

WOMEN

Page 8, The Guardian Wed., Dec. 28, 1955

LET'S EAT

Boneless Smoked Pork Butt Is A Good Buy

By Ida Bailey Allen

"Boneless smoked pork butt is a good buy, Madame," said the Chef. "It can make two dinners for families of four."

"For example, buy a 2 lb. pork butt, cook this with vegetables to serve one day as a boiled dinner. With careful slicing of the meat, in a family of four, there should be at least a half pound left."

USE GREEN CABBAGE

"The liquid drained from boiling the butt, together with some nice green cabbage and the half pound of meat that is saved, can be made into a fine cabbage chowder with a caraway dumpling."

All measurements are level recipes proportioned to serve 4 to 6.

Smoked pork butt with vegetables: Soak a 2 lb. smoked pork butt 1 hr. in cold water to cover. Drain. Add cold water to cover, bring slowly to a rapid boil. Cover, simmer 1 hr.

Meanwhile, peel 12 medium-sized, white potatoes; scrape and halve 6 good-sized carrots; peel and halve 6 medium-sized onions. Add the vegetables to the meat; simmer 35 min. longer. Save the liquor.

To serve, thin-slice $\frac{1}{4}$ of the meat; arrange overlapping down the center of a large platter.

Roll the potatoes in melted butter or margarine and minced parsley. Arrange alternately with the carrots and onions around the sliced pork. Pass mustard sauce. A day or two later, serve this: Pork butt-cabbage chowder: In a wide-topped saucepan, combine the diced remaining pork butt, the liquid in which it was cooked, 4 cups fine-shredded green cabbage, $\frac{1}{2}$ cup chopped onion, 3 tsp. cider vinegar, 2 tsp. brown sugar, $\frac{1}{4}$ tsp. all-spice and 1 (1 lb.) can tomato. Cover and simmer 30 min. Then stir 2 tsp. flour into the soup, cold water. Stir into the

chowder. Bring to a rapid boil. Drop in the caraway dumpling batter by half tablespoons. Cover and slow-boil 12 min. without uncovering. Serve in soup plates.

Caraway dumplings: Slightly fry 1 tsp. caraway seed in 3 tsp. butter, margarine or shortening. Half cook.

Sift together 2 cups enriched flour, 4 tsp. baking powder, $\frac{1}{2}$ tsp. salt and $\frac{1}{2}$ tsp. sugar. Blend in the caraway-fat mixture.

Add $\frac{1}{2}$ c. milk. Cook as directed in the preceding recipe.

Tomorrow's dinner:

Tossed salad bowl; smoked pork butt cooked with potatoes; carrots and onions; mustard sauce; apple custard pudding; jelly sauce; coffee, tea or milk.

Mustard sauce from the Chef: Melt 2 tsp. butter or margarine in a pt. saucepan. Remove from the heat.

Blend in 1 tsp. enriched flour, 2 tsp. powdered mustard, 2 tsp. sugar, and $\frac{1}{2}$ tsp. salt.

Stir in $\frac{1}{2}$ c. hot water and $\frac{1}{4}$ c. cider vinegar. Cook-stir over medium heat until boiling.

Remove and beat in 2 tsp. mayonnaise, $\frac{1}{4}$ c. drained pickle relish, $\frac{1}{2}$ tsp. tabasco and $\frac{1}{4}$ tsp. paprika.

BANDITS SLAY ONE

NEW YORK (AP)—A bandit trio became frenzied Friday night midway through a \$600 warehouse holdup and fired scattered shots around the building, killing one man and wounding another.

The three gunmen nonchalantly entered the busy United Parcel Service Warehouse in Long Island City. Two remained on the loading platform and a third went inside to the cashier's office where he ordered employees to hand over their money and lie on the floor.

KEEP IN TRIM

Have Streamlined Posture

By Ida Jean Kain

During this festive season of holly and mistletoe, a girl longs to look her loveliest. Well, get the enlightened idea of sudden improvement... and act on it. It isn't too late to look smooth instead of bulky, provided you streamline your posture.

