

# WOMEN

Page 8 The Guardian Friday, March 4, 1955

LET'S EAT

## Menu Planning Is Easy

By IDA BAILEY ALLEN

"A unique telephone dinner menu service has been operating for several years in Geneva, Switzerland, Madame," said the Chef. "When imagination or knowledge fails them, harassed homemakers merely dial a certain number and then listen to a pleasant recorded voice suggesting a menu for dinner."

"Well, Chef," I replied, "all readers of this newspaper have to do is to turn to our daily dinner menu and recipes. I understand that many homemakers clip these and keep them in beautifully indexed scrapbooks."

"An excellent idea, Madame! And every year they can have a new cookbook with 365 different menus and about twice as many recipes!"

### TOMORROW'S DINNER

Tossed Green Salad Bowl  
Mexican Stuffed Steak  
Peeled Potatoes and Onions  
Dish Dishes-Apple-Raisin Pie  
Coffee  
Tea  
Milk

Roll up and tie with white string. Slow-brown all over in 2 lbs. fat. Dust with 1 tsp. each salt and monosodium glutamate, and ¼ tsp. pepper.

Add 1½ c. hot water and 1 bouillon cube. Cover and simmer-bake 1½ hrs., or until meat is fork-tender. Make gravy from liquid.

Deep Dish Apple-Raisin Pie: Prepare recipe for homemade plain or cream cheese pastry, or use a plain pastry mix. Butter a 7" x 11" shallow baking dish. Mix together 3 c. sliced, peeled, cored apples, 1 c. brown sugar, ½ c. raisins, 1 tsp. flour, ¼ tsp. cinnamon and 1 tsp. butter. Mix in water or apple juice. Mix well.

Spread in prepared dish. Filling should come to top. Cover with pastry, rolled a scant ¼" thick. Press down edges with lines of a fork. Bake in 375 degree oven for 45 minutes. Allow steam to escape. Brush with milk. Bake 35 min. in a moderate oven, 375 degrees F.

One (1 lb.) can sliced pie apples may be substituted for fresh fruit. In this case, use only ¼ c. sugar.

### TRICK OF THE CHEF

Use sweet cider as the liquid in deep-dish apple-raisin pie. Excellent indeed!

## Merging Old And New

By ELEANOR ROSS

Just a casual survey of the offerings of the Home Furnishings Market serves to show that there need no longer be too startling a contrast between modern and traditional.

The two are getting closer in mood. Mostly, of course, it is the

modern that has taken on other characteristics. It is done in warm materials, has rounder, softer lines. There has been some simplification of the traditional, and more use of the fine old designs in modern woods and finishes.

### Reconciling Different Periods

Thus, the two periods have been made compatible, and one does not have to be a professional decorator to work out a nice balance for an interior. One can create a setting as individual and stylized as a custom design without paying a fancy price.

All sections of the world influence designs, with anything accepted if it is graceful and beautiful.

### Emphasis on Color

Color is everywhere, with enameled-on and rubbed-in colors, ranging from delicate pastels to lush, vivid hues.

Two-tone color combinations have not only invaded the automobile field, but have come out of the garage into the home. A popular wood bedroom group comes in such two-tone combinations as blue and white or a beautiful pink and charcoal.

There is a tremendous range of finishes, with vellum or parchment, teak and gray brown poplars shown Walnut with a silvery pewter finish is new and delightful, as is antique mahogany. New synthetics are very much in evidence and more manufacturers are getting together to coordinate fabrics with wallpaper. Mention of wall brags to mind a Good Design exhibit that includes wall coverings, one of plasticized canvas another with natural leaves embedded in the plastic and yet another, white on white, with silk fibers laminated in it.

### Double-Duty Furniture

Double-duty furniture is becoming increasingly popular, and women will welcome chests with double-deep drawers for hats and handbags, and dining tables with generous drawers for silver.

Out in the kitchen, color is rampant. So are some wonderful new design ideas, engineered to make housework easier and better. Visit 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 Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER AND SIZE.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

### Barbour's STABILIZED PEANUT BUTTER

It fairly melts in the mouth.

