WOMEN

LET'S EAT

Eat Small Portions If You'd Keep Slim

By Ida Bailey Allen

"You can't separate an American from his pie," I told the Chef. "It's a traditional dish in our national cuisine.

"It's not like the soft butter-crust pie of Central Europe nor the puff-pastry pies of France or Scandinavia, but the down-to-earth flaky pastry-crusted pie of this country, often made with lard."

"American pies are very, very good," conceded the Chef. "But they have very many calories."

TAKE SMALLER PORTION

"All one has to do is cut an average size pie into smaller portions," I answered.

"Our grandparents walked and exercised so they used up plenty of calories and kept their figures. Today, we walk and exercise much less, so if we cut down the portions of high calory foods, we can still enjoy them."

"But what happens when one likes pie a la mode, Madame?"

"Use only half a scoop of ice cream, Chef, and cut down to about a fourth of the usual amount of bread, butter and potatoes for that meal.

"That means you will not clean up the plate, Madame, which means waste," he said.

"Better leave it on the plate than add it to your own waistline, Chef," I replied.

TOMORROW'S DINNER

Tomato Juice
Veal Chops Soubise
Whipped Potato
Horseradish-Beets
Criss-Cross Apple Pie
Coffee Tea Milk

Veal Chops with Soubise Sauce: Brush 6 good-sized veal chops all over with French dressing; dust with 1 tsp. each salt and mono-sodium glutamate and ¼ tsp. pepper. Coat with fine dry crumbs.

Slow-saute until golden brown in just enough heated shortening or cooking oil to cover the bottom of a heavy frying pan. Turn once. Add 2 tbsp. hot water. Cover and slow-steam fry 20 min.

Meantime, prepare sauce Soubise according to the Chef's directions. Arrange the chops on a heated platter and spoon the sauce around; do not pour over the chops.

Garnish of cress or parsley.

Sauce Soubise from the Chef: The word "Soubise" in a recipe always reveals onions as an ingredient. This sauce is equally good with veal, broiled or sauteed sweet breads, lamb croquettes or broiled or sauteed fish fillets.

An American hurry-up method of making sauce Soubise is as follows: Combine 1 c. fine-chopped onions and 1 c. hot water. Bring to a boil. Cook 3 min. and drain.

Melt 1½ tbsp. butter or margarine in a qt. sauce pan. Slow-cook until soft, do not brown.

Stir in 2 tbsp. flour, ½ tsp. salt, ⅛ tsp. white pepper and 1-16 tsp. nutmeg. Then, stir in 1½ c. milk and bring to a slow boil.

Put through a sieve. Return to the heat and stir in, 2 tbsp. at a time, ½ c. heavy sweet cream or commercial sour cream.

HOUSEHOLD HINT

If the shoulder pads in your dresses have grown bulky or mis shapen, buy nylon shoulder pads, which are washable and need not be removed when the garment is washed.

COOK'S CORNER

COCOANUT AND DATE BARS

1 chocolate cake mix
3 tbsps. melted butter
2 egg yolks

Mix together and press into pan, then beat egg whites stiff. Add slowly:

½ cup brown sugar
½ cup cooked dates
½ cup cocoanut
¼ cup nuts.

Spread on top of cake mix and bake in a 350 degs. oven for 40 minutes.

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WIZARD WICK DEODORIZER

For Colds use lemon and soda

Put the juice of one lemon in a half glass of water and add ½ teaspoon bicarbonate of soda (baking soda). Take this excellent neutralizer several times a day to help reduce acidity and relieve discomfort.

MARY HAWORTH'S MAIL

Should Wife Tell Husband He Was An Adopted Child?

DEAR MARY HAWORTH: This summer relatives of my husband visited us for a few days. During their visit, while my husband was at work, the conversation turned to their small adopted child, and whether or not it is best to tell a young child of its adoption. Opinions were divided, with the father reluctant to say.

In further discussing the importance of a right decision, the mother said to me, "Didn't you know that Tom was adopted? Tom is my husband. I was truly astounded. I hadn't known; and what's more, I feel certain Tom doesn't know it yet.

We then rehashed a series of incidents, confusing to Tom and me at the time, which came up prior to his entry into the Army, and after his mothers death. In the light of this new knowledge, these happenings now seem logical.

