

# WOMEN

Page 8 The Guardian Friday, October 1, 1954

## LET'S EAT

### Specialties Based On Chef's Salad Bowl

By IDA BAILEY ALLEN

"THE salad bowls we serve at the United National Delegates Restaurant are largely based on a tossed Chef's Salad," explained Manager J. L. Hever. "We turn them into specialties by adding, on order, the needed ingredients, such as diced jumbo shrimp; lobster vinaigrette; Portuguese sardines; diced Bismarck herring and onion rings; or julienne of turkey or ham. The basic salad must be crisp, every ingredient glistening with dressing, but never, never soggy!"

Many families who entertain informally Saturdays with a buffet dinner, might like to try a big bowl of crisp Chef's Salad, surrounded with the 'makings' for salad specialties. Supply thin mayonnaise and Thousand Island Dressing. Each person mixes his own.

**Chef's Salad Bowl:** Rub a good-sized salad bowl with a cut section of garlic, and remove.

Heap in a combination of crisp salad greens, such as 3 c. shredded lettuce, 1 1/2 c. shredded romaine or chicory, 1 c. shredded crisp young spinach leaves, 2 tbsp. each sliced radishes and scallions, 1 diced small pimiento or green pepper, and 1/2 c. thin-sliced celery, cucumber or fennel.

Slowly add 1/2 c. not-sweet French dressing; toss until the dressing is absorbed and the salad leaves glisten.

With Cheese: Toss in crumbled Bleu cheese and peeled, diced tomato.

With Anchovies: Add sliced anchovy fillets and extra diced pimiento.

## MARY HAWORTH'S MAIL

### Hurt Easily; Loses Friends

DEAR MARY HAWORTH: I have a neighbor and friend, I'll call her Mrs. Jones, a very fine person except for one trait which causes her, and those around her much heartache. She is just too sensitive, and though she has tried through the years to overcome the fault it seems she can't.

She was married at 23 and divorced 10 years later—mainly her fault, she admits, as her feelings were just too easily hurt. She reared two children alone and did a fine job; they are both college graduates and happily married.

She has many good friends but loses a lot of them. For example if guests at her table refuse a second piece of pie, she takes it

### WHEN OFFENDED SHE'S GRANITE

Once she quit her job for a while to care for a neighbor who was ill, then later crossed the neighbor off her list, because she felt the neighbor hadn't shown enough appreciation of all she (Mrs. Jones) had done for her. No amount of apology will smooth things out with Mrs. Jones once she has taken offense. She simply drops the offenders, who often don't know why.

Recently she is desperate because her children, having babies of their own, aren't visiting her as often as she thinks they should. She has stopped writing to her son, after telling him not to bother to keep in touch if he doesn't care any more. She cries and worries until she is almost ill and says she doesn't know why people dislike her so. It is all in her mind.

She is religious, likes music and poetry and has great artistic ability. Can you suggest any books to help her?

### UNHAPPY WOMAN DECEIVES SELF

DEAR S. C.: Confronted by a similar complaint from another Mrs. Jones, a modern saint and religious teacher remarked that she was dealing with people like a mendicant passing a begging basket. In effect she was passing the hat for handouts of love.

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4560 SIZES 12-20, 40

by Anne Adams

PREPARED MUSTARD

NOT DAN THE MUSTARD MAN

## Mrs. MacMillan and Her Famous Flower Garden



Mrs. Gordon MacMillan started her flower garden at Cornwall, P.E.I., because she loves flowers. But it kept growing until it is considered one of the most attractive gardens in the Maritime Provinces and is considered a top Island tourist attraction. Two or three thousand visitors see the gardens every year.—(CP Photo).

### CORNWALL, P. E. I. (CP)—Mrs. Gordon MacMillan is a stocky little woman with a hearty laugh and a love for people.

She also loves flowers, and as a result up to 3,000 persons a year drop in to see her. Local and visiting gardeners alike say she has one of the most attractive private gardens in the Maritimes. It rates high as a tourist attraction.

Most of the visitors have never seen Mrs. MacMillan before, but they go out of their way to drive over a dusty road to the neat little white house five miles from Charlottetown.

