WOMEN

LET'S EAT

Served French Style, Lamb Has New Flavor

By Ida Bailey Allen

"This is a great day in France, Madame," exclaimed the Chef.

"I know," I replied, "it's Bastille Day, the Independence Day of France."

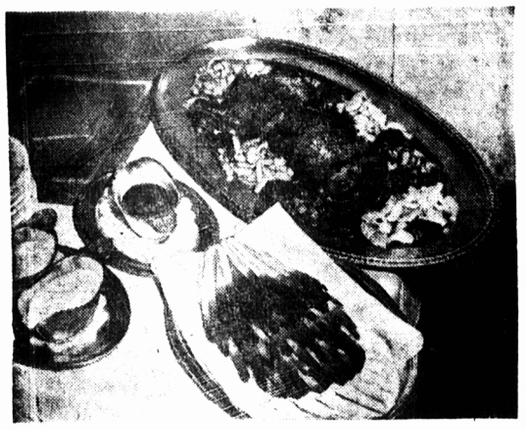
"Oui, Madame. It is also celebrated in this country by the French Embassy and Consulates. many American friends of France are invited. At many of the dinners, a favorite French main dish is selle d'agneau Persille de France Chatelaine, will undoubtedly be served."

BASTILLE DAY DINNER

Tomato Aspic Saladettes
Roast Lamb Chatelaine
Potato "Noisettes"
Braised Zucchini
Asparagus Hollandaise
French Bread Camemb
Fresh Sweet Cherries
Cafe Noir

Macaroni and Cheese Popular

More families would eat more macaroni-and-cheese if Mom only baked more! Fix twice as much as usual with high-protein macaroni and cheese sauce and star the dish. Everybody will be enthusiastic as well as satisfied.



A FRENCH DINNER stars roast lamb with potato noisettes, baby zucchini, grilled mushrooms and asparagus with Hollandaise sauce.

Favorite Dish

"That means 'saddle of lamb with parsley in the style of a grand homemaker'," I remarked, proudly.

"Oui, Madame. It is also celebrated your fine understanding. This dish is also a specialite of the chef of the French Line. I had dinner recently on the Liberte, one of their liners, and this is how it was prepared:

"**Roast Lamb Chatelaine**: Roast a saddle of lamb as usual. Then dust thickly with chopped parsley and coarse bread crumbs, lightly browned in butter with a little garlic.

"This treatment makes an elegant saddle of lamb even more appetizing and transforms a plain roast lamb shoulder into elegance.

Lemon Flavor

"On the French Liner the accompanying vegetables were zucchini, asparagus, mushrooms, hearts of artichokes and pommes noisettes, thumb-sized pieces of potato fried brown, which are like nuts.

"One-half cup of dry white wine was poured over the lamb just before serving. Our home-makers may prefer to use ¼ cup fresh lemon juice instead. The flavor is very refreshing."

TOMORROW'S MACARONI-CHEESE DINNER

Tuna-Olive Saladettes
Big Macaroni-and-Cheese Casserole
Garlic Bread Stewed Tomatoes
Ice Cream Peach Sundaes
Hot or Iced Coffee or Tea Milk

Big Macaroni-and-Cheese Casserole: Add 4 c. high-protein macaroni to 8 c. rapidly boiling water containing 2 tsp. salt. Boil rapidly until the macaroni is barely bite-tender, about 12 min.

Add 3 c. milk, 1½ c. grated sharp American cheese, ¼ tsp. pepper, ½ tsp. monosodium glutamate, 3 tbs. flour dissolved in 3 tbs. milk, and 1½ tbs. butter. Cook and stir until boiling.

Transfer to a 3 qt. casserole. Cover the top with ¾ c. enriched bread crumbs mixed with 3 tbs. melted butter and ½ c. grated sharp cheese. Brown in a hot oven, 400 degrees F., or refrigerate and brown at serving time.

SUGGESTION OF THE CHEF

Serve cooked asparagus spread out like a fan on a napkin, with the Hollandaise in a sauce-boat. Tres elegante.

MARY HAWORTH'S MAIL

Woman is Insulted Because In-Laws Sent Gift to Husband

DEAR MARY HAWORTH: Suzy and I have been married since 1945 and have one child. Our meeting was unconventional even by modern standards. We were married the next day.

I had been married previously and divorced after returning home from three years' duty overseas. There were no children.

I was not in love with Suzy when we married. And this must have been the reason why her confession of a prolonged affair (that would constitute common law marriage didn't deter me. My strong desire was to have a home and children.

