

# WOMEN

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## LET'S EAT

### Buffet Foods Are Best Bite-Sized And Tender

By Ida Bailey Allen

Fork dinners is the name the Chef and I found was used in Australia whenever buffet service was mentioned.

"And it is a very descriptive name, Madame. For to be a success, all foods served on buffet should be cooked in bite-sized pieces or be tender enough to cut with a fork. Nobody can manage both a knife and fork while perhaps standing up to eat or with the plate perched on the corner of a table or in the lap."

**CASSEROLE DISHES**  
"For example, meat, fish or poultry casserole dishes are suitable. Or use kabobs broiled on long skewers or brochettes; beef stroganoff, shrimp, oysters and scallops.

"If serving-sized pieces of meat are cooked to tenderness, they can easily be cut with a fork, for instance, veal escalopes or stuffed meat rolls, made with thin slices of the inexpensive beef so plentiful now."

"I suggest we start this as the main dish of an informal buffet dinner."

#### INFORMAL BUFFET DINNER

- French Onion Soup
- Baked Stuffed Beef Rolls
- Spanish Rice
- Green Beans
- Tossed Green Salad
- Cheese Nut Rounds
- Orange-Filled Cake
- Whipped Cream
- Coffee

Family Dinner: Follow the preceding menu omitting either the

#### KEEP IN TRIM

### Aim At Younger Size

By Ida Joan Kain

Slimming down from a half size to regular size short is a major achievement. While it is only a matter of reducing about a dozen pounds, the big change is in the figure. To fit the regular size, most of the poundage must be slimmed off the middle measurement—waist, abdomen, and hips.

This measurement change is the reason for the triumphant note received from an "ex-half sizer" who paralleled her dieting with "slim-nastics."

"The day I could wear size 18 short again instead of 18½ was a red letter day for me. Now I know I can slim down to normal weight and wear my perfect size—16 short."

It figures this way: Both the half sizes and the short sizes are de-

#### COOK'S CORNER



#### CHEESE TOMATO SCRAMBLE

- 1½ cup canned or raw tomatoes
  - ¼ cup chopped onion
  - ¼ cup chopped green peppers
  - 1 lb. cheese grated or cut small
  - 1 tsp. butter
  - 2 eggs slightly beaten
  - 1 tsp. salt and a speck of pepper
- Cook tomatoes, onion, peppers over low heat till tender. Add cheese stir occasionally. Cook till cheese is melted. Add eggs, butter, salt and pepper. Stir until eggs are cooked. Serve on buttered toast.

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### Best for Baby's Coughs

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#### MARY HAWORTH'S MAIL

### Etiquette For Hotel Living And Restaurant Dining

Dear Mary Haworth—My wife and I have worked hard and lived a very conservative life, trying to educate our boys. Now the job is done, for which we are very grateful; and we feel that we owe it to ourselves to make a trip to some of the country's outstanding places—New York City, Niagara Falls and other places of interest.

Due to the fact that we have never eaten in swanky restaurants, or stayed in elaborate hotels, we are conscious that we will need some briefing, and maybe rehearsals, on how to behave in these situations. Please tell me what book I can get that will supply the information we need. D. N.

Dear D. N.—You will find the answer to almost any question of social behavior in Amy Vanderbilt's "Complete Book of Etiquette, a guide to gracious living." That's the title. It was published in 1952 by Doubleday and Company Inc., Garden City, N. Y., in two versions. One is indexed, at \$5.75; the other is plain, at \$5.

The copy I have contains the index, as a finale in 704 pages of explicit information on "every possible social problem one is likely to encounter in modern social living," says the author. She likens the book to a dictionary, introduces it as the largest and most comprehensive book of etiquette ever written, and offers it as "a reliable friend to whom one may turn a questioning glance over the years and get a helpful answer."

Hotel dining is discussed in a clarifying detail on pages 642-43. Miss Vanderbilt is no advocate of lavish tipping. She shows sober respect for the component parts of a dollar. Beginning with the doorman, she reviews the list of hotel personnel, including bellhop, chambermaid, porter, checkroom attendant, elevator starter, etc., who may be entitled to an occasional dime, quarter, half dollar or even more, depending upon the ease or difficulty of tasks performed for you.

**TRICK OF THE CHEF**  
Add a little powdered marjoram to flour used for coating meat or fish to saute.

#### SAVOIR FAIRE

Chapter 57, page 549, takes up "dining in restaurants"—and tells how to dispose of wraps or parcels or umbrellas on entering; who precedes whom to table; who gets the choice seat and so on. There is a rundown (as we journeyists say) on how to order a meal, how to cope with the waiter properly, and how to pick a suitable wine if you wish to be festive.

On page 554, Miss Vanderbilt goes over the ground of calling for the bill, checking it for accuracy, quietly asking for a correction if a mistake has been made; and, help in line for a tip includes the water (15 to 20 per cent of the 10 or 15 cents; and possibly the men's and/or women's lounge attendant, a dime. The same for the

### Bringing Up Baby



Hints Collected by Mrs. Ben Barker (Mother of 5)

Some of the most successful visiting adults I know make friends with shy year-olds by "delaying action." Paying no attention to the little one at the outset often arouses enough curiosity for the lad or lass to gravitate toward the stranger. Once interest has been indicated, the friendship can usually be fostered with a chain of jingly keys, a bright colored hankie or most any safe and indestructible object.

