

# WOMEN

Page 8, The Guardian Friday, Nov. 25, 1955

## LET'S EAT

### Quick Way To Roast Your Holiday Turkey

By Ida Bailey Allen

"This quicker-roast method of cooking turkey is marvelous!" exclaimed the Chef, removing an aluminum-foil-wrapped turkey from the oven.

No worry: no 5 or 6 hours time, no bother to stuff, lace, truss, baste, turn over! A 10-lb. turkey cooks itself in 2½ hours at the high temperature of 450 deg. F., yet is moist, flavorful and browned!

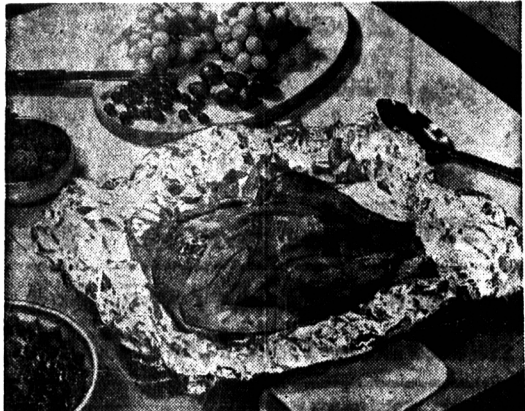
**High-Temperature Foil-Roasted Turkey.** Prepare a fresh or frozen turkey for roasting as usual, but do not stuff. Instead bake the stuffing separately.

Rinse the giblets and neck; add

Pounds	Oven Unstuffed Temp.	Hours	Cooking Time
8-10	450 deg. F.	2¼ to 2½	
10-12	450 deg. F.	2½ to 3	
14-16	450 deg. F.	3 to 3¼	
18-20	450 deg. F.	3¼ to 3½	
22-24	450 deg. F.	3½ to 3¾	

To crisp-brown, fold the foil back around the edges of the pan 20 min. before the turkey will be done.

After removing the turkey from the foil, return the pan, foil and juices to the oven; turn off the heat; let stand 20 min. to develop a rich brown color. Make gravy.



Roasted in aluminum foil, turkey is done to a turn, moist,

flavorful and golden brown, in half the usual time. Bake stuffing separately.

#### MONDAY DINNER

- Vegetable Noodle Soup
- Veal Chop and Potato Skillet
- Green Beans Tossed Lettuce
- Lemon Pie
- Coffee Tea Milk

#### VEAL CHOP AND POTATO SKILLET FROM THE CHEF

Here is an easy dinner combination.

Dust 6 veal chops with a mixture of 1 tsp. each salt and monosodium glutamate and ¼ tsp. each pepper and thyme. Brown in shortening.

Add 1 minced peeled onion. Stir in the contents 1 (8 oz.) can tomato sauce and 1 can measure water. Surround the chops with halved peeled potatoes.

Cover and bake 40 min. at 375 deg. F. Uncover to brown the last 10 min.

#### KEEP IN TRIM

### Girls - Change your Pace

By Ida Joan Kain

Tension is tiring and saps energy. When you are keyed up and physically tense thin girls seem to be unaware of the fact that tension is the gremlin that keeps you on the thin edge.

You hemomn the fact that nothing you eat helps you to put on pounds. To gain, you must take in more fuel than you expend in energy. But when so much energy is squandered in heightened muscular tension, it is next to impossible to eat enough to gain.

Then too, tension reacts unfavorably on the digestive system and interferes with assimilation. Experiments have shown that under-nutrition of itself tends to stimulate activity. And that completes the cycle.

Overweights, while not immune to tension, have such robust appetites they turn to food to calm down - and add unwanted weight.

Thin girls, instead of trying to gain by merely eating more food, look for ways to release tension. In the age of stress and strain, relaxing is an art that must be cultivated.

Naturally you cannot drastically change your pattern of living. But once you recognize the toll tension takes, you'll find ways to relax. Make an honest appraisal of what is causing you to be tense. Do you habitually hurry? If fast movements lead to that anxious, pushed feeling, you are building tension. Deliberately slow your pace.