Barbour's STABILIZED PEANUT BUTTER



MR. AND MRS. L. WARREN MURGRIDGE

Exchanging marriage vows at the Presbyterian Manse, Sherbrooke, P. E. I., on February 21, were Mr. and Mrs. L. Warren Murgidge. The bride is the daughter of Mr. and Mrs. Harvey Colwill, Sherbrooke, and the groom is the son of Mr. and Mrs. Nelson Murgidge, St. Eleonors. The newly-weds are residing in S-side. (Edwin Heckbert Studio)

## ELLEN'S DIARY

by an Island Farmer's Wife

Jays, their blues fetching against the azure of the sky were in the branches of the oak tree on the lawn this morning. Only to remain briefly however, but long enough to make an engaging scene for the housewife then busy about the cares of her office, making a cake from one of the handy mixes which do serve to bring variety to the menu.

Reckon not in Queen's County, no there not anywhere Island-over, are there two oldish ones like us, lurching at this time of night? We laughed to James. We were seated cozily by the kitchen-fire in the wee sma' hours lurching upon toast and scrambled eggs (with a dash of tomato sauce and a grating of raw onion for piquant accompaniment) and steaming cups of coffee. Lights still show bright in the House across the Lane for that had been a day which was to include an all night vigil at the barns, where the farmers might stand to gain or lose in a present happening there, that margin of profit upon which the welfare of farm-places depends.

And James who has been on call in his farming through many a night, glanced to the clock and chuckled: "This isn't night, Ellen, it's the morning. I don't know what they do, now that they've retired, but on a market day like this in the long ago the 's' would be stirring, listening for the alarm-clock to ring the getting-up time. They'd have to 'he' no, 'to get the chores done and breakfast over, and drive by horse and sleigh to town. And they'd be among the first there! I think folks were smarter in those days," he offered, "they had to be to make any

"Poor fellow" Mack said of the fox brought in from a field-excision today. "Did you want to roam, the sap of Spring rising unnoted? We fancy there is no one to know, or even to remember, only the little brook of home which still runs along its sweetly quiet ways.

"This is a night of no-expectation at the barns—a time for the folks at Alderlea to fold up the cares of the day and letting down its silver bars pass through the enchanted gateway to Dreamland.

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

### KEEP IN TRIM

## Relax—Tension Wastes Energy

By Ida Jean Kain

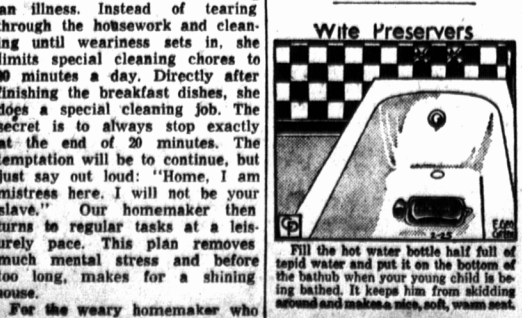
There is nothing in our constitution about the pursuit of happiness that says we have to run ourselves ragged. However, it takes a bit of doing not to — with our modern stepped-up tempo of living. It's not so much the fast pace as the feeling of pressure that increases tension. Relaxing is the solution, but it's not easy to "just relax." It takes practice.

Highly powered career women particularly need to learn how to relax. Experts point out that perfectionism and excess effort invariably increase tension. Over-concern about final results is a form of anxiety which is akin to fear of failure. This splinter of worry held continually in mind keeps the muscles in a state of tension. It's like racing the motor when it should be idling.

We need to re-evaluate. Work is highly commendable, but we tend to make a virtue of over-work. That attitude sooner or later brings us to the place of diminishing returns. To work relaxed, we have to discard the notion that speed and efficiency go hand in hand. Studies have shown that haste often makes waste motion. Furthermore, the stepped-up pace is carried over into activities where there is not the slightest need to hurry, such as at meal times and after the day's work is done.

The homemaker's tension often stems from fretting about all the work that isn't done. A way out of this dilemma was suggested in Anne's Trading Post in the Washington Post and Times Herald. The plan was evolved by a Boston homemaker who was forced to chance her routine, following an illness. Instead of tearing through the housework and cleaning until weariness sets in, she limits special cleaning chores to 20 minutes a day. Directly after finishing the breakfast dishes, she does a special cleaning job. The secret is to always stop exactly at the end of 20 minutes, and temptation will be to continue, but just say out loud: "Home, I am mistress here. I will not be your slave." Our homemaker then turns to regular tasks at a leisurely pace. This plan removes much mental stress and before too long, makes for a shining house.