I felt then that the war was to blame for her experience; and perhaps I didn't want to believe what she told me at the time. She is not the type of woman who would ever be suspected of having a lurid past.

Now after 10 years of marriage that has been close to perfection, I find myself becoming morbidly curious about the details of her affair. I had never given this a thought until just recently; and I don't understand how it could happen to me. I have grown to love her almost to the point of worship. If my brooding over the past is mental illness I would like to know how I can get help.

TYPICAL JEALOUS POSSESSIVENESS?

DEAR G. K. It occurs to me that jealousy could be the one-word explanation of your sudden onslaught of grave digging preoccupation with your wife's heart interests before you knew her. Just plain possessive male jealousy, characteristic of an emotionally immature but ardently devoted husband.

As to why you never felt this before, haven't you touched on the reason, in recalling that you didn't love Suzy when you married her? She was a stranger, a means to an end; you were thinking of yourself, not her.

Just out of the war, with a broken marriage and no children, you were in rebellion against everything and everybody in your experience up to then, probably. Also freshly conscious of your own smudged record in the game of hearts, likely--and bitterly scornful of "plaster saints," maybe. At any rate, in no mood to condemn Suzy, who seemed as bereft of happiness as yourself.

You were desolate, craving companionship and consolation. You wanted partnership in a personal life, somebody to come home to, etc. And you must have been feeling pretty discouraged about your ability to be a husband when you married a pick-up. Perhaps you figured unconsciously: "She can't blame me if this turns out badly; after all what can she expect, on the basis of such a beginning--"

JUST WAKING UP TO REAL SELVES?

Well, 10 years later the marriage turns out to have been close to perfection, all along. (Due to humility of the principals?) Result: you are beginning to feel like a real man in relation to his beloved woman. You love your wife wholeheartedly, with dawning thought that the other man in her life must surely have valued her dearness as you do. Or did he? You wonder angrily--vexed by ego dismay, retroactive concern for her, and sudden curiosity to know "the real story."

Does this hypothesis ring a bell and strike you as true? Or is it too prosaic to fit your case? If so, I have another thought. Maybe your imagination is being poisoned recently by wrong reading matter --for example, the sexually vicious, luridly illustrated cheap paper-back fiction on sale everywhere. If you are absorbing that kind of filth, it is bound to degrade and darken your conjugal feelings.

The Veterans Administration operates a Mental Hygiene Clinic in the city through which you Write. A psychiatrist, a psychologist and a psychiatric social worker are on the staff. Clients are counseled daily except Saturdays. You might get deep help with the problem there.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of the Charlottetown Guardian, Virginia, Mr. and Mrs. Bellemare and her young son, Richard Doyle, will be at home in Grahamsville near Ludlow after August 1.

MR. AND MRS. HENRY MACFARLANE

Miss Margo Ann Livingston, daughter of Mrs. Alice Livingston and the late John F. Livingston, Iona, P. E. I. and Mr. Henry LeRoy McFarlane, son of Mr. and Mrs. Henry McFarlane, Moncton, N. B. were married in St. Luke's Church, Saint John, N.B. on Saturday, June 11 at 2:30 p.m. The Rev. Gordon W. Philpotts officiated.

The church was decorated for the occasion with chrysanthemums on the Communion Table and apple blossoms at the chancel steps. Mrs. Daisy Brantall was soloist, and organist was Mr. Harold Ellis.

The bride, who was given in marriage by her brother, Mr. John H. Livingston, chose for her gown white nylon lace over a veta, and a fingertip-veil which fell from a tiara of net embroidered with sequins. Her bouquet was of red roses and maidenhair fern.

Mrs. Leona Silliphant, sister of the bride, attended her as maid of honor. She wore a blue gown and carried a nosegay of sweet peas and roses.

The bridesmaid, Mrs. Thomas Layson, wore a yellow gown and also carried sweet peas and roses. Flower girl was Miss Mary Shephard, young cousin of the bride.

Best man was Mr. Ronald Sprague of Saint John. N. B. and Mr. Eugene Harding with Mr. David Webster acted as ushers and Gregory Silliphant, nephew of the bride was ring-bearer.

The reception was held at the Pythian Hotel, Saint John, with 75 guests present. Chrysantheumums and sweet peas decorated the rooms in artistic bouquets.

The bride chose for her travelling costume a navy blue dress trimmed with white and white accessories. The newlyweds are motoring through New Brunswick and Prince Edward Island for their honeymoon.

