

WOMEN

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LET'S EAT

A Dish Men Will Like

By IDA BAILEY ALLEN

"HERE is a fine-looking food advertisement," remarked the Chef. "It is what I call sure fire."

"Regard, Madame, this picture of a corned beef dinner nicely arranged on a big platter. Beside it is printed the recipe."

"As the advertisement is in an evening paper, I wager almost every man who sees it will ask his wife to have a corned beef dinner for tomorrow. You know, men prefer plain foods when they look attractive and when they're carefully cooked and served. That's what we call the glamour of simple foods, isn't it?"

A Sales Report

A week later I contacted the firm that placed the advertisement. "How were the sales?" I asked. "Every pound of corned beef in the store was bought by noon the next day. The women certainly went for it."

"The women!" sniffed the Chef. "In my opinion, it was the husbands who made the decision here."

"In New England, Chef, where the corned beef dinner is an old favourite, we use several vegetables in the dinner. Besides potatoes and cabbage, carrots and sliced turnips are added. Beets are cooked separately in some of the corned beef water, otherwise they would tint all the vegetables red."

"In old New England, a savory cornmeal pudding was cooked in the kettle with the corned beef. Today, cornbread is usually served in the same menu. Mustard is the accompaniment."

"For a change, Madame, I have ready a new snappy mustard sauce."

TOMORROW'S DINNER

Spiced Tomato Juice
Corned Beef and Cabbage
Snappy Mustard Sauce
Potatoes Carrots Turnips
Upside-Down Apple Gingerbread
Coffee Tea Milk

Corned Beef and Cabbage, Midwest Style: Wash 4 lbs. brisk corned beef. Cover with cold water. Add 1 tsp. vinegar; bring to a boil. Drain; pour boiling water over. Cover; simmer until tender, about 3 hours.

Add a dozen peeled white potatoes the last 40 min., 25 min. before completion, top with 1-in. thick wedges of a washed, good-sized head of cabbage and steam-cook.

To serve, slice the meat cross-wise, arrange overlapping on a heated large platter. Serve surrounded with the potatoes, and cabbage. Garnish of parsley.

Upside-Down Apple Gingerbread: Melt 3 tbs. butter in an 8 x 8 in. pan. Add 1 c. brown sugar. Spread over 1 c. drained canned sliced apple.

Prepare 1 box gingerbread mix as directed. Pour over the apple. Bake 35 min. in a moderate oven, 375 degrees F. Cool 3 min. Loosen edges, and turn out, apple side up.

DEBUT CHEF'S SNAPPY MUSTARD SAUCE

Combine equal parts table mustard, prepared horse-radish and mayonnaise.

Exercise Muscles To Trim Figure

A well proportioned figure requires that the abdomen measure at least an inch and a half less than the bust circumference. How does your figure meet this crucial test? There is no getting around it — as excess pounds pile on, the abdomen is the measurement that spreads. Fat amishps and settled posture are to blame.

side front of the abdomen, bias-wise; underneath these are the internal obliques, also on the bias, but in the opposite direction; and the transversals run horizontally and form the third layer of the abdominal wall. What a girl! Knowing that your figure is braced with this good muscular foundation should give you incentive to take action to infuse elasticity into these



figure streamlined for a lifetime, provided your weight is within reason and these important middle muscles are not allowed to go flabby. There are three layers and four pairs of abdominal muscles — one set runs vertically from the top of the ribcage to the pelvic girdle; a second set covers the

Muscles. A little daily exercise, backed up with proper posture, will reshape your figure. These graduated exercises are borrowed from the WAC Manual. They are most effective . . .

Starting position for the abdominal exercises in today's routine: Lie on back with hands on top of upper leg. The hands are placed in this position in order to keep the elbows off the ground. The arms should be relaxed so that the hands may slide toward the knees as the head and shoulders lift up.

Movement: Raise only head and shoulders off the ground and look toward the feet. Do not attempt to sit up. Hold position. Relax and repeat the exercise. The hands should slide toward the knees as the chest is lifted. Increase the number of times the exercise can be performed consecutively.

One Leg Movement: Raise head and shoulders off the ground to look at left leg which is raised about 8 inches from the ground. Hold position. Relax and repeat the exercise using the right leg. Do not attempt to sit up. The hands should slide toward the knees as the shoulders are lifted.