A too tight schedule is a tension maker for there are being too irritating delays, and being late puts you on edge. Here's a test: if the telephone rings as you are going out the door, right on time for your appointment, do you dash back and answer or go serenely along?

Have you ever noticed that when you are late, you hit all of the red lights? That's because you are driving a little faster than the speed for which the lights are synchronized.

Muscular tension tends to hold over and keep you from relaxing your leisure hours. Setting a relaxed pace during the day can help you to get more enjoyment out of life.

If you can't let go the muscle tensions, treat yourself to a body massage. It is an expensive luxury, but well worth the price if it helps you to look for ways to be a more relaxed person. Be sure to allocate enough time to be able to let go with your mind as well as your muscles.

Relax - take time to live. Start this weekend.

### ALICE BROOKS DESIGNS

#### NEW NEEDLEPOINT!

Graceful flower bouquet - glowing in lifelike color! Make this needlepoint beauty for your home! Needlepoint is easy! Transfer of 12 x 12 inch flower motif, plus complete color chart included in Pattern 7378. Fill in background to any desired size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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**Colds**  
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### WEDDING OF WIDE INTEREST HERE

An autumn wedding of interest in P. E. I. was recently solemnized in Cardiff, Wales, when Miss Theresa Arsenault, daughter of Mr. and Mrs. Anthony Arsenault, 334 Convent Street, Summerside, became the bride of Mr. John Stone, son of Mr. George Stone, Cardiff, and the late Mrs. Stone. Rev. F. Poyner officiated at the double ring ceremony in the Church of the Sacred Heart.

Given in marriage by Mr. Wallace Cameron, formerly of Summerside, the bride chose a white ballerina-length gown of embossed net over satin styled on princess lines with full skirt and strapless bodice. Her matching jacket had an Elizabethan collar and long sleeves which tapered to points over the wrists. A floral crown held her chapel veil and she carried a bouquet of cerise carnations.

Mrs. Wallace Cameron, matron-of-honor, was attired in a ballerina-length dress of turquoise taffeta, also on princess lines. She wore a matching headdress and long white gloves and carried a bouquet of pink chrysanthemums.

The groom's two young nieces wore matching ballerina-length dresses of blue embossed net over taffeta with floral headdresses. They carried bouquets of fall flowers.

Mr. George Stone, brother of the groom, was best man.

A reception followed at the home of the groom's father where the wedding cake which was made by the bride's mother in Summerside and decorated in Wales, was served to the guests.

The couple left on a honeymoon trip to the southern coast of England. They are now residing at 3 Ramsden Road, Balham, S.W. 12, London, England.

Among the guests were Mr. Wallace Cameron and Mrs. John Cozens (nee Frances Corney) both formerly of Summerside.

### ELLEN'S DIARY

By An Island Farmer's Wife

Whence come the whims of the cook? What sense, we wonder, advises her to bake a chocolate cake today instead of a white one? Why does she make a batch of cookies when her other choice is rolls? And tonight after it, pieces of apple pie and cheese for those not afraid to dream and cups of tea, the leaves to disclose whether or no the made, but unuttered wishes would come true, and when?

What questions folks would like settled!

"How can we tell whether or not this is going to be as 'they' prophesy, an old-fashioned winter?" one chuckled.

"Ask a squirrel!" another laughed.

And today at Alderlea the schedule of winter-choring at the barns began: the cleaning of stables to the fields, the feeding and bedding of stock which will continue until spring takes them again to the pastures.

"Did you happen to hear something nothing?" Mack asked.

"Well, if you did, that was the foal. We weaned him today. Yes, he has to eat hay and grain and drink water now! And 'a little sadly,' he's still lonesome for his mother."

And granddaughter, in a sly and nicely, and one of the best of patients, is not so miserable of late.

Until tomorrow - - - Diary - Good night

### Words Of The Wise

All art is but imitation of nature. —Seneca



### UNBELTED LINE

This Parisian model wears a long, straight unbelted-line dress wool. A small tuck slightly above in dark-grey Shetland - weaves the knee level on either side of the central row of buttons emphasizes the long tunic effect. The cuff is funnel-shaped. (CP Photo)

### MARY HAWORTH'S MAIL

#### Boy Kisses Girl On First Date; Was This Wrong?

DEAR MARY HAWORTH: I am a girl 15, a sophomore in high school. For a long time I have liked this boy, I shall call him Paul—but he never seemed interested in me, until recently. He is 16 and a member of the junior class.