To recognize the glaring difference on-the-beam posture can make, model your prettiest dress. Stand sideways to a mirror so you can see your silhouette. First model indifferent posture, waist sagging, hips riding loose. Now,

presto-change — pull up-and-in firmly with the bracing middle muscles, and down-and-under snugly with the big hip muscles. Square your shoulders and lift with the crown of your head. See the difference.

Standing beautifully, your figure appears inches slimmer. It actually measures slimmer. This new you gives your spirits a buoyant lift — all of a sudden your heart sings. Your posture will reflect this new confidence. You'll feel like standing regally.

Once you sense the relationship of posture to poise, to complementing your clothes, as well as to an enhanced feeling of physical and mental well-being, you will never again settle for nondescript posture.

A number of factors have a bearing on good posture, including state of mind, muscle tone and your posture habits. But the intangible factor is your attitude. The backbone of streamlined posture is a noun named desire.

The rules of improvement are quite simple, stemming from the world up. But don't try to lift from the chest. The up-pull muscles are not attached to the wishbone. To put dash in your clothes, the control and lift must be through the middle. Start at the pelvic girdle and make the middle muscles take the action. Pull up, pull in, and lean against your backbone. The beauty of the action is that it affords muscle-toning exercise as it streamlines.

Remember that your bump of self-esteem is on the top of your head... hold it high. Suddenly see yourself as you want to be and you'll never slump again.

COOK'S CORNER



FUDGE

4 cups brown sugar
1 $\frac{1}{2}$ cups milk
2 tsp. baking powder
2 tsp. flour
2 tsp. butter
1 tsp. (cocoa) optional
1 tsp. vanilla
1 cup nuts

Mix all together in saucepan and stir while cooking to soft ball stage and add vanilla while beating, pour in pan to cool. Cut in squares.

ANNE ADAMS PATTERNS



WINTER WONDER

For the prettiest fabric you can find—this shapely dress with dashing details! See the way this curve-conscious line softens your shoulders, narrows your waist, billows the skirt. Sew it now! Wear it right through spring! Choose faille, taffeta, or a colorful cotton.

Pattern 4580: Misses' sizes 12, 14, 16, 18, 20, 40. Size 16 takes 4-3/8 yards 45-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 SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlotteville Guardian, Pattern Dept., 60 Front Street, W. Toronto, Ont.

Wife Preservers

Products made or coated with plastic...
All women in New France in 1955 were required to learn spinning and weaving by Intendant Jean Talon.



COUPLE TO RESIDE IN NOVA SCOTIA

F. O. Donald MacLaren Millar is pictured with his bride, the former Miss Fairlee Edythe Shaw following their recent marriage in Trinity United Church, Charlottetown. The bride party from left to right: Mr. Kenneth Herman, usher; F. O. Rudy Burger, groomsmen; F. O. and Mrs. Millar; Miss Beryl MacFarlane, cousin of the bride, maid of honor; Miss Diane Buchanan, bridesmaid; and Mr. Neil Shaw, brother of the bride, usher. (Photo by Meyers Studios.)

Pink and white "mums and fern" formed a pretty setting at Trinity United Church, Charlottetown, when Miss Fairlee Edythe Shaw, daughter of Mr. and Mrs. Victor L. Shaw, Belvedere, became the bride of F. O. Donald MacLaren Millar, son of Mr. and Mrs. Walter Millar, Cobden, Ontario. The double ring ceremony was performed by Rev. A. Frank MacLean.

The music was under the direction of Mr. Roydon Mugford, A.R.C.O. and Miss Madge Mugford, soloist, sang "The Lord's Prayer" before the ceremony, and "Because" during the signing of the register. The guest pews were marked with white ribbon bows. Given in marriage by her father, the bride wore a floor-length gown of white net over satin styled with a jacket of Chantilly lace with collar of seed pearls and sequins. The long sleeves tapered to points over her wrists. A tiara of seed pearls and sequins held her veil of tulle and she carried a bouquet of red roses.

Miss Beryl MacFarlane, cousin of the bride and maid of honor, wore a ballerina-length gown of net tulle over skirts of net tulle, topped by a matching jacket. Her bouquet was of coral and white carnations. Bridesmaid was Miss Diane Buchanan who chose a ballerina-length gown of pink nylon tulle over skirts of net tulle, topped by a matching jacket. Her bouquet was of pink and white carnations.

