

WOMEN

Page 8 The Guardian, Monday, July 25, 1955

LET'S EAT

Markets Are Offering Variety in Tuna Packs

By Ida Bailey Allen

A CHEF purchases three different packs of tuna, all equally good in quality.

The fancy or solid-pack tuna cans of 3 1/2, 6, 8, and 12 ounces, has three or four large pieces to use as the piece of resistance on a cold plate, with the addition, perhaps of green beans or broccoli vinaigrette, sliced tomatoes and cucumbers, and potato chips.

SAUTEED PATTIES

The chunk style tuna, in cans of 3 1/2, 6, 8, and 12 ounces, costs less. This chef uses in salads, as garnish with macaroni and peas, or in the form of sauteed patties to make a hot garden plate substantial and satisfying.

TUNA DIP
The flake and grated style, in 6 to 11 ounce cans, is in still smaller pieces. Perfect to use in a tuna dip, or combined with chopped olive, celery and mayonnaise as a filling for sandwiches or hummus.

The selection of the right kind and style of tuna saves the chef time and money.

Read the labels before purchasing, to determine the amount a can contains, and you will soon learn how to buy canned tuna to get your money's worth.

MacSwain-Auld Wedding

The marriage of Miss Mabel J. Auld, daughter of Mrs. Allison Auld, Charlottetown and the late Mr. Auld to Alvin MacSwain, son of Mr. and Mrs. A.A. MacSwain, Peter's Road, took place at Zion Presbyterian Church, Charlottetown, at noon on Saturday, July 9.

Rev. W. H. Brown of Zion Church officiated and was assisted by Rev. Carl Currie of Murray Harbour North. Mr. Leam Moran, organist, rendered appropriate music and accompanied Mr. Robert Murray of Montague who sang "The Wedding Prayer" before the ceremony and "O Perfect Love" during the signing of the register.

The church was beautifully decorated for the occasion with lilies, peonies, and yellow chrysanthemums. The guest pews were marked with bows of yellow satin.

The bride was given in marriage by her brother-in-law, Mr. Robert MacKay of Thompson, Connecticut, and wore a floor-length gown of white lace over satin fashioned on traditional lines. Her veil was of fingertip length and she carried a cascade of Tawny Gold Roses.

Norene, as her sister's only attendant, was gowned in yellow lace over satin with matching headpiece and carried a basket of yellow and white poms.

Mr. Carl MacLure of Montague was groomsmen, Mr. Gordon

Wife Preservers



A diagram showing the location of the underground lines of your house for water supply, waste disposal and gas, is a convenience when it is necessary to make changes or repairs.

ANNE ADAMS PATTERNS

DRESS OR PINAFORE!

Pinafore or party dress — this "princess" style looks loveliest on your little miss! You'll want to sew several — with sleeves, without — so pretty, SEW-EASY! Choose gay checks, color, pucker nylon (no ironing!) Use contrast for graceful scallop trim.

Pattern 4609: Child's Sizes 2, 4, 6, 8, 10. Size 6 takes 1 1/4 yards 35-inch; 5 1/2 yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of The Guardian of the Gulf, Charlottetown, P. E. I.



How To Make ICED TEA
Make tea double strength, and while still hot, pour into glasses filled with ice. Add sugar and lemon to taste.

Wedding at St. Theresa's Church



MR. AND MRS. M. J. HANDRAHAN

The principals in the Handrahan-McInnis wedding took place on June 29 at St. Theresa's

St. Theresa's Church was the scene on June 29 at 8:30 a.m. of the marriage of Anne Bernice, daughter of Mr. and Mrs. Rupert McInnis, Peakes Station, to Michael Joseph Handrahan, Peakes Station, son of Mr. and Mrs. Michael Joseph Handrahan, Peakes Station. The ceremony was performed by Rev. J. B. Croken.

The convent choir was in attendance, accompanied by Sr. Margaret Marie, C.S.M.

Church, Peakes Station, are from left to right: Mr. Herbert Handrahan, best man; Mr. and Mrs.

The bride was given in marriage by her brother Elmer, and chose for her wedding a white net street-length gown over tulle and wore a three-quarter length veil. She carried a white Prayer Book with white streamers.