### For the weary homemaker who



## Women's Meetings

CLYDE RIVER W. I.

The Feb. meeting of Clyde River W. I. met at the home of Mrs. Louis MacLean on the evening of Feb. 7th with eight members present. Meeting opened with repeating "Collect," followed by roll call which was answered by donating an article for auction sale. Minutes of last meeting were read, approved and signed.

The oleo capsules were distributed to those requiring them. Mrs. W. A. MacLean gave a report on being to school regarding signing of music contract; this matter has been dealt with by the trustees. The school committee reported articles purchased for school. The sick committee presented the bill for gifts purchased and were instructed to send fruit to a sick member.

Correspondence was read and discussed and it was decided to send \$5.00 to "March of Dimes." A thank-you note for gift was read from one member.

Mrs. R. D. Matheson invited the members to her home for next meeting. Roll call will be answered by "A recent project started in Canada."

Mrs. R. D. Matheson was asked to give a talk on one of our Provinces as a program for next meeting. Collection for evening amounted to \$1.25 and meeting closed with "The Queen." After this an auction sale was held with Mrs. HARRY MacLean as auctioneer, realizing a sum of \$3.45. Lunch was then served by the hostess and committee in charge and a social hour followed.

### RIVERDALE - CHURCHILL

W. I.

The February meeting of Riverdale-Churchill Women's Institute was held at the home of Mrs. John and Mrs. Waldron MacKinnon. Meeting opened by singing Institute Ode, and repeating Creed in unison. Roll call was responded to by bringing something for Fish Pond. Minutes of last meeting were read and approved.

The sympathy of the members was expressed in the passing of Mrs. Belle Lamont, who was a loyal and devoted member of the Institute, and who will be greatly missed in her home and community. A motion was made that any person in district who has been ill, and had the doctor, be given fruit to the value of 75 cents. Mrs. Roodie MacKinnon and Mrs. Oliver MacLeod, asked for the next three months.

Correspondence was read by secretary. A letter concerning "Art Centre" was read, and it was decided to send a letter and ask for copies of same. Secretary received remittances for quilts. It was decided to make a quilt for Orphanage as soon as possible. It was also decided that flowers would be sent to any bereaved family in the district.

A motion was made, that \$5.00 be given to March of Dimes. It was also decided to hold a pantry sale in the near future.

### SOUTH WINLOE W.M.S.

W. I.

The February meeting of South Winloë United Church W. M. S. met at the home of Mrs. Heber Hardy with Mrs. Harold Diamond as devotional leader. The theme for the worship service was "The Universal in the Particular." Following the opening by the leader, hymn "We Have Heard A Joyful Sound" was sung.

The various parts of the program were read by several members and prayers were rendered by the leader and by Mrs. Hardy. Helen Rodd offered a special prayer for the adopted mission. A stewardship reading by Mrs. Hammond Rodd, as well as a reading "Give Your Best," by Mrs. Hardy, were much enjoyed. Scripture passages were read by the leader. A reading, "Don't You Care?" by the leader was followed by the hymn, "The Light Is Breaking."

Benediction was given by Lona Lerner. Helen Rodd presided over the business portion of the meeting. Roll call was answered by seven members.

Minutes of the previous meeting were approved as read. Mrs. Hardy was leader for the March meeting and Mrs. Harold Diamond to render prayer for the missionary.

Mrs. H. Rodd invited the members to her home; roll call to be answered with the word missionary. Plans were made to have a "World Day of Prayer" service in the church. Mrs. Hardy gave a report on the Presbyterian. Lunch was served by the hostess, assisted by Helen Rodd and a social half-hour spent.