SPARE FEELINGS

Sooner or later Tom is bound to learn the truth. Which will hurt him more? To learn it by chance, or to be purposely told? How would he feel if I don't tell him, and later he learns that everyone, including his wife (who keeps no secrets from him) has known it for a long time? If I tell him, I may never know if the hurt would have been more or less if I'd kept silent...As his wife do I have a moral right to tell him?

Tom is the youngest of four boys-he has two elder brothers and a half-brother. He was very close to and fond of his mother, although after her death the brothers drifted apart. He is a wonderful husband and father--very kind, intelligent and, I feel, emotionally stable. My concern is to spare him hurt.

The wrath of his relatives will descend upon me if I decide to tell him the truth; but that part doesn't worry me. our counsel will be much appreciated. RY

TELL THEM EARLY

DEAR R.Y.: The 'consensus of informed opinion is that adopted children should be told, early in life, that they are adopted -- that they were handpicked, with love, by the adopting parents to be their son or daughter.

All this tempest in a teapot, now boiling up in your mind, about whether to tell your husband of his adopted status, amply proves the wisdom of getting the facts on record early.

Probably the most disturbing angle (if any) to the sensitive intelligent adult just learning that he was an adopted child, is the mystery of his natural origins. He wonders just "who' he is; and why his natural parents didn't rear him. He may experience emotional shock at the impact of such unanswered questions; and have a panicky feeling that he must find out the facts, to recover a sense of reality -- to identify himself to himself, so to speak.

As you know, the usual policy of accredited adoption agencies is to handle placements in such a way as to guarantee, insofar as possible, abiding long-term good care of the child. To safeguard against possible emotional changes of-mind on the part of the natural parent, who might try to grab back the child later on, the principals are kept apart, and don't know each other's names. At most they are given a kind of synopsis of each other's history and circumstances for reassurance.

WOMAN'S PROBLEM.. .. ..

Thus in your hasband's case, he might run into a stone wall, trying to track down his pre-adoption history--if he felt he had to know. But then again he may be so well adjusted to his life "as is," to his wife, his work, his youthful

Early October Vows

Baskets of gladioli and mixed flowers formed the setting for an autumn ceremony on October 8 when Miss Beverley Birch, Port Hill, became the bride of Mr. Wyman Millar. Rev. M. J. Findley officiated.

The bride, the daughter of Mr. and Mrs. Laurie Birch, Port Hill, was given in marriage by her father. She wore a waltz-length gown of nylon net over satin with a jacket of Chantilly lace styled with long tapered sleeves and Peter Pan collar with seed pearl trim. A coronet of pleated nylon and seed pearls held her fingertip veil and she carried a bouquet of Better Tiem roses in a red shade.

Miss Audrey Millar, only sister of the groom, was maid of honor in a ballerina-length gown of pink over taffeta with matching headdress. She carried a bouquet of yellow roses.

Mr. David Birch, only brother of the bride, was groomsman.

Mr. Robert Schurman, Summerside, was soloist and sang "The Lord's Prayer." The wedding music was played by Mrs. Herman Dyment.

A brown afternoon dress, topped by a brown tweed jacket was chosen by the mother of the bride. She wore matching accessories and yellow Queen Elizabeth roses en coursage. The groom's mother wore a grey suit with navy accessories and a corsage of pink Sweetheart roses.

A reception followed at the home of the bride's parents. The table was centred with a three-tiered wedding cake. Rev. M. J. Findley proposed the toast to the bride.

For travelling through the Maritimes, the bride donned a charcoal wool dress, topped with a grey fur jacket and a corsage of red roses.

(Photo by D. W. Sears).

Words Of The Wise

The price of greatness is responsibility. —(Winston Churchill)

memories, etc., that he would dismiss the adoptive angle after some reflection, and go ahead with peace of mind and self-respect unshaken--in short, without distress reactions.

Maybe you've heard the wiseacre saying about the three most speedy methods of spreading news namely: telegraph, telephone and tell-a-woman. Well, it seems you're the sort of woman meant; the one who can hardly bear to keep a secret. Figuratively its "killing" you to withhold from Tom the news about his status. But my feeling is, if he doesn't know, and the family won't tell him, you shouldn't be the first to unveil the fact.

If he learns the truth eventually, and confronts you with it, or asks why you hid it, you may say (in effect) "After all, nothing alters the fact that you are you--and knowing you, I'm satisfied that your ancestry and history were of the best. So why go into it? I guess those were and are my sentiments, more or less." M.H.