The bridesmaid was Miss Marion McInnis, who was attired in a pink street-length gown of net over tulle.

Best man for the occasion was Mr. Herbert Handrahan and the

Michael Joseph Handrahan, the groom and bride; Miss Marion McInnis, bridesmaid.

Following the ceremony a reception was held at the home of the bride's parents for approximately 100 guests. Out-of-town guests present were Mr. and Mrs. Wilfred Kiggins, Borden; Mr. and Mrs. Annes McInnis, West Royalty, and Mr. and Mrs. Roy MacGillivray, Charlottetown.

For a honeymoon tour of the Maritimes the bride wore a grey fitted suit with white accessories.

SUMMER SLIMMING

Mr. and Mrs. Style

Hope For The Poor Loser

By Ida Jean Kain

When Mr. and Mrs. go on a diet together, the spirit of good natured rivalry adds zip to reducing. All goes well as long as you are both losing pounds. If the pointer on the scales drops 2 or 3 pounds this Monday morning, that's par for the course. But alas, for one of you, the pounds may be playing hard to get off. If you have honestly followed the diet, you have lost but water storage is temporarily postponing the registration of lost pounds. The triumph will be all yours — provided you hold on now.

Here is a true experience which shows the way water tends to be stored then released suddenly. A Miami man who dieted with her husband lost nary a half pound in almost three weeks, while he lost a fast ten pounds. Discouraged, she decided to quit, but out of habit, stepped on the scales that third Monday. To her utter amazement she found she had lost 11 pounds, seemingly overnight. Elated, she went on to lose 37 excess pounds.

While water retention isn't usually that prolonged, 10 days with no weight loss is not uncommon. Water is a by-product of the oxidation (burning) of fat, and may be temporarily retained in the tissues, replacing the lost fat. Since water weighs more than fat, the scales may even register 2 or 3 pound gain! Bear in mind, the water balance always adjusts, and then the weight loss is likely to be dramatic.

On the other hand, one dieter may be elated on weighing in 5 or 6 pounds. This weight loss represents fat and water. The change



The last hurdle the hardest

to a higher protein diet can result in an abrupt loss of water from the tissues. There is no harm in being jubilant about this first sizable drop in poundage so long as you do not become discouraged when the pace slackens.

Back to the poor loser. Understand what is happening. Know that you are losing, and stay with the diet through this aggravating period. It will help you to know that water storage may occur once or many times throughout the diet, but as long as you continue to cut calories below your requirements, you are losing. In the long run, you will lose the right amount and catch up with the fast starter.

DAILY DOUBLE DIET Calories

Breakfast	Mrs. Mr.
Tomato juice, with lemon	25 25
Soft cooked eggs	75
Mrs. - 1 egg	75
Mr. - 2 eggs	150
Toast, 1 thin slice	50 50
Butter, 1/4 pat	25 25
Coffee, black	0 0
	175 250
Luncheon	
Spiced ham, 1 slice	80 80
Eggs, 1 slice	65 65
Cheese, thin slice, 1/4 oz.	50 50
Bread	
Mrs. - 1 thin slice	30 100
Mr. - 2 thin slices	60 100
Butter, 1/4 pat	25 25
Cantaloupe	20
Mrs. - 1/4 melon	40
Mr. - 1/2 melon	80
Tea or coffee	0 0
	290 360
4:00 Energy Pick-up	
Glass of skim milk or	
Dinner	
Cube steak pan-broiled	200 200
Baked potato	80
Mrs. - 1/2 potato	40
Mr. - medium size	100
Butter, 1/4 pat	25 25
Choice of: summer squash	25 25
string beans, or spinach	15 15
Crisp celery and radishes	15 15
Gelatin dessert with fruit	115 115
added - 2 1/2 cup	
	430 480
Total calories	975 1170

ELLEN'S DIARY

By An Island Farmer's Wife

Unsettled weather was our portion on Island farms today-damp of light showers, wisps of fog against the far hills, tantalizing glimpses of blue skies, spells of sunshine, rumble of thunder, a patchy collection. And in consequence—and how we missed it!—genial bustle and satisfaction and delight! no hayting.

