



PROUD GRANDFATHER

These three young ladies from Wellington recently danced their step - dancing talents over CKCW TV. They also danced and sang at a surprise given for their grandfather last week at his home, by the box - holders of Tishish RR2. Alphonse Arsenault is shown here with his granddaughters. (from left) Norma, Dorothy and Marie Arsenault.

MARY HAWORTH

Great Love For Humanity Results In Mental Clinics

Dear Mary Haworth: Your column concerning Gheel, the small city in Belgium famous for centuries for its hospitable healing care of the mentally ill, is most interesting.

Perhaps your readers would like to know that such a community exists in the United States also, although without any religious folklore attached comparable to Gheel's.

I refer to Topeka, Kansas, a small city that could hardly be more typically grassroots American. The ordinary families of Topeka act as adoptive families for recovered patients of the renowned Menninger Clinic.

The clinic's doctors feel that the experience of being part of a normal family group is very helpful to patients, as a bridge between the period of total hospitalization and the time when they may return to their own home backgrounds.

Incidentally, all patients at the Menninger Clinic are voluntary. None have been legally or forcibly committed.

As you may imagine, the Topeka program had its difficulties in the beginning but, by now, Topekans have exchanged fear, prejudices and superstition for constructive firsthand knowledge in accommodating themselves to recovered mental patients.

Families willing to provide a private bedroom and some meals, in exchange for a small fee, are screened by the hospital authorities. The patient becomes part of the family circle, learns to relate to the adults and children and shares the family's work and play.

Some patients living with adoptive families attend daily classes and other scheduled activities at the hospital. Others, having progressed beyond this phase, hold full-time jobs in Topeka but still see their doctors perhaps once a week.

The hospital staff and recovered patients who have participated in this program through the years consider it very valuable and it continues to expand.

Something similar could be set up in any community near a private or public mental hospital if a few dedicated people would only make a start. It

might be a more valuable activity for local mental health groups than the usual solicitation of funds and distribution of pamphlets, good though these activities are. — P.R.

Dear P.R.: Thanks for your timely reminder that the Topeka program is achieving success comparable to the Gheel tradition of mental healing.

I question your hopeful theory, however, that "Something similar could be set up in any community... if a few dedicated people would only make a start."

For one thing, I would suppose that the modest size, countryside location, rooted character, stable population, etc., of such places as Topeka in Kansas and Gheel in Belgium would tend to foster a strong sense of fraternity from generation to generation amongst the townspeople overall that wouldn't exist in the business section or in the suburbs of most great cities.

And I would expect that the successful (note I said "successful") getting-together of the townspeople (as prospective employers and/or foster families) with the hospital advisory personnel and recuperative patients would depend, very largely upon a solid social under-structure such as that.

For another thing, though the Menninger Clinic and Topeka, Kansas, may not be enveloped in folk legends of miraculous cures, nonetheless the two doctor brothers, Karl and Will Menninger, who've shaped the clinic, are indubitably endowed with a very exceptional love of humanity which illuminates every aspect of their great pioneering and philanthropic work in the fields of psychiatric and analytical therapy.

As I get the story, it runs in the family. Their parents were community pillars in the same tradition, the father as a medical doctor and scholar and the mother as an educator and religious leader, who reared their children to be useful to mankind. — M.H.

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

Women

The Guardian, Charlottetown, Wed., Mar. 24, 1965. 7

IDA BAILEY ALLEN

Potato Duchess Style Finely Textured Treat

PLAIN, inexpensive white potatoes are not considered especially glamorous. But transform them "Duchesse" style, and a dish worthy of gourmets will be the result. Measurements level; recipes for 6.

DUCHESE POTATO
This delicately textured and golden-colored form of potato is used in many ways in fine cookery, as pastery-tubed border to any planked fish or meat entree or to shirred baked eggs.

Duchesse Potato is the basis for dainty potato puffs, dropped from a spoon and baked; or for Mousseline Potato, often served with broiled shad and shad roe; or for Duchess Puffs Amantine (with almonds); or the Potato Beignets often served at formal hotel or restaurant dinners.

In whatever form it is used, Duchesse Potato is easily prepared, and lends a touch of elegance at low cost.

To Prepare Duchesse Potato: Use packaged instant potato flakes. Following pkg directions, prepare 4 c. smooth-whipped mashed potato. Beat in 1/4 c. barely-melted butter, mixed with 3 egg yolks. Season to taste with salt and plenty of pepper (preferably white). Use for pastry tubing borders around entrees and for smaking potato puffs.

Mousseline Potato: Prepare Duchesse Potato as directed and fold in 1/2 c. whipped cream (do not sweeten the cream). Serve as is.

Duchesse Puffs Amantine: Prepare Duchesse Potato as directed; cool. Form into walnut-size balls. Chill two hrs. before serving. Dust each ball with flour seasoned with salt and pepper. Shake off any excess flour. Slightly beat in a deep plate the 3 remaining egg whites. Dip and roll the balls in this. Then roll in 1 c. blanched almonds chopped medium-fine. Refrigerate.

Just before serving, heat (to

375 degrees F.) sufficient vegetable oil to half-fill a heavy deep frying utensil. Dip a frying basket into the oil. Put in a layer of the balls. They should not touch each other. Gently lower basket into oil. Fry about 3 min. or until golden brown; lift out frying basket, drain a moment, and turn them onto absorbent paper to drain. They can stand an hr. after frying if placed slightly apart in pan lined with absorbent paper, and keep hot in slow oven. 300 degrees F.