Side Movement: Raise head and right shoulder off ground, keeping as possible. Hold position. Relax and repeat the exercise. The arms should remain relaxed and should slide toward the knees. Only one shoulder should be off the ground at one time.

At ease. Class dismissed . . .

Morning Smile

A gal and a soldier asked the parson to marry them immediately following the Sunday morning service at Camp Something or Other. When the time came the minister arose to say: "Will those who wish to be united in holy bonds of matrimony please come forward."

There was a great stir as 13 women and one man approached the altar.

Wife Preservers



Watermelon and peach stains, which are difficult to remove, will yield if you apply pure glycerine to them and leave it on for a short time, then wash the garment or article in clear water.

Alice Brooks Designs

CHRISTMAS MOTIFS

Spruce up for Christmas! Make colorful holiday motifs for Christmas cards, packages, ornaments, or decorations! Applique on clothing, too! Then glitter trim! Easy!

Pattern 7212: Directions, six Christmas motifs. Use felt, scraps, colorful paper! Each motif 4 x 3 1/2".

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.



Bridal Party at York



Pictured above are the principals in the Yeo-Vessey wedding group. From left to right they are: Mr. Sterling Yeo, usher; Mr. Blake Wood, best man; Mr. and Mrs. Elmer Lloyd Yeo, the groom and bride; Miss Aletha Brown, maid of honour; Miss Joyce MacSwain, bridesmaid; Mr. Arthur Brown, usher; and Miss Marion Vessey, flower girl.

York United Church was the scene of an autumn wedding on Saturday, September 18, when Rev. J. M. Sproule united in marriage, Marguerite Helen, only daughter of Mr. and Mrs. Leigh Vessey, York, and Elmer Lloyd, son of Mr. and Mrs. Edward Yeo, North River.

The Church was decorated with baskets of gladioli and other autumn flowers. Small bouquets adorned with nosegays of flowers in pastel shades of pink and blue tied with white ribbon marked the guests' seats.

Mr. Arthur Vessey was the organist and previous to the ceremony rendered two organ solos "Handels' Largo" and "Bethoven's 'Minuet in G'". During the signing of the register, the soloist, Miss Shirley J. MacDonald sang "The Wedding Prayer" by Fern Glasgow Dunlap.

The bride, who was given in marriage by her father, wore a gown of nylon net over satin with fitted bodice and lace bolero with long

pointed sleeves. Her fingertip veil was caught in place by a tiara. She carried a bouquet of pink roses.

The bride was attended by Miss Aletha Brown as maid of honour and Miss Joyce MacSwain as bridesmaid. They were similarly attired in gowns of pink and blue net over taffeta with matching headdress and mitts. They carried nosegays of mixed flowers. Miss Marion Vessey, cousin of the bride, was the flower girl. She was attired in a gown of blue taffeta and wore a matching headdress trimmed with yellow flowers. She carried a basket of yellow flowers.

Mr. Blake Wood was best man; Mr. Sterling Yeo, cousin of the groom, and Mr. Arthur Brown, I. MacDonald sang "The Wedding Prayer" by Fern Glasgow Dunlap.

The bride's mother was attired in a dress of blue net over taffeta and wore navy and white accessories to complete her ensemble.

Her corsage was pink carnations. The groom's mother was attired in a dress of pink and black striped taffeta trimmed with black velvet. She wore black and white accessories and a corsage of yellow roses.

Following the ceremony a reception was held at the Queen Hotel. The tables were decorated with baskets of gladioli. The bride's table was centered with a three-tier wedding cake topped with a miniature bride and groom. The toast to the bride was proposed by Rev. J. M. Sproule and responded to by the groom.

For travelling the bride wore a navy suit with navy and white accessories and a corsage of pink carnations.

The bride and groom left amid showers of confetti on a honeymoon trip to the United States. Out-of-town guests were Mr. and Mrs. Thomas R. Platts of Worcester, Mass.

Quarrel When He Brings Kin Along On Dates

DEAR MARY HAWORTH: I am an unmarried woman, 53, and for almost seven years I have been keeping company with a widower whose wife died in 1946. He has two daughters—one, 23, still at home; and the other married, with two lovely children. I am very fond of the grandchildren and hope they like me.