Finally a couple of weeks ago he asked me to a school dance. Of course I accepted. He was very polite and respectful and towards the end of the evening he asked if it was permissible for him to put his arm around me. I said yes; and then when he brought me home, he asked if he might kiss me goodnight, and I let him.

Since then I have talked with several of my girl friends, who tell me that they think I shouldn't have let him kiss me goodnight, although they think his putting an arm around me was all right.

Now Paul has asked me out again, and my friends have advised me to refuse—because they think he was fresh to kiss me goodnight on our first date. However, he is always very nice to me, and I like him very much. Due to my friends' advice, I am so confused that I don't know what to do.

Should I go out with him again? And do you think I was wrong to let him kiss me on our first date? Also, should I have let him put his arm around me? Please help me with this problem. —N.Y.

#### CARELESS TALK

DEAR N.Y.: It is my impression that you are creating a problem out of thin air. At the time of writing this letter, a month ago, the only "wrong" thing you had done thus far (in respect to Paul) was in talking your head off to friends about him—making an open book of his every move in relation to you. That was a very foolish, immature, and romance-cripping thing to do.

How would you feel, if you were to learn that Paul had been discussing you freely with his friends? Asking what they think of your letting him put an arm around you, give you a goodnight kiss, etc.? Your friends pass rejecting judgment on Paul, saying he acted "too fresh" and that you shouldn't accept a second date. But what if his friends were appraising you as "too easy"—and saying he had better be careful, and not get involved. Would you feel they had caused?

In talking your first date to shreds with so-called friends—who've proved poor advisers, in my opinion—you weren't canvassing the propriety of your concessions, so much as you were reliving the experience by rehabilitating the emotional highlights. You just haven't developed the gumption, and powers of reserve, to digest your uncertainties privately.

IS CHIVALROUS

What you should have done, if you felt a need of corrective counsel, was to discuss your dubieties with your mother. Or if you felt you couldn't confide in her, you should have tried some other trustworthy older person.

Nobody with good sense approves of careless kissing, of course. But I don't think it is wrong, per se, for a boy and girl who've long known each other favorably (as fellow students and residents of the same community), to kiss in a mood of mutual liking, on a first date.

It seems to me that Paul behaved with charming chivalry in asking if he might put an arm around your waist; and in asking permission to kiss you goodnight. He was responding to your heartfelt interest in him (a sincere interest that dates long back)—and at the same time showing respectful concern to please you. I am sure you sense that, before you got all mixed up from talking too much—and began to give heed to almost maliciously bad advice about him.

You need an adult, non-competitive confidante, to help you develop moral clarity in the dating field. —M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

HOUSEHOLD HINT

To repair a hole in a plaster wall, fill it with plastic wood and let it harden overnight.

#### COOK'S CORNER

**TOMATO SOUP CAKE**

2 tablespoons hortening  
1 cup white sugar  
1 teaspoon cinnamon  
¼ tsp. cloves  
1½ cups pastry flour  
1 teaspoon baking soda  
1 can tomato soup  
1 cup raisins

Cream shortening and sugar, add soda to soup and stir. Beat together adding cinnamon and cloves. Stir flour, add raisins. Bake in 8" tin at 350F for 45 minutes.

### Week End Specials at Sunter's Ladies' Wear

OVER 200 CUPS TO THE POUND

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### VOWS SOLEMNIZED AT CORRAN BAN

St. Michael's Church, Corran Ban, on Oct. 24 was the setting for the autumn marriage of June Olive Mary, youngest daughter of Mr. and Mrs. Ernest Diamond, Charlottetown, and Louis Alfred, son of Mr. and Mrs. Alfred Watts, Grand Tracadie.

Rev. O. P. Wood officiated for the ceremony, against a background of autumn flowers and potted plants. Mrs. Louis Bradley was organist and during the mass, hymns were sung by the choir.