### BUNBURY W. M. S.

W. I.

The February meeting of the Bunbury United Church W. M. S. was held at the home of Mrs. Charles Scranton, Southport, February 3rd, at 3 p.m. with Mrs. J. A. MacDonald, Vice-President in the chair. Mrs. Willard Kelly led the devotional period, the



MR. AND MRS. CHARLES THOMPSON

Wed at the Presbyterian Manse, North Tryon, P. E. I., on February 16 are Mr. and Mrs. Charles Thompson. The bride is the daughter of Mr. and Mrs. Murdoch Dawson, Albany, and the groom is the son of Mr. and Mrs. Russell Thompson, North Tryon. Miss Mary Dawson was bridesmaid and Mr. Harry Costain was best man.—(Edwin Heckbert Studio)

## Distinctive Style Created By Canadian Craft Products

TORONTO (CP) — Most housewives don't realize the opportunities open to them now for furnishing homes in a distinctively Canadian style.

Using Canadian craft products such as rugs, pottery pieces, woven-linen upholstery and colorful mat pictures they can create a provocative background for modern furnishing.

A little-known enterprise, the Canadian Handicrafts Guild, has been quietly working for the last 50 years keeping native crafts alive and encouraging new ones.

Mrs. Pyatt mentioned the many decorative possibilities of Canadian rugs made by Quebec women. The rugs can be used as runners, scatter rugs, wall-to-wall broadloom, curtains, bedspreads, upholstery and couch throws.

Catalogue, which is really the horizontally-patterned old-fashioned rag rug used in Canadian pioneer farm houses, sells at \$2.95 a yard, 27 inches wide. Woven as wide as seven feet, a seven-by-nine foot rug costs only \$23.50.

Murray Bay blankets are another product of Quebec looms which have many uses. Woven in soft pinks, blues, greys and greens they serve well as bed spreads. Curtains can be ordered woven to match. The blankets run from \$5.25 for crib size to \$14.25 for one 64 by 84 inches.

A craft delight are the rare pieces of Eskimo art which are shipped south each fall. Little carved stone figures of Eskimo men and women, ivory-carved sled dogs and animals sell for from \$2 to \$25 depending on size.

Pottery pieces which would enhance any room are extensively produced in Ontario, Quebec and some western provinces. Distinctive figures of ducks, skiers, Eskimo and square dancing couples come from the studio of Leo Mol in Winnipeg.

Plates produced by Tess Kidder of Brantford, Ont., who specializes in soft shades of blue, grey and brown. Jarko Zavi, a Cobourg, Ont., craftsman makes unusual and distinctive free-form design pottery.

### MARY HAWORTH'S MAIL

Man Meets Girl; Gets Polite Brush-Off

DEAR MARY HAWORTH: A good month ago I had the good fortune to be introduced to Hope, a girl of the kind I had always hoped to meet. By which I mean, she combines physical beauty with a wonderful philosophy of life.

The problem is how to become her friend and know her better. We both go to school, in addition to job-holding, so we both are busy. And when I ask her to go out on week-ends, she always refuses, due to homework or other commitments (she says). This I believe, as she lives alone and I know she saves Sundays for dinner with her family.

However, when I've asked her to have a dinner and/or a few drinks with me, occasionally, on other evenings, again she refuses. This on grounds that she would be imposing on me by accepting free meals. I've tried to explain that I ask her to dinner because I want her company, not that I feel sorry for her. Like most students working their way through school, she has difficulty meeting expenses—rent, food tuition, etc.—but conceals it.

To check the possibility that she might be giving me a polite brush-off, I have asked her repeatedly if she has anything against me. She dismisses the idea and says she has no other boy friends. In short, she wants me to believe that she doesn't feel right if treated to a meal by a boy who admires her qualities. Please give me your opinion of her attitude. Is she right in refusing my invitations?

