

WOMEN

Page 8 The Guardian, Wed., July 6, 1955

LET'S EAT

Make The Best Use Of Your Appliances

By Ida Bailey Allen

Thousands of brides are back from the honeymoon, and among their wedding presents were undoubtedly a number of electrical appliances: infra-red broilers, grills, waffle-makers, coffee-makers, chafing dishes, casseroles, even roaster-ovens — and all gleamingly beautiful.

New Cook Book

All of them come with the manufacturer's directions for using, but few young homemakers have the patience or will spend the necessary time to investigate them thoroughly and find out how to use them properly.

Knowing how difficult this can be, John and Marie Robertson, a young couple well-versed in cooking and authoring cook books, set out to find the answers. It took a year of concentrated experimental work. Then they wrote their excellent "Complete Small Appliance Cook Book" which contains all the information needed to make the best use of small electrical appliances.

For Small Apartments

In the taste-test kitchen the Chef and I have been experimenting with an electrical oven-roaster. This can be of enormous service, when no range oven is available, as in many small apartments or summer places.

TOMORROW'S DINNER

Tomato Juice Cocktail
Chili Chicken
Flaky Rice

Tricks That Add A New Sparkle To Old Things

By ELEANOR ROSS

Unfinished wood in drawers has a way of absorbing moisture, causing it to swell and stick. Before she started to sand the surface, one smart housewife left a lighted bulb in the drawer for a minute or two. Reported that it did a good wood-shrinking job.

Cook's Corner



The following recipe is supplied by the Consumer Section Marketing Service, Canada Department of Agriculture.

CHERRY WHIP

1 cup sour cherry pulp (about 2 cups pitted cherries)
2 egg whites
Pinch of salt
1/3 cup sugar

Wash, stem and pit cherries. Force through a sieve or crush to a fine pulp. Drain. Beat egg whites with salt until stiff and gradually add the sugar. Add cherry pulp to the egg mixture and mix thoroughly with rotary beater. Pile lightly into a serving dish or into individual dishes. Chill thoroughly and serve, garnished with fresh cherries. Yield: Six servings.

A custard sauce may be made with the two egg yolks and poured cold on the cherry whip just before serving.

ANNE ADAMS PATTERNS

IT'S A SCOOP!

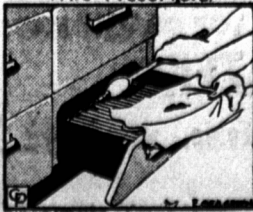
You'll love the smart flattery of that scooped neckline! You'll love the brief sleeves and flaring 4-gore skirt. Best of all, you'll love to sew this—it's so EASY! Make it in crisp cotton, or a pretty nylon novelty. It's sew thrifty too!

Pattern 4712. Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/4 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly name, address, style number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.

Wife Preservers



After using the brooch let it cool, then remove solid fat with a wooden spoon. Remove grease from neck and pin with paper toweling. Then wash the brooch in hot soapsuds, rinse with hot water and dry thoroughly.

Refugee Asks How To Be Assimilated Into Our Way Of Life

DEAR MARY HAWORTH: I am 38, a Hungarian refugee with a small family. I have lived in your country four years and have a job that corresponds to my academic and professional background. I am able to secure a livelihood for my family far better than I had hoped before my arrival.

Like other Europeans I had the impression that some native-born Americans, nice persons, tried to boss and patronize immigrants in order to Americanize and assimilate us. And I felt no inclination to join an American church or other organization.

Very gradually, however, I have reached the conclusion that without being assimilated into the native-born American populace, I will remain dissatisfied and frustrated all my life, like too many European immigrants and refugees here, clinging for decades to their dreams and empty hopes. Besides, I have observed many attractive features of the American way of life.

SEES OPPORTUNITY TO IMPROVE STATUS

I am determined to break completely with my refugee outlook and become a loyal American citizen, subject to the demands of Americanization and assimilation. I recognize that the European immigrant cannot merge with the American populace except by taking a subordinate place in American organizations, to learn the mores and customs.

I am sorry to have to admit that Europeans lag behind Americans in many aspects of social relations. Yet I console myself with the fortunate fact that every immigrant interested and experienced in the assimilation of aliens. Sincerely yours, T.S.

Now I ask your guidance as to the best way to become absorbed into American social activities. What organizations should I join? And how can I participate in American good neighbor relations? I particularly want to meet Americans interested and experienced in the assimilation of aliens. Sincerely yours, T.S.

APPEAL FOR HELP IS RATHER NARROW

DEAR T.S.: One striking aspect of your letter is that you narrate your problem from first to last in terms of I—yourself alone. Yet you say that you have a small family. You are the husband and father, I gather. And I find it strange that a family man would consider if his problem only — or would fall to speak of "we," "us," "our" hopes, feelings, etc.