F. O. Rudy Burger was groomsmen and the ushers were Messrs. Neil Shaw, brother of the bride, and Kenneth Herman.

For her daughter's wedding, Mrs. Shaw chose a navy crepe dress with pink accessories and pink roses on corsage. A French blue crepe dress with navy accessories and a corsage of pink roses was worn by the groom's mother.

A reception followed at the home of the bride's parents for fifty guests. The table was decorated with flowers, candles and a three-tiered wedding cake topped by a miniature bride and groom. Rev. MacLean proposed the toast to

Ontario Women To See Fabulous Black Theatre Coat

By SYLVIA HACK
Canadian Press Staff Writer

LONDON (CP)—Ottawa and Toronto women will get a chance early next year to see a £1,500 British-designed black theatre coat lined with white fox skins from Canada.

The Queen was the first to see the coat and its companion cocktail dress of black slub-silk at a Royal fashion show staged earlier this month in London by Britain's top 12 designers.

The fur skins were flown from Canada specially for the Royal show. They were bonded through customs. Only a select few—including the Queen Mother and Princess Margaret—have seen the exclusive ensemble.

HIGHLIGHT OF SHOW

It was a highlight of the Royal fashion show. Among other styles shown was a Princess Margaret Rose tartan dress woven in Irish linen with a green background and a deep rose check, overchecked in white and outlined in black, by designer Digby Morton. The dress has a stand-up collar, necktie and a kilt-like skirt which swirls into casual pleats. A navy blue leather belt fastening low at the back matches the blue of the accompanying slub-linen duster coat, which is lined with matching tartan fabric.

Victor Steibel, a favorite designer of Princess Margaret, introduced a white slipper evening gown brocaded with silver and tinted poppies. A poppy on the front panel of the skirt is picked out in diamond and silver sequins.

A Burmese model with ballet-like movements showed an ensemble by Michael Sherard, comprising a flame satin evening gown embroidered with chenille chrysanthemums and a matching evening coat.

HARTNELL CREATION

A stunning ball-dress for Royal occasions came from Norman Hartnell, famous for designing innumerable Royal clothes. In Parma violet velvet with a strapless bodice his dress has a matching stole lined with green satin, boasting a cluster of artificial violets.

Another Hartnell gown—a magnificent yellow brocade dress called "yellow pearl"—has a gathered satin bodice, and stiff brocade skirt with huge bow on the front. A matching coat complements this ensemble which was worn by Dorothy Stephenson, a model who has been showing Hartnell clothes at Buckingham Palace for 19 years. This was her last Royal appearance before leaving for South Africa where she will teach modelling.

Hardy Amies, another Royal couturier, used red and black Yorkshire tweed in a dress with matching box jacket, and an evening dress in pale blue silk with swished hip-line and bunch of roses on the bodice.

The only part of the show to go on tour in Canada will be the fox-skin theatre coat.

Words Of The Wise

When you get into a tight place and everything goes against you, till it seems that you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn. —(Harriet Beecher Stowe)

PIONEER CRAFTS

All women in New France in 1655 were required to learn spinning and weaving by Intendant Jean Talon.

MRS. GORDON MACMILLAN A COUNTRY GARDEN

GOD BLESS THEE

Thy goings out, thy comings in: Thy home, thy friends, thy kith and kin: In grief and pain, in joy and cheer; In all He sends, God bless thy year.

The celebration of the first day of a New Year is one of the oldest of festivals, observed from ancient times. In Scotland New Year's Day is the national holiday, and its celebration is the real feast day, Christmas taking the form of a purely religious festival. In France also, New Year's is the important holiday of the year when gifts are exchanged. In the garden at the beginning of the New Year we begin to think and plan for next year, although the garden rests under the snow.

These are the rest hours of our mother earth. She sleeps in mantle wrought of leaf and fern: No doubts assail her or no memories burn Of rendered sacrifice for little worth. That which is sown she reaps. And faithful vigil keeps Until the wonder of the spring's return. —Scott.