#### Cue for wooing tots of all ages

the adorable GERBER BABY DOLE... just right for hugging, cuddling and soothing to. It's a \$3.75 value for only \$2.00 and 6 Gerber labels or cereal box tops. All the personality of the famous Gerber Baby is reproduced in this 12-inch life-like doll, that drinks, wets, sits up—has movable arms and legs. Soft vinyl plastic head, rubber body, make it ever so safe. It comes appropriately dressed in diaper and bib... has play accessories to boot!

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Once of prevention. Creepers and/or toddlers are first-rate reachers and grabbers. You can cut down nagging "no-no's" and avoid mishaps by making your home as accident proof as possible. Keep coffee tables clear of lighters, matches, scissors, etc. Keep medicine on high shelves well out of reach—electric outlets guarded or hidden.

Comforting clue. Here's blessed relief for tots in the throes of teething. Gerber Teething Biscuits are extra-hard and smooth-surfaced to soothe aching gums. Made of enriched cereal and baked into a special shape for easy grasping. Each one is wrapped in sparkling cellophane. Gerber-Ogilvie Baby Foods, Ltd., Niagara Falls, Canada.



### Elegant Afternoon Hat

Laddie Northridge, one of New York's foremost milliners, has always believed in glamorous, American women by giving them hats that combine elegance with flattery.

The one shown is a beautiful choice for semi-formal afternoon wear. It is of black felt with minoches of coffee beaver pliqued on the spreading brim. A nose veil gives a subtle touch.

#### HOUSEHOLD HINT

Hot water bottles can be mended with the kind of patches used for inner tubes of automobile tires.

#### Wife Preservers



If you are going to drive a car when you are wearing your fur coat, get into the car from the side nearest the wheel whenever possible instead of scraping the coat along the whole seat, thus wearing out the seat of the coat.

### Johnston-Millar Vows Solemnized At Bride's Home

Baskets of summer flowers and potted plants formed the setting at the home of the bride's parents when Alice Charlotte, eldest daughter of Mr. and Mrs. Harry Millar, Murray Harbor North and Glen Kenneth, son of Mr. and Mrs. Garfield Johnston, Peters Road, were united in marriage on Saturday, July 30th at 3 o'clock.

Rev. Carl Currie officiated at the double ring ceremony and Mrs. Annie Kennedy played the wedding music.

Given in marriage by her father, the bride wore a waltz-length gown of white nylon tulle and chantilly lace over satin. It featured a fitted bodice and lace bolero buttoning in front with tiny self-covered buttons. The long lace sleeves tapering over the hands were caught snugly at the wrist. Her headdress was a circlet of satin and lace edged with seed pearls. She wore a single strand of pearls with matching earrings, the gift of the groom, and carried a cascade of red roses.

Attending the bride was her sister, Miss Betty Ann Millar, who wore a waltz-length gown of pale green taffeta and net, with fitted bodice and bolero, matching head-dress and mitts. She carried a nosegay of yellow mums.

Mr. Guy Reid, Peters Road, was best man.

Mrs. Millar chose for her daughter's wedding a dress of ice-blue dacon with a corsage of pink carnations. The groom's mother wore a navy blue dress with a corsage of pink carnations.

Immediately following the ceremony a reception was held. The dining room was decorated with pink and white streamers, wedding bells and baskets of flowers. The bride's table was centered with a three-tiered wedding cake topped by a miniature bride and groom. Tall white candles were arranged on either side. The toast to the bride was proposed by Rev. Carl Currie.

Mrs. Edward Shipley was in charge of the guest book.

For motoring in Cape Breton and points of interest through the Maritimes, the bride chose a navy blue linen box suit with white accessories and corsage of red roses.

The couple will reside in Charlottetown, where they are members of the staff of the T. Eaton Co.

... my secret recipe?

# BRODIE'S

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## ELLEN'S DIARY

By An Island Farmer's Wife

"It's not that insistent. There'll be time yet. Yes, plenty of good days for it", James says into our silence, glancing up from his reading to the dark of a cloudy night against a window. He is anxious about the one, who back in a distant field and alone, is at the plowing. Some hazard of time and place, James fears may entangle him there.

"The rain will soon be sending him home," he offers, settling back again in the armchair.

A tractor is a powerful machine and dangerous, as can be too the plow. It draws. An error in judgment at the turning, a moment of drowsiness-for already the younger farmer's day has been long and busy.

"Don't you think you should be making your way home to bed?"

You'll be tired for school in the morning, if you don't get a nice long rest", we suggested to Mack this evening. He had come by after supper for, as he said, "a piece or two of singing", and was then performing under obvious strain. He shook his head. "You play her again!" he said. "I only yawned once in that whole verse. When I yawn twice," he leaned back against a cushion on the couch," and that pretty handy together, then it will be time to go home."

There was plowing done back there, before this today as there thoughts turned to that time today. He shook his head and smiled. "We'll know better than that I'm afraid, one of these days." "Sawing today at the mill? Yes, the familiar and not unusual sound of it coming up to us at Alderlea above the front meadow, night.

"Listen to this, Ellen!" James says. "He may have a greasy hat and his trousers may be shiny but if his children have their noses flattened against the windowpane a half-hour before he is due home for supper, you can trust him with anything you have!... And isn't that the truth, Ellen?" he smiles.

Raindrops now on the windowpane. And the yard? A tractor casting to rest.

Until tomorrow —Diary—Good night.

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