In asking for guidance in taking roots in a new society, you, so to start off, I suggest that a simple but vital point to bear in mind, in adapting your family life to American folkways, is that women and children are considered persons in our communities. They aren't shunted into the privacy of the man's "castle."

On the fact theory that they are chattel or second class citizens; and that the man is the family's sole or preeminent social envoy in the good neighbor field.

To be well received in worthy circles of American life, you have to give consistent evidence of being the type of man that sensible people prize as a friend. Which requires you to be a considerate partner (even though senior partner or leader) in married teamwork, and a companionable father to your children. This in present-

post until 1945.

Expensive Repairs
Porch floors are getting a good workout now.

If in some places, the paint is nearly gone, there are weather-worn patches, get busy; otherwise, the wood will rot and that will mean expensive repairs.

Give the floor a protective coating, using porch-and-deck paint. This type of paint is used for cement floors, too, and gives complete and attractive protection.

Tiled Floors
An effective way to combat dirt that settles in the narrow dividing line around each tile of tiled floors and walls is to wet an old toothbrush, coat the bristles with soap, and then scrub away along the little lines. Repeat the wetting and soapy brushing until all the tiles have been worked over. Then wipe them off with a sponge rinsed in clean water, and see the bright new sparkle!



Engagement Announced

Mr. and Mrs. Anthony Arsenault of 334 Convent Street, Summerside, announce the engagement of their daughter, Alma Mary Theresa (Terry) to John Stone, son of Mr. George Stone and the late Mrs. Stone of Cardiff, Wales. Marriage to take place in Cardiff, Wales, in September.

ing yourself as a candidate for community acceptance as a social asset, you should thoughtfully and kindly bring wife and children into the picture, as a matter of course.

COMMUNITY OFFERS VARIOUS INLETS

For example, you and your wife together should make a church affiliation, and join recreational projects as a team. Or if you follow different faiths, let each join the church of his choice, but also get acquainted with the other's pastor, church associates, regimen of worship, etc., so that you each become known to the public in terms of your partnership identity.

If your wife is shy, opening her to a language barrier, it behooves you the more to build up her courage. In your city there is an Adult Vocational School with evening classes, sponsored by the public school board, where speech may be polished and friendships formed. And a big new building for the Young Men's Christian Association is being completed, to house a lot of social activities designed to promote good citizenship. Also the Jewish Community Centre is hospitable to the whole community.

Your town has a dynamic mayor. I am told by the Congressman from your district; and a call on his office for information should be fruitful. You might use this article as introduction. Ask what organizations, if any, are working with or for immigrants, to help them feel at home.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of The Charlottetown Guardian.

BRISBANE, Australia (Reuters) Maj. Gen. Sir William Thomas Glasgow, one of Australia's most distinguished soldiers and a former cabinet minister, died in hospital Monday after a short illness. He was 79. In 1940 he was appointed Australia's first high commissioner to Canada, and held the post until 1945.

BIG BUSINESS
Sweden's Co-operative Union had a turnover of about \$500,000,000 in 1954.

GENERAL DIES
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Words Of The Wise
It is a comfortable feeling to know that you stand on your own ground. Land is about the only thing that can't fly away.

—(Anthony Trollope).

KEEP IN TRIM

Easy Exercises For Softies

By Ida Jean Kain

Calisthenics are not popular and it would do little good to suggest that we all bound out of bed and romp through setting up exercises with a happy smile. Anyway, we prefer sports for exercise. That's fine in practice, but usually it's theory. Others claim they would rather walk, and point out that walking is the best exercise going. Fine again, but we do very little walking, and dislike to park the car more than a block from where we are headed.

All this adds up to the blunt truth that modern living affords too little physical exercise to keep muscles toned. Flabby muscles lead to sluggish circulation and a physical let-down. In fact, as life becomes physically easier we appear to have more mental stress and strain.

There's a pleasant way of injecting vitamin capsule exercises into the day's routine. It's simple to start the day with smooth stretching takes no physical or mental effort, yet it is refreshingly rewarding. This natural means of tuning up the human motor brings a sense of vitality renewed.

Patterened on nature's methods, stretching is scientific exercise, for it gives a powerful stimulus to the circulation. In stretching, the muscles act against one another, and it's surprising how well the tone of the muscles can be maintained with a few thorough going stretches taken daily.

It isn't necessary to get out of bed to stretch. On awakening, bend elbows and, with hands near shoulders, take a deep breath, lifting chest as you stretch the right arm up, and the left arm sideward... really s-t-r-e-t-c-h. Turn and pull a bit, to one side and then the other. Release the stretch slowly so as to feel a sense of release... let go with all the muscles. Repeat this stretch-routine about 3 times.