Out-of-town guests were Misses Catherine and Marjorie Gallant of P. E. I.; Miss Betty Falls, P. E. I.; Mrs. Rose Gown, Elmsville, N. B.; Mr. and Mrs. George Baldwin, St. George, N. B.; Mrs. Guy Jones, Mrs. Douglas Jones, Mrs. Harold Dean, Mr. Donald Jones and Mr. Fred Thomas of St. Stephen, N. B.; Mr. James McDougall of Greenwood, N. S.; Mr. and Mrs. Thomas Lawson of Middleton, N. S.; Mrs. Mary Trainor and Mr. and Mrs. David Webster, of Moncton, N.B.

Bellemare-Doyle Wedding

Announcement is made of the marriage in New York on July 2 of Robert J. Bellemare, son of Mr. and Mrs. Emile Bellemare of Bennington, Vt. and Mrs. Ella C. Doyle, daughter of Mr. and Mrs. James Collings of Montague, Prince Edward Island, Canada.

Mrs Bellemare is a graduate of Charlottetown P. E. I. Hospital as an R. N. and has been in charge of pediatrics at Union Hospital, Lynn, Mass., for the past six years.

The bridegroom is a 1949 graduate of Dartmouth College and has been employed by the General Electric Company in both Schenectady, N. Y., and Lynn, Mass. and is now plant accountant at the new G. E. plant in Ludlow, Vt.

After a honeymoon spent at Virginia Beach and other places in

Cook's Corner

RHUBARB CREAM PIE

1½ cups sugar, 3 tbs. flour, ½ tsp. nutmeg, 1 tbs. butter, 2 well beaten eggs, 3 cups cut rhubarb, 1 recipe plain pastry. Blend sugar, flour, nutmeg and butter. Add eggs and beat smooth. Pour over rhubarb in 9-inch pastry-lined pie pan. Top with pastry cut in fancy shapes. Bake in hot oven, 450 degrees F. for 10 minutes then in moderate oven 350 degrees F. about 30 minutes.

ELLEN'S DIARY

By An Island Farmer's Wife

In this an ideal vacation-time, some summer visitors to our Island we see at Alderlea — at this, and the House across the Lane. We greet those we, with James, had known in the young years, remembered because they are associated in mind forever with the carefree light-hearted days. Or were they always thus? Perhaps it is rather that the irritations and disappointments have faded from mind in the interval and looking back only the genial comradeship and laughs we can see.

Strangers too come by: those who can see in this Island farm and surroundings the intangible lovely delights that we ourselves find — peace and quiet, cropping fields, green woodlands and grov s, mirroring waters of the millpond, depth of valley, summit of hill.

There comes too the old one, we fancy, who, expecting to see a show place with everything about tailored to a city park-like grace, and dwelling in mansions of houses, a family extraordinary, go down the lane disappointed.

Here we live in average farm-dwellings. And here we make no claim to specialized farming in any line of it. We gain our living from the fields which give us sometimes abundant returns and at others less favorable yields. Our (cattle) herd is a mixture of colors, our horses of this and that line, our ewes too a mixture. The pigs, well bred it is true, but improved for the most part by the farmers' experience in selecting and weeding out the less promising types are those as on dozens of other Island farms — and our hens, what an intriguing combination of shades!

And we "farm along" often musingly.

"Now this cow, I wouldn't say there would be too much milk in her horns" a farmer who had happened by at the milking-time the other evening offered with a chuckle going down the line of them.

"Oh, I don't know" James replied picking up a milking-stool and pail, prior to sitting in. "She doesn't hurt herself. But still she doesn't do too badly when I think of it. How many calves did she raise besides her own last year?" he turned to the younger farmer.

"And besides," Mack, a young expert in the ways of our hit-and miss farming pipes up, "for some of the time, she was the house-cow too!".

And the family, with the exact interests of those set down on farms Island-over, what should we say of them? And where begin? With the older twain who have "toiled" pleasantly up the years together? Or should the elders come last, now that the heat and burden of operation and planning commences to fall more and more to young shoulders?

In any event, no country-squire of leisure, no fine lady of the manor are these two, but farm folk still with a work to do, clinging in this much-changed era of living to good old ways we have proven, loath to let them go — and loving the life of the farm.

The sons and their wives?

Until tomorrow — — Diary Good-night.

To Save Time And $$$

By ELEANOR ROSS

Notes and reminders today on the army of furniture restorers that abound at this time of year.