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

KEEP IN TRIM

Slimming Calls For Power

By Ida Jean Kain

On that controversial subject of will power, there's one thing sure.. starting a diet doesn't take much strength of will. In fact, going on a diet has become a favorite American pastime. Like the man said about smoking: "It's easy to give it up - I've done it dozens of times". No doubt you've started dozens of diets.

The first day or two all goes well. The thoght of slipping in to a smaller size bolsters your resolve and helps you feel almost svelte. But along about the third day, or at least toward the end of the week, the first fine enthusiasm lags. Thats when staying power is needed.

Staying power depends on a couple of things...first whether your incentive to lose weight is strong enough to break the inertia of hibit.. and second, whether your diet is the right kind to sustain energy.

When energy drags and an all-gone feeling sets in, will power wilts and sticking with a diet is almost impossible. The joker in lopsided menus is that they drain vitality and leave you feeling limp--and you're almost sure to backslide.

But a scientific reducing diet is built on the protective foods with protein as the backbone of every meal. It's the protein foods that help keep energy at par and give a feeling of satiety— that nice feeling of having had a good meal.

It's true that fats also have a stick-to-the-ribs quality because they are slow to digest. But fats are so high in calories they may boost the daily requirements over the top and so are likely to stick to the waist as well.

A diet to keep reducers happy while slimming must have varied foods, otherwise meals are monotonous. Any diet restricted to two or three foods is bound to pall shortly. And in the long run, all that such faddy diets accomplish is to whet the appetite for overeating.

Scientifically planned diets give perfect nutrition which fosters a feeling of well-being, and at the same time provide enough variety in the menus to ward off boredom. Best of all, the new way of eating works a change in food habits. Then eating to slim down is a natural.

One more point: The protein that gives staying power to protective meals for dieters can also provide an energy pick-up to prevent that all-gone feeling which sometimes sets in around 4:30. At this low-ebb point, 100 calories in protein — an ounce of yellow cheese, a hard cooked egg, a glass of buttermilk, or a piece of left-over chicken — can bolster staying power and keep you from wanting to overeat at dinner.

ELLEN'S DIARY

By An Island Farmer's Wife

How gently the sun pours its gold over the farmlands these mornings, washing brightly the western slopes of our valley, pointing up the shades of tree and meadow and leaving the depths in cool shadow! But as he climbs higher above the eastern hills, there too it at length reaches, its warming light touching the deep quiet places of it where runs the millstream.

And at breakfast watching it light the fragile gold of the birches and the scarlet of the maples beyond the windows we say, "Was there ever an October more lovely than this!"

And pleasant it is, yes, especially good to come to breakfast at a table set not far away from the wood-fire, doors closed against the coolness without. In summer beyond the open door we remember that in the haying season so delightful, a small wind of day newborn was wont to come up from the millpond below, to whisper sweet sayings in the leaves of the "ivy" on the front verandah, stirring them with light roguish touch. And there too a dainty song-sparrow sometimes stopping to sing. There was gaity and lightness of heart about then. Behind the glint and color, in the very spirit of it, this season is sober.

The work at the mangels continued today and at length came to a close. We heard the satisfying sound of the farm-carts unloading their riches in the cellar beneath, and were pleased-much we supposed as a mother-chipmunk would be over the family's winter storehouse being filled, except that she would have had more intimate knowledge of the venture. Pleanty we would have of these, to provide the juicy stable and sty dainties for the stock about and for the small flock of fowls it is this farm's duty to maintain. And not so much as a crow have we had yet from any stripling there to welcome blithely these mornings, not even a thin piping tremolo to make us smile, and to greet and hasten the day.

And then with last loads saved that harvesting was completed. And what now? we wondered. Would the farmers enjoy an earned spell of idling? A rest maybe, James on the couch in the kitchen catching forty winks, arms folded, hands clasped on his breast in a funny way he has of sleeping? Or would they now commence to gather in the turnips? Though they had agreed it was a little too soon for this. The plowing then- that would be the next field-work. But it was a patch of untidy stumpland which drew them, there where now close by the maples flame and glow in the woodlands...and below Earth cradles fondly the leaves which drift down to rest.