Then bend knees and by muscular action gently expand the abdominal wall, pushing up as far as possible without strain. Follow by a converse movement, vigorously contracting the abdominal muscles, pulling up and in forcibly... breathe freely so as to rouse the circulation. Repeat a time or two.

Finish with another go at stretching... arms outstretched at sides, legs straight down, pull from tip to toe. Release gently and repeat. Follow by crossing one leg over the other, one arm stretched on bed or floor, and s-t-r-e-t-c-h crosswise. Cross the other leg over and stretch-pull, and slowly release.

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Another red rose, he opened for our pleasure and wonderment today and spread the spell of summer far and wide along the farmroads. He put four nestlings of goldfinch in the neat dwelling in the leafy shrub by the House across the Lane to fly and sing one day and be about the missions of earth that are theirs.

"They're so tiny" Granddaughter smiled. "You'd think they wouldn't be much help in a great world like this, but they are."

"They're like humans" we said, "they have their own place in it, every one, and their own role to play. No one else, no other, can do what they have to do. Can a hummingbird sing like a wild canary, no matter how smart and striking he is? Or a swallow, making a nest like theirs? No indeed—each to his and her own place in the world... And there's room for all."

"It's strange, isn't it?" she commented. Cultivating the piece of new land where of late there has been what James terms "a good burning", there it was that the farmers spent some hours today, making the most of them because soon now the weeding, and before long the haying, will be here.

"Holidays" James smiled to a vacationist today. "We take ours in a change of work — they do say 'A change is as good as a rest'... Aand aren't these nice days and isn't there remarkable growth! Now that hay" he nodded to the near field beyond which gowned in its summer dress sparkled the millpond. "I didn't think we would have much to gather, there, it was only up half-way on the fence-stakes. But look now where it is, they're about lost! Going to be a nice hay-crop, I'd say... It's good to have plenty."

Roses open, clovers head, and we stopped today to catch once

120 Attend W.I. Convention Held At Harrington Hall

The annual district convention for Centre Queens No. 1 Women's Institute was held in the Harrington hall on Monday, June 20, with Brackley Institute entertaining.

Roll call showed an attendance of 120. The thirteen institutes represented at the convention were Parkdale, Spring Park, East West and Central Royal, Springdale, North and South Milton, South Winsloe, Highfield, Brackley Point, Harrington and Brackley.

Mrs. Guy Pierce presided with Mrs. Walter MacMillan acting as secretary. The presidents were invited to the platform by the presiding officer before the afternoon session opened with the Ode and the Mary Stewart Collect. Mrs. Brenton Diamond extended a cordial welcome to all present. "A warm welcome to all," Mrs. MacNeil of South Milton graciously replied.

The committees were previously appointed by the executive and are as follows: Nominating: Harrington; Resolutions and Courtesy: East Royal, West Royal and Springvale.

Reports for the various institutes gave evidence of a year of useful activity where the social, educational and cultural aspects of community life were involved. Response was given to the varied campaigns of social welfare.

Miss Doris Anderson, stirred interest and enthusiasm as she told of the course in Home Economics which was given for the first time this year. She stated the prescribed course as not just the basic home skills of sewing and cooking, but classes were also given in family living, kitchen planning and remodeling, clothing and textiles, entertaining and home-making.

A solo by Mrs. Weldon Dignan, Spring Park, a piano solo by Jeanne Jenkins, a Recorder Solo by Ernest Prowse and a singing song led by North Milton provided a pleasant interlude.

Mrs. Neil Matheson, Convener of Agriculture, spoke on her trip to Toronto as a delegate to the A.C.W.W. She stressed the work of the 4-H Clubs, hospital aid project and visitations among Branch Institutes. Here the president might gain insight into the ideas and programs of her district. In speaking of the W. I. motto for Home and Country, Mrs. Matheson said, "Today's home builds tomorrow's world."

Mrs. Manning, Assistant Supervisor, expressed delight in the pleasant surroundings of a freshly decorated hall, the fine display of handicraft, the excellent reports and the pleasure afforded her in attending such a large convention. She stressed the necessity of supporting the Institute projects, such as the Drama Festival, Musical Festival and 4-H Clubs and urged participation in community and district projects. She also spoke on the annual convention to be held July 7 and 8. Mrs. Manning's demonstration was on Remodels, Remakes and Remnants, with children's clothing, emphasis on economy.

The meeting closed with the Island hymn.