Ben and I have dinner together two evenings a week, and after dinner we either play gin rummy at my apartment or watch television at his house. The problem is that in recent months Ben sometimes brings his daughter along to dinner—and once, his grandson. Were he to telephone in advance, to let me know or ask my consent, I wouldn't mind, I think. But taken by surprise, I am terribly annoyed, and being a poor actress, I can't hide it.

The latest instance, when he brought the boy along, sparked a quarrel. Nothing was said during the meal; but later at Ben's house we had an angry argument. I explained that I'd been looking forward to being with him, and felt it unfair that I had to share out dates with others, especially without being consulted, as these two evenings a week are all the time I have with him.

WOMAN WEAKENS, HEALS QUARREL

Ben said (among other things): "If I feel like taking my daughter out, I will." And "What do you expect her to do, die, because you are here of an evening? This is her home, and don't you ever forget it!" I replied "I am well aware of that and have never questioned her right to the comforts of her home during my visits"—but said that I understood two was company, and three a crowd. Then I left, alone, feeling dreadful, as I love Ben very much.

I meant never to see him again, but later I weakened and telephoned him, and we have discussed the matter once more. Ben says nobody would support my objections to his bringing his grandson along; and that I am a very selfish person. We have agreed to refer the question to you, for an unbiased opinion. We shall be very appreciative, and it may help us reach an important decision. K. B.

MAN'S ATTITUDE MUCH MIS-TAKEN

DEAR K. B.: In my opinion, the widower's presumptions in this matter are wrong from A to Z—and evidently he is getting pretty conceited about your fondness for him. But are you fond of him, actually? Isn't it rather a matter of being lonely, and valuing him as an available port of call? In any case, he seems to think he does you a favor to let you eat in his company at all. Such is the insolent meaning of his boorish language about his daughter's household rights and his pretensions as regards taking her out when he feels like it. You weren't disputing her right or his, in this respect—but he chose to twist your ideas, so as to put you in wrong, and himself (and his behavior) in a favorable light, in the argument.

One can only guess why he has been bringing his daughter along to dine with you, and now his grandson, without preparing the way. Maybe he was slyly putting you to a test—trying to sneak up on our reactions to his retinue, as it were; to determine whether (from his view) you would fit into his family life, as a completely docile wife, stepmother and step-grandma, happy to be included as fifth-wheel.

SHE'S SELFISH BUT FORTH-RIGHT

Now to Ben may I say: normally considerate, well-mannered men and women don't visit their children or grandchildren on their friends — not even their dearest friends — without invitation, or without first consulting the friends' wishes or convenience.

If Ben is devoted to his daughter and grandson, that's dandy. But friendships between adults aren't their own excuse for being. They don't carry an obligation to share a parent's private senti-

Exchange Vows



Pictured above are Mr. and Mrs. John Winston Stewart and their attendants. Reading from left to right are: Mr. and Mrs. John Winston Stewart, the groom and bride; Mr. Garth Stewart, best man; Mrs. Keir Boswall, maid of honor.

A quiet wedding took place at the Presbyterian Church, Marshfield, recently when the Rev. and Mrs. MacNaughton united in marriage Blanche Beth, daughter of Mr. and Mrs. H. Lyle Boswall, Marshfield, and John Winston Stewart, son of Mr. and Mrs. J. Boswall Stewart, Dunstaffnage.

The bride wore a ballerina-length dress of two-tier white nylon net over taffeta. Her headdress was a cap of nylon braided net with matching mittens and she carried a nosegay of American Beauty roses with white satin streamers. Her only jewelry was a single string of pearls with matching earrings, gift of the groom.

The maid of honor, Mrs. Keir Boswall, sister-in-law of the bride, wore a aquamarine ballerina-length dress of two-tier lace net over taffeta.

Mr. and Mrs. Stewart will reside at Frenchfort, where the groom is a prosperous young farmer.

Household Hint Fish and Chips Batter

An automatic clothes dryer does a good job of fluffing up freshly laundered feather pillows.

ments towards his brood. Then you are absolutely right that Ben ought to clear his intentions with you, if and when he wants to bring a child or grandchild along on date-nights.