We know how it is: off you go for a drive in the country and there, somewhere along the line, an auction is in progress. How eagerly you bid for stuff which is so like the pieces you got rid of years ago! Anyway, back you come with your treasures and then start to do a job of bringing them up to date.

Several Tricks

There are several good tricks to know when you're removing an old finish on a curved surface or on ornamental carved sections that are so often on old furniture.

First of all, of course, you apply paint and varnish remover to a small area and allow sufficient time for the old coating to soften. On flat surfaces, a broad-bladed putty knife will serve as a satisfactory scraper. A wire brush can also be most helpful.

Steel wool is a great aid on curved surfaces. Sometimes it's a good idea to attach a length of steel wool to the gummy side of wide adhesive tape, then pull the wool back and forth over the curved surface. When you come to carvings, remember that steel wool on a lollipop stick or a meat skewer can help. Steel wool entwined with a piece of strong cord can be most helpful on spindles.

Old Coating

After you've taken off the old coating entirely, be sure to remove all traces of the remover by rubbing the surface with medium-fine steel wool moistened with mineral spirits. Allow the surface to dry overnight before refinishing.

Pique Hats

From furniture to fashion is a big jump but we make it with a suggestion on keeping that cute white pique hat looking like new.

Pique hats are more popular than ever this season and some models show quite a good price tag. So, to get your money's worth and keep that new pique job from looking definitely old-hat, stuff the hat with tissue paper so that it will not shrink. Then, with an old tooth brush or nail brush, apply detergent suds to the surface of the hat, using as little water as possible. Wipe with a clean cloth and do not remove the tissue paper until the hat is completely dry.

To Store

For quick and good winter storage, wrap, after cleaning or laundering, in strong, clean paper. Sprinkle thoroughly with moth preventatives, treating each layer. Then seal completely at the edges of the paper with cellophane tape, making sure that not even a pin-hole space is free.

Cinderella "glass" slippers step out daintily onto the dance floor this summer. To keep them dainty requires but a bit of attention. Just stuff shoes with tissue paper, apply soapsuds and rinse with a sponge.

HOUSEHOLD HINT

Auto polish works wonders on plastic sink tops, counters and dinette tables dulled by myriad scratches caused by sliding dishes and utensils. The polish compounds the surface and restores its brightness and color after it has begun to show signs of wear. Applied in generous amounts with a clean, soft, unsized cloth folded into a thick pad, the polish is rubbed into the surface with full hand pressure, using long even strokes. Do a section at a time.

KEEP IN TRIM

Singer Sets Slimming Examp'e

By Ida Jean Kain

Jo Stafford's keeping slim program is reassuring proof that fixed eating habits can be changed and one's attitude toward food altered completely.

This singing star is 5' 7" tall and at one hefty period weighed 186 pounds and crowded a size 20 dress. She went on and off diets and managed to get down to 165 pounds . . . then slipped back to 170.

When I first interviewed Miss Stafford ten years ago, she was struggling with her weight. It was nip and tuck between her appetite and slimming down for a glamorous career. She kept dreaming of fried chicken, rich desserts and snacks, and frankly admitted she often wondered if any career was worth giving up the foods she loved to eat. That was her attitude back in those days.

At 165 pounds she made up her mind to get "something resembling a figure." From her experience, she now is convinced that the only way to succeed is to keep the rewards vividly in mind. "A slimming resolve must be accepted in your mind before you can be happy or want to change your food habits." For a long time it seemed she couldn't get her mind off fattening favorites. Then she started picturing herself in a perfect size 14. When her interest in dieting lagged, she would go window shopping to enliven her enthusiasm for sliming.

Today Jo Stafford wears size 14 beautifully. She weighs 142 pounds, which for 5' 7" with her generous frame is healthy normal weight. For the past eight years she has held her weight within two pounds of this level. Her system? When the pointer on the scales touches the two pound limit, she leaves out all fats and restricts desserts to fresh fruits. With the right mental outlook, this singer has proved that weight control is no trouble.

The significant part in Jo Stafford's true to life story is the change in her attitude toward food. It is really heartening. Even if she were to give up her television program (and that fabulous salary), she would not go back to her old eating habits. "If I quit my career tomorrow, I would never allow the pounds to come back on, for excess weight is too much of a drag. I feel better physically and mentally at normal weight," is the way she summed it up.

In private life, she is married to musical director Paul Weston and is the mother of a two and a half year old son, Timmy.

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