MR. AND MRS. HAROLD CLAUDE SMITH

The marriage of Lois Marie Coles, daughter of Mr. and Mrs. Brenton Coles, North Hill, to Harold Claude Smith, son of Mr. and Mrs. Lorne Smith, North Church, Milton, at 3.30 P.M. on Thursday, June 23. The Rev. A. E. Piercy officiated at the ceremony.

The church was decorated for the occasion with baskets of white lilies and red tulips. Soloist was Miss Betty Foster and the wedding music was played by Mrs. Philip Matheson, organist.

The bride, given in marriage by her father, chose for her wedding a gown of white nylon net over tulle with nylon lace yoke and sleeves; her tiered skirt was of applied lace on net. She wore a finger-tip veil of French tulle illusion, and carried a bouquet of red roses.

Attending the bride as maid of honor was Miss Doris Coles, who wore a chairreuse hat over taffeta dress fashioned similarly to the bride's. She carried a nosegay of pink roses and carnations.

During the supper hour, served in banquet style, the reports from the courtesy and resolutions committee were given. Thanks was expressed to Harrington for the use of their hall; to Brackley W. I., the hostess institute; to guest speakers and all who had a share in making the convention a success.

A resolution requesting a special cooking class for girls sixteen years of age and under in the Provincial Exhibition Prize list was made; Resolution No. 2 requested that all ambulance attendants in the province of P.E.I. be holders of valid First Aid Certificates and that no untrained person shall ever be in charge of, or assisting in, ambulance service.

The evening session opened with Brackley School children singing "Come Loyal Hearts", Parkdale School offered the following dance numbers: "Scottish Reel" by Sandra Johnson, Gail Cameron, Nancy Myers and Rhonda Myers; Double Sword by Sandra Johnson and Nancy Myers; Irish Jig by Nancy Myers and Rhonda Myers; Piano accompanist was Mrs. Borden Myers and Bag Pipes by Miss Margaret Rhines; Square dances given by Grade 7; Duet by Beverly Hughes and Florence Hughes of Harrington and a reading by Mrs. Fred Osborne, Central Royals, and a solo by Mrs. Bruce MacPherson closed the program.

In an address on drama, Mrs. Frank Ross, Parkdale, urged that all institutes participate in the drama festival by membership and in the staging of plays by both junior and adult groups. She drew attention to the drama director of drama, Mrs. Frank Blatch, Brackley.

Mrs. Winston Smith, Department of Agriculture, spoke on a small fruits and vegetables, diseases prevalent on same and made suggestions for control and prevention of damages. The net proceeds of collections was \$27.31 to be given to the Jubilee Endowment Fund.

BRIDESMAIDS were Miss Beryl Coles and Mrs. Grant Laird. Miss Coles wore a mauve net over taffeta dress similar to the bride's and carried a bouquet of yellow mums. While Mrs. Laird was in yellow flowered net over taffeta, also similar to the bride's and carried a bouquet of mauve mums and roses.

Mr. Billy Lank acted as best man, and ushers were Mr. Grant Laird and Mr. Horace Coles. The reception was held in the home of the bride, with sixty guests present and Mrs. Norman MacRae in charge of the guest book. The house was decorated with streamers, yellow, pink and white tulips and pansies.

For her travelling costume the bride wore a rose-beige suit with navy accessories. For their honeymoon the newly weds toured various parts of the United States. Out-of-town guests present at the wedding were Mrs. Rod MacLeod, Montreal, and Mrs. Roland Buchanan, of Moncton.

The nominating committee gave their report as follows, President Mrs. Harold Cudmore; Vice President: Mrs. A. E. Phillips; Secretary: Mrs. Preston Rodd.

The presiding officer invited the newly elected officers to the platform and introduced them to the convention. Harrington W. I. is to be hostess for 1956.

The singing of the National Anthem concluded a very successful convention.

MORNING SMILE
Speakers who have trouble holding an audience might remember the story of the speaker who complained.

Speaker—There are so many rude interruptions, Mr. Chairman, that I can hardly hear myself speaking.

Voice from Rear—Don't let it bother you. You ain't missing nothing!

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WHITE
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HOUSEHOLD HINT
In planning a room color combination, use muted colors over large areas, reserving intense colors for accent.

Color can be used to cover up architectural defects or change the apparent shape of a room. It can make a room seem lighter and create an atmosphere that is restful, stimulating, cheerful, warm or cool.



Miss Canada and Her Princesses

Dalyce Gail Smith, Miss Yukon, from Whitehorse, Yukon, sits on her throne after being crowned Miss Canada for 1955. On her left is Lorraine Shipley, Miss London Centennial, and on her right is Valerie Lane, Miss Winnipeg. Miss Shipley and Miss Lane tied for the runner up spot and will share the prizes. The Miss Canada Pageant was held in Queens Park as part of London's Centennial celebration.

(CP Photo)