As to whether you are a selfish Continued on Page 9

1 egg
1 cup flour
3/4 cup milk
Pinch salt
3/4 tsp. baking powder
Beat all ingredients to a smooth, fluffy paste.
Roll fish in batter drop in hot grease or oil. Cook till golden brown.

ELLEN'S DIARY

by an Island Farmer's Wife

The October days—how smartly they pass! Those sunshine spread . . . the showers, the pleasant, the chilly; they come, and are gone—as a sleep filled with nice dreams—as a tale interesting and beautiful "that is told."

This one going from us now, stepping away along paths strewn with moonlight, has been especially gracious to our farmers, granting them as it has the satisfaction of bringing, at last, the affairs of their harvest to a close. Last sheaves have now been gathered and threshed ending a season somewhat extended because of the delaying damp weather, yet one for them only pleasant to look back upon. There were as it happened no disappointing delays occasioned by breaks in the machinery, the binder, tractor, thresher and all, giving fine service to further the work.

If our farmers are of the opinion that the yield in grain was not quite so generous as last year, there is however a nice lot in the granaries sufficient to take the stock as James assures us "pretty well through" the spell of stabling. Straw too, the loose and the bound in "fair-good" supply is, to the last blower-pipeful and bundle, stored snugly indoors to be used in requirements of bedding.

The sun smiled on all work of the fields today though it was a cool wind that blew to bear off in toll many a worn leaf . . . If it had not been sunny how then

could we have caught its glint to store in the depths of the jars of pickles we made, when left to another solitary day?

Out of regard for James' tastes, we made them after old-time recipes, adding a bit of sugar here, some extra color there. And all the while we could fancy that we were back to that kitchen we best knew—there where vines climbed about a door. In the soft spring-green of them a song sparrow used to perch to trill to us alone; in summer little wandering and perturbed breezes cooled by the waters of the millpond below, stole in to refresh us; and from there as we busied ourself with its seasonal rites we saw Autumn's footprints along the hills.

What other seasoning went in with the mustard and spices? Lovely sights of this October day; a red fox sunning leisurely against a quiet slope, the vivid blue, like a jay's wings . . . bare stubbles, green of aftermath, ripeness of old pastures . . . and against the broad of an awe an intriguing woodpecker tapping out code. The message? "The harvest is in—the melon, blue and gold of its days past. And now . . ."

And now, going beyond the harvesting of potatoes and roots and that winter-harvest of the woodlands, we overheard James today make age-old plans.

"We must keep that grain separate from the rest," he said of a choicer lot. "And why?" Gage queried. "Why that's what we want to sow next spring!" he smiled.

Next Spring! But now October days passing smartly away.

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



DATE PIE

1 package dates
1/2 pt. heavy cream
Pinch salt
2 egg whites
1 tablespoon sugar
Stone dates, pass through food chopper, pour boiling water over them, and drain. Beat cream stiff, add dates and pinch salt.
Beat together and pour into baked pie shell. Beat whites of eggs until stiff, add sugar, pour over pie and brown in oven a few minutes.

—Mrs. James G. Wood, Hunter, River W. I.

Fish Cakes

Put contents of one half 1 pound can of salmon in a bowl. Break up fine with fork. Add 1 unbeaten egg and 5 soda biscuits, rolled fine with rolling pin. Also add 2 tablespoons of milk. Mix well and season to taste with pepper. Have heated a frying pan with two tablespoons of hot drippings. Into this drop the salmon mixture with a tablespoon. Flatten into cakes. Fry first one side, then the other until brown. Serve very hot with mashed potatoes and green peas.

of hot pudding. Return to oven and bake 20 minutes longer. Cool before serving. Makes 5 to 6 servings.

RICHARD HUDNUT EGG CREME SHAMPOO

...for truly beautiful hair

Beautiful hair shines! And Richard Hudnut Egg Creme Shampoo brings out all the natural, shining beauty of your own hair. It contains real egg—a natural hair beautifier. This golden lotion shampoo cleanses quickly, rinses out completely, leaves your hair dandruff-free . . . clean, beautiful and shining like bridal satin! Then, as a fragrant beauty finish after each shampoo—a quick rinse with Richard Hudnut Creme Rinse.



RICHARD HUDNUT EGG CREME SHAMPOO

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