Yet no work—day comes to this farm, no morning breaks which does not offer a particular chore of its own. Today in the enforced holiday from the hay-fields, the farmers would they said, "see to that fencing along the road." By an end of this farm, past Rob's then and along the front of "the other farm" where this brood of ours is being widened and improved, an endeavour done in part last year, fences must be backed now to make way for the change.

"We'll be losing the hawthorn hedge at 'the other farm'" we remembered. For long years it has been one of the June lovelinesses of this road: in the fresh spring-green of its odd-shaped leaves, in the crowning beauty of the blossom-time. And again when fields and surroundings take on the melancholy air of the dying year, it was beautiful in its foliage and fruit.

How such hedges proclaim the pioneers' continued affection and regard for a dear Motherland along the sea-lead (too that despite the toils and hardships of early farming in the new, the pride they had in establishing their homes, settling with a long view which was to yield them not only a livelihood for themselves but permanence and content for their lines. Down went the roots of the living with such hopeful plantings, and down too in slips of lilac and rose and snowball and other cherished growings about the yard and door.

And James who has had more than one arduous day trying to stamp out the growth of wandering hawthorns there at "other farm" to maintain tidy fields, offered with a wry smile, "Well, I for one will let it go gladly." Jamie, eldest grandson of ours, went with the farmers to the fencing. He came at weekend to spend a holiday with us at Alderlea, as was his wont when a little lad, at night hurying up the stairs ahead of his Grandfather to "be first in bed." He is almost as tall as the younger farmer now, and Rob's right hand and preferred help at the farming. He and Gage have recovered nicely and apparently without ill result from the measles. And contrary to the Family's expectation, Granddaughter and Mack failed to catch the disease.

Granddaughter is missing from Alderlea. She went yesterday to visit at the home of the young cousin who holidayed with her of late, and with kin and kin of her mother's people. The place is strangely quiet, indeed extremely lonely in her absence. We fancied that even the black dog sensing her loss, moved today less blithely about. It is true that "babes bring their love with them" and each month passing, each year, the young tendrils of their endearing ways reach out to claim so easily for their own more of the affections of family and friends.

James chats with his name sake in the kitchen. The door is slightly open. "I want to give you a bit of advice, Jamie" says with a chuckle. "When you get yourself a woman, see that you get one who realizes that a man sometimes is hungry!" Lunch-before-bed is now indicated.

Unit tomorrow—Diary—Good-night

MARY HAWORTH'S MAIL

Trend of Conformity Seen in Social Life Of Pre-Adolescent

DEAR MARY HAWORTH: My husband and I are in serious disagreement over how to handle our 12-year old daughter Lottie. Hank and I were brought up in a New England city, where social activity (in our youth) didn't become worldly and sophisticated until the girls were in their very late teens. But in our present surroundings, in a Southern city, little girls begin to go out like debutantes when they are 11 or 12.

Neither Hank nor I approve of late hours, make-up or sophisticated dress for growing girls. However, I take the stand that to force Lottie to conform to our ideas would be to make her feel "different" and "left out" and isolated from her own age group.

Neither Hank nor I approve of late hours, make-up or sophisticated dress for growing girls. However, I take the stand that to force Lottie to conform to our ideas would be to make her feel "different" and "left out" and isolated from her own age group. And as interim help for Lottie, get away from town in a family group during holidays to give her the benefit of travel and appropriate new ventures, wherewith to match the social vainglory of her "friends" when classes resume.

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

HOUSEHOLD HINT

If wooden clothes pins discolor clothes, dip them in thinned shellac. The protective coat will prevent dirt from working into the wood of the clothes pins.

whirl during holidays, and returning to school exhausted. You are the compulsion factor in Lottie's experience. She has the way-of-life you provide her—the school, the family friends, the social pulls that you deem "preferable" for your own reasons. And she can't happily and successfully fight the fast current in which you've launched her. But a wise parent elects, far in advance, as best he can, the social influences that will play upon his child, particularly during adolescence, when the child's development imperatively requires him to become allied with the group, as versus the nest.

Your values need overhauling. And as interim help for Lottie, get away from town in a family group during holidays to give her the benefit of travel and appropriate new ventures, wherewith to match the social vainglory of her "friends" when classes resume.

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PULPWOOD PRODUCTS

Rayon and acetate cloth, chemicals and plastics are among products made from a highly refined form of pulpwood called alpha cellulose.