It is good to look forward to the garden year at this time, and it is pleasant to look backward to the year just about gone and remember all the happy days and the good friends that we enjoyed and their garden visits on the sunny summer days. Indeed there is not a day in the year that we do not obtain a great deal of pleasure out of the garden. Friends meet me on the street and tell me about the Paper White Narcissus they have blooming and the succession of bloom they have by planting them at intervals, others are worried over the bulbs they have not been able to plant outdoors, but I assure them it is possible to plant them under the snow as frost has not entered the ground to any extent, and that mine have only been finished this last week.

Such good conversations a gardener can always have with other folk who prize the same things.

These are the things I prize And hold of dearest worth: Light of the sapphire skies, Peace of the silent hills, Shelter of forests, comfort of the Music of birds, murmur of little rills, Shadows of clouds that swiftly pass, And, after showers The smell of flowers And of good brown earth— And best of all, along the way, friendship and mirth. —Henry Van Dyke.

These wintry days it is pleasant to read about gardens in other lands and the other evening a real treat was enjoyed when slides of Africa were shown by a friend who has lived in that beautiful country for several years. Many flowers are native to Africa and the gladiolus is one of the most important. We saw a lovely "Wild Cosmos" and Cannes, and the Gloriosa Lily was the most beautiful. Kaffirboom and Aloes about six feet tall, were interesting plants.

The tea plantations looked for all the world like lovely evergreen pots with plants and hedges. Colorful shrubs grew tall with branches of very bright flowers, Poinsettia shrubs so much larger than the pot plants we see here. Cassia shrubs with yellow pea-like flowers, and Hibiscus in lovely colors.

The Tulip tree and Cassandra (Andromeda) the evergreen heather-like shrubs were also shown on the screen, as well as the African Magnolids and a field of Sunflowers grown for their oil.

Maize is grown for food and cotton and tobacco for export. Papaw looks like a melon and is very green and is good to eat. Bananas also grow in Africa and coffee so that many good things are available for the natives and others who live in that country. How wonderful it is to see colored slides of other countries when it is not possible to visit them, especially warm, sunny places at this time of year!

Another pleasant pastime at this season of the year is to read and select items from your old garden magazines when time permits and make these into garden scrapbooks for reference and when beautifully illustrated they become prized possessions.

It is surprising how much you have missed when reading them hurriedly in the busy summer days. Winter is always full of interest and beauty. What cheer is there that is half as good, in the snowy waste of a winter night, as a dancing fire of hickory wood and an easy chair in its mellow light?

WINTER

The Frost is here, And cold is dear, And woods are bare, And fires burn clear, And frost is here, And has bitten the heel of the going year.

Bite, frost, bite! You roll up away from the light The blue wood-louse, and the plump dormouse, And the bees are stilled, and the flies are kill'd, And you bite far into the heart of the house, But not into mine.

Bite, frost, bite! The woods are all the searer, The fuel is all the dearer, The fires are all the clearer, My spring is all the nearer, You have bitten into the heart of the earth, But not into mine. —Tennyson.

Spring is all the nearer when the New Year comes in and it is possible to see the growth on the house plants when the days begin to lengthen. The geraniums expect-

NOVEMBER BRIDAL VOWS

The Geddie Memorial Church, New London, was the setting of a pretty fall wedding on Tuesday, when Laura Mae Campbell, daughter of Mrs. Norwood Campbell Summerside, and the late Mr. Campbell, became the bride of Mr. Alvin Bruce MacLeod, son of Mr. and Mrs. Allison MacLeod New London.

The church was decorated with potted plants and leaves, and the guest pews were marked with white satin ribbon bows centered with "mums. Rev. E. H. Bean, B. A. officiated at the ceremony. Mrs. Lorne Campbell was organist, and the soloist, Miss Myrna Hancock, sang "O Perfect Love" before the ceremony, and "I'll walk beside you" during the signing of the register.

The bride was given in marriage by her grand-father and chose a strapless ballerina-length gown of white nylon tulle over satin with matching lace bolero jacket, styled with stand-up collar and long sleeves tapering to points over the hands. The full skirt was decorated with appliqued roses and iridescent sequins. Her chapel veil of French illusion mistled from a headdress of seed pearls and rhinestones, and she carried a cascade bouquet of white orchid stephanotis.