Beignets (see Chef): Prepare Duchesse Potato, cool. Form into small marble or cylindrical shapes; roll in flour. Dip in 2 slightly beaten eggs, and roll evenly in fine dry bread crumbs. Deep-fry in vegetable oil at 375 degrees F. Drain on absorbent paper towels. Arrange in the form of a nest.

TOMORROW'S DINNER
Hot or Chilled
8-Vegetable Juice Cocktail
Chopped Beef Patties
Pan Gravy
Potato Puffs Leaf Spinach
Chocolate Chiffon Pie
or Orange Ambrosia
Coffee or Tea Milk

CHOCOLATE CHIFFON PIE
1 envelope unflavored gelatin
1/2 c. cold water
2 squares unsweetened chocolate or 4 envelopes ready-melted unsweetened chocolate

1/4 tsp. instant coffee powder
2-3 c. sugar
1 c. milk
2 eggs, separated
1 tsp. milk
1/4 tsp. salt
1/2 c. heavy cream
1 tsp. brandy flavoring with 2 tsp. cold water
1 (9") pie pastry shell

Add gelatin to cold water. In top of double-boiler, combine chocolate, instant coffee, half the sugar, and milk. Heat-stir over boiling water until chocolate melts. Beat with rotary beater until smooth.

Beat egg yolks and 1 tsp. milk until creamy. Slowly stir into chocolate mixture. Cook-stir 3 min. over hot water. Add softened gelatin. Stir until dissolved. Refrigerate 30 min., or until beginning to thicken.

Add salt to egg whites; beat until stiff but not dry. Gradually beat in remaining sugar. Whip cream stiff.

Fold whipped egg whites, cream and brandy flavoring into chocolate mixture. Pour into pie-pastry shell; decorate and refrigerate 4 hrs. or until firm enough to eat.

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ELLEN'S DIARY

The Open Door Of Home Is Best Part Of Journey

"There, Ellen" James remarked a moment ago, hanging up cap and jacket, in that convenient nook behind the kitchen door. "It's good to be home! Not that—mind you—I didn't enjoy my evening away. But there's always something about getting home again, a something that makes one feel good."

We too find something most satisfying, no matter the pleasure and delight of the excursion or outing we have enjoyed to open sooner or later, that door which means Home. There, one comes to the familiar scene. There, one is sure of finding in goodly measure, not only the shelter of its roof-tree, but also understanding, and sympathy and affection.

It is a nice gesture, we have

often thought, to suspend whatever interest one may have at the moment, to welcome, naturally with much happiness, the return of any member of the household who has been away, even when that absence has been brief, in a manner which states, "It's so good to have you back again, not because of the assistance you lend us, but because your presence means so much to us here."

We had homed then from a stroll along the fields which had taken us to "Kaley" at Rob's; to call at both houses, and also, as is James' custom, to make a grand tour of the barns, which takes in an inspection of every last animal there... It was amusing and interesting to see, in that part of the new barn given over at present to

certain mornmngs and their younglings, the murrings obey promptly the meal-call to lunch on the warm bosoms they best knew. And then satisfied, scamper off beneath the lower rails of pens to join and bed down, for no reason at all that we could determine, with a little sow and her first babies, in a smallish sty, removed from their own.

"Well, well!" James commented, smiling down at the unique sight. Our walk to a distance from the distance about a mile, was most enjoyable. The crushed snow provided us with the best of pavement, the moon silvered our path. March stars dimpled overhead and a far, how dazzling was the frost's glitter on the white fields, and altogether silent and tranquil, the night! Once James paused to look out over the farm.

"I cleared all this," he remarked of an extent of field. "Now, a nice bit too" he nodded.

"It was hard work" we said. "Hard, Ellen, but rewarding. Even a small piece cleared meant so much in the farm-

ing." There was a silence as he looked back through the years — and ahead. "I hope," he said indicating an area where a stump's rise in the moonlight, "we'll get that cleared one of these times. It wouldn't take long with the machines of now."

Lights were out at Alderion when we came within sight of its roofs down the valley. Scampering however having sensed our homing, met us a distance away up the rise. He greeted us in excited happy barks and escorted us to the door.

"Their stock looks well — yes," James smiles. "They have some nice animals. Now, fine ones" he offers.

And we think of the children asleep on their pillows, at their home in the road... of the calves in their straw beds, the cats lounging in a nest of sook, the Jerry-horse drawing in his stall, the bastards wiling on a high pipe, mid - nod - nodding, and we stifle a yawn, which threatens a repeat. "I reckon, it's bedtime, Ellen" James grins. Until tomorrow — Diary — Good - night....



RESORT AND SUMMER

By TRACY ADRIAN
SET FOR lively night life in this cool, breezy-made-of-white-Swiss-cotton, brocade. It is a delightful choice for resort wear, now and summer at the country club later on.

Simply and softly shaped, the dress is fashioned with a square neckline in front and a bare back that slips out from one side.
Brilliant jeweled buttons form the closing.

30,000 Women Work As Divers

SEOUL, Korea (CP) — Along the south coast of Korea live about 30,000 women who earn their living as divers. For one to five hours daily they swim out a few hundred yards from the shore on floats and dive 10 to 20 feet, looking for seaweeds and various types of shellfish.



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