There heaps of brush left in the wake of some busy spell of woodcutting were kindled and burnt in fine clearing-fires that like stars fallen, glowed into the night.

And the tang of the burning- the spruce scent mingles with that of dying leaves and bracken and grasses, and frost-damped earth in a distilled fragrance of season tonight...So comes the end of a perfect day for the folks who home at Alderlea-this Island farm where along the fields flows a millstream.

Until tomorrow ---- Diary---Goodnight.....

Prizes Galore To Be A Feature Of Cooking School

Martha Logan staff, will appear as Martha Logan for this school. An expert on meats and meat cookery, Miss Ellis travels throughout the country bringing new food ideas to homemakers.

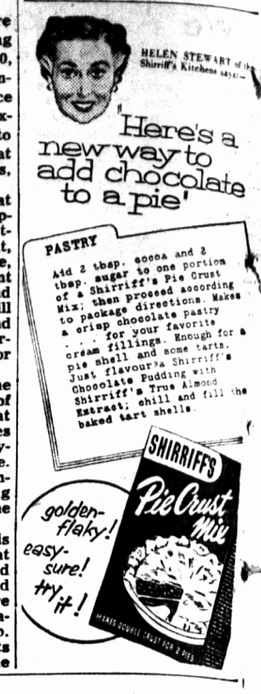
Prizes galore will be a feature of the Martha Logan cooking school on Thursday, October 20, 1955. The school, which is sponsored by local food and appliance dealers and Swift, will bring exciting food reparation helps to homemakers. It is being held at the Coliseum, Exhibition Grounds, Charlottetown.

Among the prizes presented at the cooking school will be equipment given by the General Electric Company, including an elegant, space maker G.E. electric range, a handy clock-radio, a convenient rotary ironer and an electric hand mixer. Other special prizes will be Swift's Premum hams and turkeys and large bags of groceries from local food dealers for fine dinners ahead.

Every homemaker attending the school will receive a free copy of the popular "Martha Logan Meat Cook Book." This cook book gives the complete story on meat buying, storage, cookery and service. Homemakers throughout the country have found the many exciting recipes in this booklet just the answer for fine family eating.

The cooking school, which is titled "Meal Magic" will begin at 8:00 p.m. Admission is free, and tickets are available at local food and appliance stores which are sponsoring ehis school in cooperation with th eSwift Canadian Co.

Marjorie Ellis, one of Swifts graduate home economists on the



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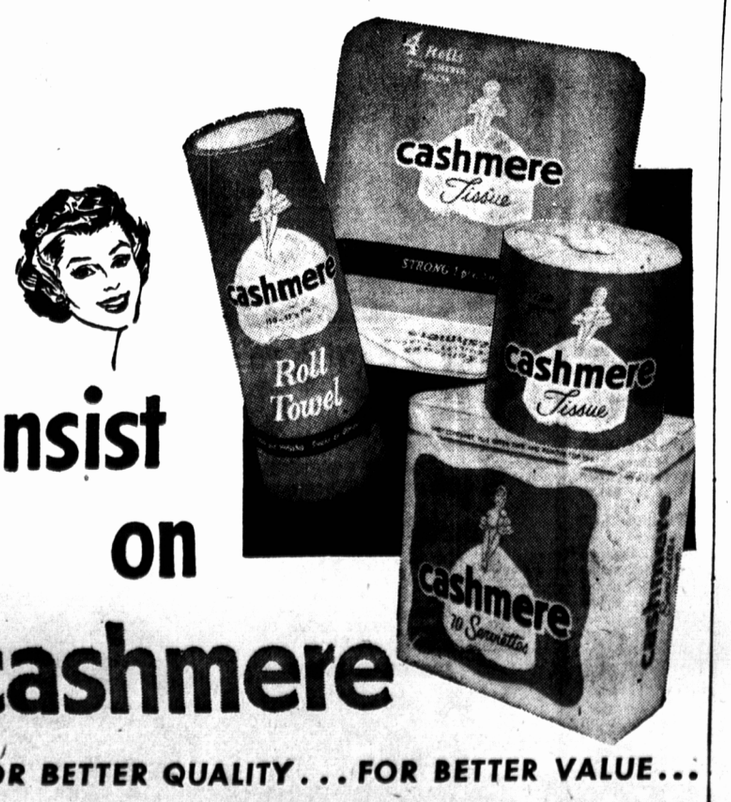

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