CLEAR YOUR SKIN

If you suffer from pimples, acne, itching, itchy skin, eczema, athlete's foot, blackheads, or red blotches, use NIKODERM today. Satisfaction or money back. And to clear your skin, apply NIKODERM today. Satisfaction or money back. And to clear your skin, apply NIKODERM today. Satisfaction or money back.

SNOBBERY IS THE PROBLEM

DEAR R.Y.: Your attitude amounts to saying that if all Lottie's friends are misbehaving, she must be allowed to misbehave too — or she will feel different, left out and isolated from her own age group. This is the ultimate in blind philosophy of sycophant expediency. Small wonder if Lottie has juvenile delinquents in her so-called better families today.

Your copycat policy of letting Lottie keep a social pace that you think is folly, and her dad thinks is ruinous, is a weak abdication of your guardian's responsibility to Lottie. Namely, the duty to give her the best possible foundation of good health habits, the moral bulwark of sound example and ingrained good sense, and the intellectual predisposition to think for herself, independently of the crowd. How else do you expect to prepare her to stand strongly for the right — as she sees the right — when obliged to cope with sudden storms of immoral influence, which assail every life?

Of course I know the latterday trend is towards conformity of behavior. Or call it regimentation, or accommodation to majority example, as a means of escape from the inevitable discomfort of being different and chafing new patterns. Contemporaneously, it is considered "not the thing" to be an individualist and robustly obstinate about it, if necessary to protect the creative spark of personality. But clear heads amongst us foresee that in centuries to follow (God willing), our times will be assayed in history as the era of smothering mediocrity, in many respects. As the century when the inherent human capacity to think and act dynamically, to show forth ever new aspects of the divine economy, were temporarily dimmed out in large part, by all manner of throttling attack from the soggy "mass mind," via its self-appointed vigilantes.

WISE PARENT PLANS AHEAD

As for Lottie's dilemma, she is becoming the victim of your provincial social snobbery, as you try to keep her "in" with the fast young set in your environment. I suppose because you're preparing her as the "right people" in your age group. It is safe to say that not all the nice little girls in town are partying like mad in a prematurely sophisticated



STUDY UNDER WORLD CHAMPION

Three Charlottetown children are currently attending classes at the Glasgow College of Piping. The children, pictured above, left to right are: Heather Fraser, 8, Evelyn Fraser, 10, and George Fraser, 14. Evelyn and Heather are studying dancing under Mr. MacKenzie and George is attending the College for the second year continuing piping instructions under Mr. MacNeill. The two sisters and their brother are children of Mr. and Mrs. George V. Fraser, 61 Upper Prince Street, Charlottetown. Classes at the College last three weeks and the students are the main competitors in the Gaelic Mod contests.

CONFIDENTIALLY YOURS



MONTREAL, July 25th—Makes me feel good—to serve a scrumptious dessert which the family raves over. Do you feel the same? Then do—do try the new Banana Cream and Strawberry Cream puddings or pie fillings made exclusively by ROYAL INSTANT Puddings! They're wonderful... creamy and smooth and richly flavored with that fresh fruit taste that's so tempting. Royal Instant Puddings are super-homogenized—so that you'll find they have no starchiness, no film, no lumps... Nobody feels like cooking these hot days—but good nutrition is especially important! So be good to your family, lady—and to yourself, too! Serve these jiffy-quick, delicious new Royal flavors this very night!

In This Heat... it's only good sense to do everything we can to make our houses cooler—such as using GLIDE LIQUID STARCH for our cottons, linens, men's shirts, house dresses. Glide has wax in it—so that your ironing is much smoother. The blue in it adds to whiteness. And I wish you'd see how easy it is to use! Just add water to Glide—hot or cold—that's all! You can vary the strength of Glide's starching to suit any type of fabric or garment... for instance, a thin starch makes nylon delicately crisp and lovely! Buy Glide in the 32 oz. bottle or the 64 oz. Giant Economy Size. You'll be proud of your handiwork—just see!

Summer Can Be So Treacherous...

