STYLE
You'll love this new maternity style — for comfortable, flattering fit, throughout the waiting period! Your favorite shirt-top, with choice of tailored or short puffed sleeves. Slim skirt below, cut-out to assure an easy hemline. Pattern 4843: Misses' Maternity Sizes 10, 12, 14, 16, 18, 20. Size 16 shirt takes 2 1/2 yards 35-inch fabric; skirt takes 2 yards. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly NAME, ADDRESS, STYLE NUMBER. Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. West, Toronto, Ont.



Survey of Employed Married Women to Reveal Problems

SAINT JOHN, N. B. (CP)—A Canada-wide survey of married women in employment was started here Monday.

Under the direction of Miss M. Davies of the women's bureau of the department of labor in Ottawa, the survey is designed to present the complete picture of problems faced by married women workers.

The survey is expected to take several months.

Miss Davies said other surveys will follow in Halifax, Quebec, Ottawa, Montreal, Toronto, Hamilton, Winnipeg, Saskatoon, Edmonton and Vancouver.

The survey is expected to reveal all the ways and means devised by employed women for dealing with problems faced at their jobs and at home.

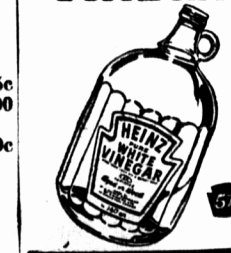
Employed women are divided into four groups, married, widowed, divorced and separated. Miss Davies said that between 1941 and 1951, employment of married women increased more than 300 per cent.

The Age Old Story

Hear, O Israel: The Lord our God is one Lord: And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

TO MAKE YOUR PICKLES FAMOUS TOO!

INSIST ON AGED IN WOOD HEINZ VINEGAR



Words Of The Wise

If you wish to reach the highest, begin at the lowest. —(Syrus)



When you are washing clothes, handle them gently, moving them as little as possible and avoiding rubbing.

Wife Preservers

—(Syrus)

SPECIAL SALE ON BANANAS

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If you are between 18 and 29, single, and have Grade 9, the equivalent or better, get all the facts right away. New courses are starting.

See the RCAF Career Counsellor at

RCAF RECRUITING UNIT
RCAF Station
Summerside, P.E.I. Phone: 2281; Local 119

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ELLEN'S DIARY

By An Island Farmer's Wife

When James awoke today to a fresh new morning he offered the opinion that instead of going to the Fair he should "by rights stay at home." He had as he said "done very well" at attending, having been there in the company of one or another or all the Family every day since it opened.

"Besides," he added, "it's a wearying place. Ellen No.," he said throwing aside the bed-spreaders, "I don't think I'll go this morning. Oh, I know, there's nothing suffering an account of our being away, but I think I'll just stay home and sort of take it easy. I could mow those thistles in the orchard. And it's been a spell since I've been back along the fields to see how everything's doing."

But place of enchantment that it is to young and older, the churning was done with a merry, breakfast eaten quickly, and giving a pair of the place to it, the truck eased down the driveway presently to drop the children at school and continue on cityward.

And the thistles? They are still there, blossoming, seeding, spreading a sweet fragrance of season. But this evening before twilight dimmed the fields, James made his way back along the trails of the farm.

"I have my new books today," Mack's smile was happy when he came in to have us "just try the weight" of the schoolbag that went this morning to school.

"You wouldn't have five cents about, would you?" It just struck me," he explained, "that if I should happen to lose my pencil, why then I'd have none! And what then? I guess I'd better go and tell Mother and see what she says about it. You see I just thought

COOK'S CORNER

SALAD DRESSING

2 eggs
2 teaspoons flour
1/2 teaspoon mustard
1/2 teaspoon salt
1/2 cup vinegar
3 tablespoons sugar
butter, size of an egg

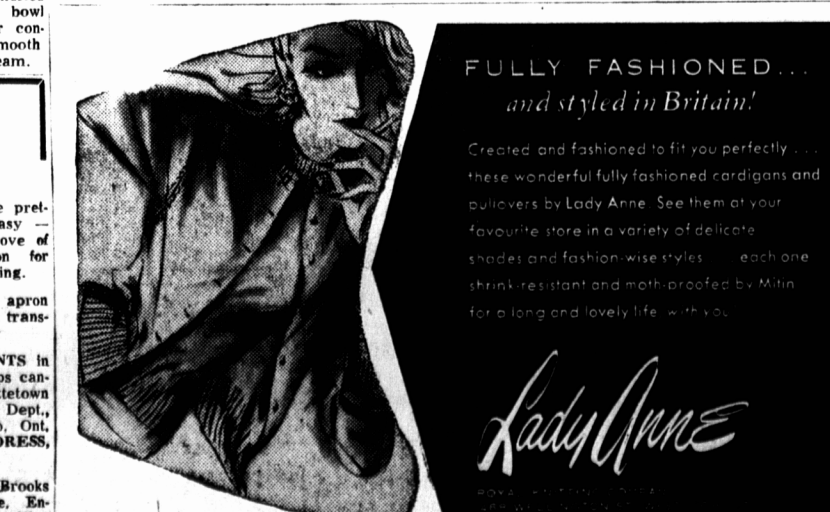
Beat eggs, then add dry ingredients. Beat well. Then add melted butter and vinegar. Set the bowl over boiling water and stir constantly until thick and smooth. When cold, add whipped cream.

ALICE BROOKS DESIGNS



HOUSEHOLD HINT

Do not attempt to remove stains from hard, smooth fabrics like gabardine or covert cloth. Stains penetrate these fabrics so deeply that they are almost impossible to remove by amateurs without affecting the appearance of the material. They should go to the dry cleaner.



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