The gardens and their immediate backgrounds cover the best part of an acre with scores of varieties of flowers and shrubs, planted on a schedule which guarantees a continuous bloom of color during the summer months.

### CUTS GRASS, TOO

Mabel MacMillan does all the work, including grass-cutting.

"I've been a farmer since I was born," she says. "I was born on a farm and my grandmother was from northern Scotland. Perhaps that's why I like so many hedges."

She waved her sun-browned arms toward the neatly-clipped hedges of native spruce and cedar.

"I started this garden for my own pleasure between feeding the chickens and doing the housework," she said. "It just comes natural. Why, in school I found rotation of crops a lot easier than French or Latin."

As her garden grew in size, people started to drop around to have a look. Two years ago she had to put up a sign at the end of the

## ELLEN'S DIARY

by an Island Farmer's Wife

A little wandering wind of night stirs the curtain, it is the same that happy and sun-filled came out of the west today. It came in at a window of the sunporch this afternoon, as we set a patch of blue denim on the knee of an overall widely rent. . . . From Island's edge it had come, or was it not born of farther places? Back of a headland where a white light-house sits toward a west we once knew? Beyond that intriguing boundary where silver-blue of wishing-star appeared. And sometimes if one awaited its magic, in a miracle of the heavens ever fascinating and eternally new, a crescent-piece of new moon climbed. Thence, from these once familiar scenes came the west wind of today to these inland places of ours.

Souvenirs it brought us . . . glimpses of meadow and amber stubble; of enchanting paths through the woodlands of autumn—not so vividly shaded as in former years it may be, but still very lovely. It told of gardens bright with last flowerings . . . orange and gold of the marigold family, rainbow shades of the asters. It spoke of brooks and ripening ferns. What nice things the breeze bore to us this afternoon when we watched that happy sun-filled wind of the West.

It helped winnow the grain for the farmers who today moving wagons and gearing to a far field of "the other farm" continued there the threshing to have it done by supper-time. But not their day finished. Then came the baling of straw . . . and the hauling home to this or that barn of the farms, the grain won in the endeavour and the bales, working into the night. Is not this farming of theirs a wearisome business to our farmers? Apparently not. Only an occupation which seems ever to present some interesting challenge to them as their days come and go. And as we see it, in this age of many a convenience of machinery and electricity about, not nearly

the toilsome life of once.

"It's not much fun operating a tractor all day," we overheard a farmer of the times offer the other day.

"No . . . I reckon not," an old-timer commented with a smile. "But did you ever take out a pine stump with an axe and a grub hoe, and a stout pry? I'd say, there was more . . . well, what you might call 'real labor' to that!"

And the day so good to us and ours, furthering the work of our hands goes now, wrapped in a mantle jet-trimmed, crowned in a diadem of stars.

Until tomorrow . . . Diary  
Good-night . . . .



### GRAPENUT BREAD

1 cup grapenuts  
2 cups sour milk (part cream)  
Four milk over grapenuts and let stand for 15 minutes.  
1 heaping tsp. butter  
1/2 cup brown sugar  
1 beaten egg  
Salt  
1 tsp. soda (dissolved in a little sour milk).  
3 1/2 cups flour  
4 tsp. baking powder  
Let rise for 15 minutes.  
Bake 1 hour in moderate oven.

—Mrs. John MacLeod, Cherry Valley W. I.

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## Postponing Old Age

Herman N. Bundesen, M. D.

GROWING old gracefully is good advice. But how much better to postpone the physical signs of age.

It is a bad habit to count a person's age by the number of years he has left.

First, if he has enjoyed every minute of his life, no matter what the span, it can be said that he has been living. Second, if he enjoys every minute of his life, he not only will live longer, counting by years, but he will do more productive work.

### The Study of Tissues

When we count the length of life by the number of years, we call it chronology. If age is measured by how well all the body tissues are standing up under the modern strain of life, we call it biology.

In the later years of life, we can make every minute count by paying attention to changes—a few important things: diet, exercise, rest, regular checkups.