The bride chose a light blue suit with navy and pink accessories and carried a white prayer book.

Her aunt, Miss Edna Diamond, was maid of honor in a beige suit with brown accessories and a corsage of yellow roses.

The best man was Mr. Earl Watts, brother of the groom. Mr. Arthur Gorm and Mrs. Jaes Watts, uncles of the groom, were ushers.

For her daughter's wedding, Mrs. Diamond chose a navy blue suit with navy and white accessories and a corsage of white carnations.

The groom's mother wore a suit of British tan with turquoise and white accessories and a corsage of white carnations.

A reception followed for forty guests at the Charlottetown Hotel where the bride's table was decorated with lighted tapers and centered by a three-tiered wedding cake topped by a miniature bride and groom.

Rev. O. P. Wood proposed the toast to the bride. Later in the afternoon, a buffet supper was served at the home of the groom's parents. The couple left on a wedding trip through the Maritime provinces.

SHOWERS

Upon their return home, the couple were honored at a miscellaneous shower in Corran Ban Hall where they received many beautiful gifts. Prior to her marriage, the bride was honored at a shower with Miss Wanda Henderson, hostess.

(Photo by Garnum)

### Continental Flavor Spices Britain's Summer Styles

By SYLVIA HACK

Canadian Press Staff Writer

LONDON (CP)—Britain's big national fashion fair has served up next summer's styles as a spicy continental dish flavored by five French mannequins who brought along their own Paris gendarme "just for the effect."

For the weeklong fair at the Royal Albert Hall, 48 British fashion houses showed 14,000 garments made of silk, cotton, rayon and wool, and competition was fierce.

The five French girls displayed "continental-inspired" cottons by the Berkertex group, one of Britain's couture houses. And on a boat-shaped platform—with the gendarme patrolling alertly alongside—dresses, two-piece and four-piece ensembles won the day for chic and color.

FETCHING STYLES

Vivid jewel shades, reds, blues and yellows were thrown together in fetching styles featuring peasant necklines, swirling skirts over can-can petticoats, sundresses and cover-up jackets.

American, French, Italian and Spanish fabrics—some with real embroidery—teamed with gay designs to make for a sparkling 56.

Impressionist prints on neutral backgrounds featured high-necked roll-collars dipping to short V-line at the nape of the neck. Some of the cute styles are camisole tops above permanently pleated skirts, cross-over bodices atop wrap-around skirts, and sleeveless fitting closely down the hips and then flaring out to the knees. Stiffened and soft cotton, embroidered and satin-finished cotton are used for the "continentals."

Swim suits woven with glittering lurex thread will add an extra dash of glamor on the beach and promise to stand up to hard wear. Matching beach jackets go with them.

FREE INSURANCE

In the rainwear section, one manufacturer offers a free insurance scheme to clients with coverage for six months against loss of the coat by theft, burns or stains.

Prize of elegance went to a street dress of black wool with a detachable white shawl collar selling for about \$18. It has three-quarter length sleeves, dipping waistline, and a couture look.

Among the novelties were cotton dresses and blouses with printed "signs of the Zodiac" on them. A

### ANNE ADAMS PATTERNS

#### BELLE OF THE BALL

Star ballerina of the school recital - her beautiful dress, easily made by you! Whirling tiers of frothy net skirt with ruffle panties beneath; for parties, the same graceful dress outstanding in dimly or dotted swiss!

Pattern 4789: Children's Sizes 2, 4, 6, 8. Size 6 ballerina dress and panties 1 5-8 years 39-inch plain fabric; 3 ¼ yards 72-inch net.

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

Send order to Anne Adams, care of Charlottetown Guardian, 60 Front Street, W. Toronto, Ontario.

#### Wife Preservers

Send order to Anne Adams, care of Charlottetown Guardian, 60 Front Street, W. Toronto, Ontario.

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### relax with tea

Start the enjoyable habit of relaxing with TEA—the sm-o-o-th pick-up. You'll find that a warming cup of Tea is so much more refreshing... so much easier on your digestion. Try it.

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