Miss Phyllis MacLeod, sister of the groom, was bridesmaid and

Never Had A Date Dislikes Discussing Men

Dear Mary Haworth: I am a single girl, 30 years of age, neither very attractive nor extremely ugly. Although I have a college education and am rather well informed concerning human relations, I am extremely shy and inexperienced. This poses a broad social problem, which also has its specific worrisome aspects.

I am employed by a large corporation, where the female employees in my department spend much of their free time — during lunch and coffee breaks — in groups discussing men, dates, parties and so forth.

Inasmuch as I am not usually invited to parties and have never had a date, I am becoming increasingly frightened by these conversations and don't know how to participate in them. Conversely, as the girls are mostly friendly and avoid these sessions without appearing rude.

If you can offer some helpful suggestions I shall be most grateful.

H.A.

INNER MEANING OF HER FRIGHT

Dear H.A.: It seems to me that you are making a problem of what could be an opportunity, if you don't try to deceive anybody. From what you say, I gather you are an average girl, who somehow never got a break in the dating field.

FREE AND EASY

Here's a grand idea in gloves to complement your casual clothes for town, travel and suburban wear. These shorties are of tweed wool knit and were designed on a special pattern to insure free-action fingers and still be warm and comfortable for the cold winter months. They are a boon if you are a car driver who takes the kids to school or hubby to the station and they are just as cozy for shopping around town without frostbite. The pair pictured is in oatmeal tweed but they are also available in mossy berry red, copper brown, holly green, turquoise and goldenrod. Sizes small, medium and large.



HATS TAKE A NEW LINE

After all the shells and caps, the idea of more hat did take a little time to make itself felt. But now wherever we look we see hats with more line doing a fine and flattering job. Larger hats are back again, and while we do like a little cap which is plentifully available in the city through which you write. Then as you become better integrated emotionally — more aware of your natural hungers and fears and your basic likeness to other people — you will be at once more comfortably self-accepting, and more at ease in group discussions.

As you proceed gradually along those lines, you won't mind putting your cards on the table, with some of the girls. And as they get to know you well and affectionately, they probably will take your needs to heart and lend a hand in helping you your social life — to give you a chance at dates and parties and camaraderie with men friends.

M.H.

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

MORNING SMILE

Teacher — "And now, Jimmy, could you tell us where the shingle was first used?"

Jimmy — "I could, teacher, but I'd just as soon not."

HOUSEHOLD HINT

Before you wash a concrete area, wet the porous surface well with plain water. This will keep the concrete from absorbing dirt water when you scrub it.

BIG FAMILY

Anna, wife of William Henry Harrison, ninth U. S. president, was the mother of six sons and four daughters.

PATH LEADING TO EASY POISE

This gist of the disturbance probably is that (1) you long for normal emotional fulfillment, for its own sake, not simply as a talking-point; but (2) you have a defeatist sense that the good life of abundant satisfactions is not for you. Hence the strain of associating with girls who apparently aren't stymied seems almost unbearable to you at times. Perhaps you have moments of feeling that your existence is "unreal" as compared to theirs.

To relieve this type of distress, you will need psychiatric help —

ALICE BROOKS DESIGNS

ONE-A-DAY DOILIES

Our three most popular doilies are included in this pattern! Jiffy-crochet — do one a day easily. So useful — scatter them about to beautify your home.

Crochet Pattern 7352: two round doilies about 8 inches, one oval 7 x 9 inches: No. 50 cotton.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to (Charlotteville Guardian), Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our ALICE BROOKS Needlecraft catalogue. E n j o y pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!



THE OGILVIE PLAY MONEY CONTEST IS OVER!

The 2,000th Prize Has Been Awarded So The Ogilvie Play Money Contest Is Officially Closed!

BUT

If you have a million dollars of Ogilvie Play Money saved up... you can still get a Consolation Prize. Just send or bring your million dollars (at least \$750,000 of it GREEN Play Money) to your nearest Ogilvie Branch and you will receive a catalogue leaflet from which to select your Consolation Prize (minimum value, \$15.00).

NO CONSOLATION PRIZES

Will Be Given For Play Money Received After January 20th, 1956! ACT NOW!