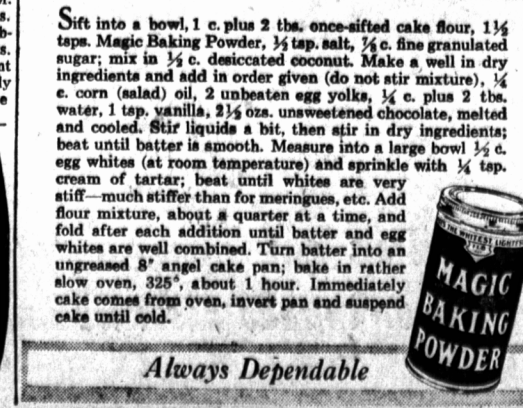
Mere Dreamer Than Realist

DEAR A.C.: It strikes me that

### Coconut Fudge Chiffon Cake

Sift into a bowl, 1 c. plus 2 tbs. once-sifted cake flour, 1½ tsp. Magic Baking Powder, ¼ tsp. salt, ¼ c. fine granulated sugar; mix in ¼ c. desiccated coconut. Make a well in dry ingredients and add in order given (do not stir mixture), ¼ c. corn (salad) oil, 2 unbeaten egg yolks, ¼ c. plus 2 tbs. water, 1 tsp. vanilla, 2½ ozs. unsweetened chocolate, melted and cooled. Stir liquids a bit, then stir in dry ingredients; beat until batter is smooth. Measure into a large bowl ½ c. egg whites (at room temperature) and sprinkle with ¼ tsp. cream of tartar; beat until whites are very stiff—much stiffer than for meringues, etc. Add dry mixture, about a quarter at a time, and fold after each addition until batter and egg whites are well combined. Turn batter into ungreased 8" angel cake pan; bake in rather slow oven, 325°, about 1 hour. Immediately cake comes from oven, invert pan and suspend cake until cold.

### Always Dependable



## Men Voice Opinions at Show Of Spring Fashions In Toronto

TORONTO (CP) — The current long, lean line of fashion came in for plenty of male criticism—and praise too—at spring fashion shows in Toronto.

The men had their day recently at a department store fashion show feature "The male court of opinion." Their ideas and intimate knowledge of fashions stunned female listeners who thought men looked more at dress bills than styles.

Each man who voiced an opinion in the show had one thing in common. They all like buying clothes for their wives or daughters and are usually successful selectors.

"A SIMPLE MATTER"

The old cry that women should dress to please their husbands was brought up by Burt Myron, hosiery company executive.

"It is simple for a woman to dress to her husband's pleasure," he said. "She just has to convince him that she chooses. We are so impressionable it's an easy job."

Newspaper columnist Bruce West pleaded the case for the "natural look. Women shouldn't diet until they look underfed and emaciated in an attempt to achieve a 'fashionable' figure, he said.

"Women should dress according to their natural type and learn to accept the proportions nature gave them," he added.

Mr. West likes to see the woman wearing the dress not the dress wearing the woman. Some women he said have the figure and personality to wear more spectacular and daring styles, but they are in the minority.

Greys, blues or greens with small vivid contrast touches are favored by Mr. McDougall.

TV STYLE CHANGED

In early days of television, he recalled, women before the camera wore extreme clothes cluttered with accessories. Now the tendency is toward quiet subdued clothing which doesn't steal the show from the wearer.

Byn Whiteaker, radio and television personality, has two pet hates—slacks and sheer blouses. He OK'd shorts—"If the gal has the legs for them."

"I like women to look either feminine and young, or long, lean and beautiful in one of those big picture hats," he said.

In the office he likes women tailored and businesslike but thinks they should go all-out at night.

"The more glamorous and feminine they dress at night, the better."

He would feel obligated to repay in terms of friendship, and she accepts your hospitality. And she doesn't care to make the effort. She simply isn't especially interested. This is how I interpret her standoffishness.

It is idle to ask if her attitude is right. As regards an admirer she barely knows, she is entitled to please herself, in accepting or sidestepping his offer of friendship. And she isn't required to air her reasons. In discouraging your campaign, without wounding your ego, she has behaved very nicely, showing as much consideration as a reasonable gentleman could ask.

My advice is to take the hint and drop your pursuit of Hope. It is idle to ask if her attitude is right. As regards an admirer she barely knows, she is entitled to please herself, in accepting or sidestepping his offer of friendship. And she isn't required to air her reasons. In discouraging your campaign, without wounding your ego, she has behaved very nicely, showing as much consideration as a reasonable gentleman could ask.

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### ANNE ADAMS PATTERNS

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Freshen up for sunny days—see this pretty new fashion! It's such a wonderful, wearable style for now—and all through spring! Note the novel stand-up collar, graceful yokes on bodice and skirt. Have it in faille or cotton—in pretty pastels or colorful prints.

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