It is well accepted now that the diet in later years must be high in proteins, particularly those known as complete proteins, because they supply the ten essential amino acid substances from which proteins are made. These ten essential amino acids are needed because they cannot be built in the body and they, in turn, are necessary for rebuilding worn-out tissues.

Foods supplying these complete proteins in greatest abundance are meat, milk and eggs. The diet must be kept high in vitamins and minerals, and should not contain excessive fat, since it may lead to disposition of fat in the liver, and consequent interference with the many duties of this important part of the body. Just enough starchy foods and sugars must be included to maintain body energy.

### Dangers of Obesity

The tendency in the later years is to overeat, which with the decreased expenditure of physical energy at this time of life, will result inevitably in gain of weight. Overeating puts a strain on the heart and other parts of the body.

One of the best ways to guard against the so-called degenerative diseases of later years—heart disease, cancer, diabetes or chronic kidney disorders—is a regular checkup by the doctor at least once a year or, better, twice a year.

Signs of deterioration can be quickly discovered and diet and habits so adjusted as not only to add years to your life but life to your years.

### QUESTION AND ANSWER

Mr. E.: Is drinking of alcoholic beverages dangerous in an ulcer patient?

Answer: Yes, it is. Alcoholic beverages increase the amount of gastric or stomach juices which are present, which in turn often prevents the ulcer from healing properly.

### WAGS FREQUENTLY

Of the 22 bones in the skull—eight cranial and 14 facial—only the jaw-bone is movable.

## Wed In Halifax



Pictured above is the Nelson-MacKenzie wedding group. Reading from left to right are: Cpl. Harvie C. Dennis, best man; L. A. C. George Landon Nelson, groom; Mrs. George Landon Nelson, bride; and Mrs. Harvie C. Dennis, matron of honor. The ceremony took place on August 28 at St. John's United Church Manse, Halifax, N. S. with the Rev. R. W. Braine officiating.

The bride was the former Edna Kathleen, eldest daughter of Mr. and Mrs. Albert MacKenzie, Charlottetown, and the groom is the son of Mr. Stewart Nelson and the late Mrs. Nelson, Prince Albert, Sask.

The bride was attired in a steel blue suit with navy accessories and a corsage of pink roses.

The matron of honor wore a navy suit with red accessories and a corsage of red roses.

After the ceremony a reception was held at the home of the bride's cousin, Mrs. Edward Lane, 24 Sebastian Place.

## Salmon Roll Household Hint

Take a biscuit dough  
2 cups flour  
4 1/2 tps. baking powder  
Salt to taste  
3 tbsps. shortening  
Butter, lard or shortening  
1 cup milk.

Sift flour add salt, baking powder and cut in shortening. Make hollow in centre and add liquid slowly. Mix on a floured board 1/4 inch thick, and mix together:

1/2 lb. flaked canned salmon.  
4 tbsps. milk  
2 tbsps. lemon juice  
1 tbsp. chopped onion  
Little parsley and pepper and salt.

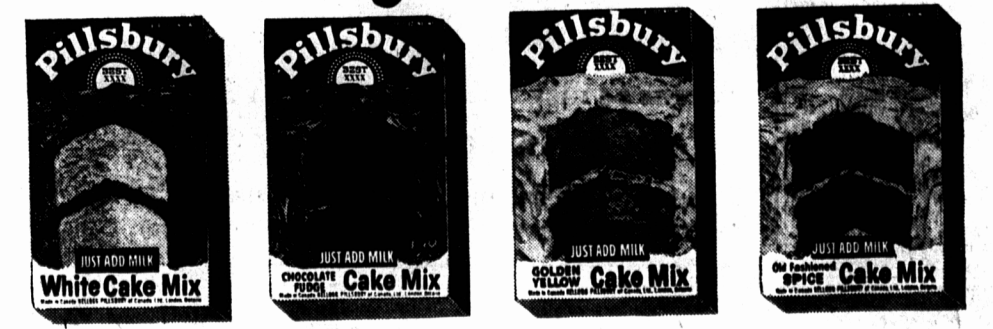
Spread evenly in dough. Roll up like a jelly roll and bake on a baking sheet in 425 degrees F. oven 30-35 minutes. Serve with creamed peas or hot egg sauce.

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