...if you're only half-safe in personal daintiness. That's why more Canadians buy A.J.R. I.D. than any other deodorant—because they know they can be wholly free from perspiration stains with effective, creamy Arrid—now made with Paraprot. Arrid stops both perspiration and odor—for 1 to 3 days. Just rub under-arms dry—and saves your clothes from unsightly stains. You'll find that Arrid won't dry out in the jar. Don't risk half-safe deodorants—Use Arrid and free yourself from all risk of embarrassment. Only 58¢ a jar.

Hot Weather Troubles are much less for the baby who has the advantage of a FARMER'S WIFE formula!

You can get just the right type of this formula milk to suit your own baby's needs. Check with your doctor and he will tell you which Farmer's Wife formula is the best for your child. Whole Milk (No. 1); or Partly Skimmed Milk (No. 2); or Skimmed Milk (No. 3). Farmer's Wife Partly Skimmed Milk was originally prepared at the request of pediatricians, and is now used by practically every hospital pediatrician. Give your baby the best too. Just watch Baby thrive!

Safe As Money In The Bank...

...yet in your pocket ready to be cashed when needed! That's the way it is with the holiday or travel funds you carry in Travellers Cheques bought at the BANK OF MONTREAL. Refundable in full if lost or stolen. B of M Travellers Cheques are easily cashed, and by you alone, at hotels, banks and stores. Wherever you are—at home or abroad—you'll always find that Travellers Cheques sold by the B of M are the safest, most convenient means of carrying money. We'd never think of going away without them. Why not drop into your B of M office and find out about this helpful service today? Then enjoy a worry-free holiday!

Going To The Cottage? Or taking a motor trip?

Then don't forget those all-important CURAD Plastic Bandages! They're really wonderful—made with a new "Quick-Quick" adhesive and a new polyethylene facing which makes off clean Curads, too, have a new medication... the germ-killer is right in the pad. You'll find that Curad's don't peel or fray—and are completely water-proof—so that you needn't miss any of the summer swimming or sports. Jot down a reminder now, won't you, to take a plentiful supply of Curads along with you on your holidays—and have a lovely time!

Cook's Corner

BUTTERSCOTCH ICE BOX COOKIES
Cream together 1 cup lard or 1 cup butter, 4 cups brown sugar, 4 eggs, 1 level tbs. soda, 1 level tbs. cream of tartar, vanilla to flavor, 6 to 8 cups flour.
Knead into loaves, let stand in cold place overnight; slice 1/2 inch thick (or thinner) if desired and bake in moderate oven. Makes 80 or 90 cookies.

MORNING SMILE

Wife: "George, you don't know what I go through when you snore at night."
George: "Don't I? I've been missing a good deal of my small change lately!"

WORDS OF THE WISE

Few people think more than two or three times a year. I have made an international reputation for myself by thinking once or twice a week.
—(George Bernard Shaw)

UNWANTED HAIR

GUARANTEED OR MONEY REFUNDED
Removal of unwanted hair. Guaranteed after first use in Canada. New 8 p. 10 1/2 cream for the most stubborn unwanted hair. Guaranteed after treatment the hair does not grow back. A simple application and 5 minutes later all signs of unwanted hair disappear. Used in hospitals all over the world.

LES PRODUITS ESTELLE DE GRENELLE

2112 Frontenac St., Room 12, Montreal P.A. 1525

I want a bottle of depilatory cream for my legs. Please include a money order of \$2.50 plus tax (post-20 paid) or C.O.D. plus postage. GIP-20

ALICE BROOKS DESIGNS

JIFFY-SEW DRESS
Darling! of your new-season wardrobe! Just three main pattern parts and this dress—couldn't be easier. And that frosty embroidery is a fun-to-do fashion touch!

Pattern 7245: Misses' Sizes 12, 14, 16, 18, 20. Tissue pattern; embroidery transfer. State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian of the Gulf, Charlottetown, P.E.I. Print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy 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!

BAPTIST POST
LONDON (CP)—Mrs. Edgar Bates, dean of women at McMaster University in Hamilton, Ont., Wednesday became the first woman ever elected to the vice-presidency of the Baptist World Alliance. She was among several officers elected at the Baptist Jubilee Congress, attended by more than 8,000 delegates from 60 countries, held concluding session.

7245 SIZES 12-20
by Alice Brooks



Salad Dressing Better with French's PREPARED MUSTARD