WOMEN

LET'S EAT

A Talented Menu-Maker Plans Tomorrow's Fare

By Ida Bailey Allen

"Here is a fascinating menu with recipes, Chef, sent for this week's Column by Miss Chloe Gifford, Second Vice President of the General Federation of Women's Clubs.

Miss Gifford lives in Kentucky; loves working with young people; is expert at securing memberships and founding scholarships. She is also known as the 'Friend of Governors'."

"In other words, Madame, this lady has a real talent for friendship. And, judging by this menu, she also has a talent for menu-making."

TOMORROW'S DINNER MENU

Avocado Pear and Grapefruit Salad on Bibb Lettuce with Roquefort Dressing
Baked Old Country Ham
Lima Beans Corn Pudding
Hot Rolls
Jam Cake Boiled Custard Coffee

"I would enjoy eating that dinner, Madame. The opening salad on Bibb lettuce with Roquefort dressing is a gourmet dish. So is the baked old Kentucky country ham."

"Such a ham is not usual in these days of commercially tenderized ham, Chef. But occasionally homemakers are lucky enough to be able to buy one, or receive one as a gift. In that case, Miss Gifford's directions for cooking it will prove helpful."

Cooking an Old Kentucky Ham: Scrub ham well. Soak at least overnight in water to cover; if possible, soak a large ham 3 to 4 days, changing the water every day. Place the ham in a large roaster or kettle. Pour in cold water to cover. Add 2 cups brown sugar and 1 cup vinegar. Cover; simmer slowly 20 minutes to the pound. Never boil an old ham.

Turn off the heat. Let the ham bathe in its own juice overnight. Next morning, remove from liquid. Pare off the skin. Glaze the fat top with equal parts of fine bread crumbs and brown sugar, mixed. Do this by patting the mixture over the top of the ham; then brown at 350—400 degrees F. oven heat until a crust forms.

Note: Miss Gifford bastes the baking ham with wine; but grape juice, apple juice or pineapple juice are equally good.

THE CHEF'S BOILED CUSTARD

In a double boiler scald 3 c. milk. Meantime beat 6 egg yolks; stir and beat in 6 tbs. sugar, ½ tsp. salt and 1/3 tsp. vanilla. Stir into the hot milk. Cook and stir constantly until it coats the spoon. At once remove from the hot water. Beat a few seconds. Cover, cool, then refrigerate. Serve in punch cups; garnish with cinnamon or nutmeg.

ANNE ADAMS PATTERNS

5-0-0 FLATTERING

Double-diagonals are so flattering to the half-size figure; they make you look taller, smarter, slimmer! Outlined in bright contrast on this simple sundress — they're twice as pretty! Add the bolero to make a lovely ensemble.

Pattern 4702: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress, bolero take 4½ yards 35-inch fabric; ¼ yard contrast.

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 The Guardian, 60 Front Street West, Toronto.

Household Hint

The drain of your kitchen sink should be treated about once a week with an approved chemical drain cleaner. Pour a tablespoon down the drain to prevent clogging, to kill sewer germs and keep pipes clear. This is also advisable after washing greasy frying dishes.

Words Of The Wise

The one sensible thing to do with a disappointment is to put it out of your mind and think of something cheerful.
—(Mark Twain).

MORNING SMILE

A farmer rushed onto the road where a smashup had just occurred. He saw the driver on the ground dazed.

Motorist—Hit a cow.

Fearing that this might have been his cow, the farmer said:

Was it a Jersey cow?

Motorist—I didn't see its license.

Cook's Corner

TOFFEE CHEWS

4 bars toffee
3 c. rice crispies

Melt toffee with cream in a double boiler. Pour over rice crispies in a buttered bowl, mix well. Press into shallow buttered pan. Cut into squares when cool.

Happy Holidays!
IF YOU
DRIVE...
Stop for
TEA

MARY HAWORTH'S MAIL

Unhappily Married Fears Breakdown

DEAR MARY HAWORTH: My nerves are shot by 18 years' unhappy marriage to an irresponsible man who hasn't planned for the future from the day we married. I've been near a breakdown before, but never as close as this. I can't seem to get hold of myself and the children (we have three) are badly affected by my condition.

Bob just won't be troubled by finances. He keeps working, and he turns over his checks to me, asking for only a small allowance. But as he expects me to pay for everything, he needs very little cash — and he goes into debt very freely for what he wants. An expensive car and a TV set are the latest strain on my budget.

He brags about his good credit —and owes everybody. We pay out enough interest annually to support one child. Our medical and dental bills are kept to a minimum— and I no longer dare get such care for myself, for fear I would lose my pride before the costs were paid. Two of the children need glasses, which I can't afford, and they all need shoes and clothes, as they can't wear hand-me-downs so well any more. But Bob won't help me plan for their needs.

Man Regresses Daily, She Says

He will say "Go charge what you need" — and then throw fits when the bills arrive, storming at me to "find the money to pay for this." I've worked when the wolf was at the door and my friends have helped us financially when I was cracking under the strain. But Bob never bothers to pay. He just lets the bills pile up —and he seems more immature every day.

Once, during a medical interview about my nerves, Bob's face-saving lies left me speechless. Later the doctor told me he saw through the alibis . . . I've been advised to separate, but I don't believe in that. Yet when I plead with Bob to share family problems, he merely curses and misbehaves worse. It seems I can't win, but perhaps your good counsel will give me a clue. P. Y.

Wife Is Abler Than She Feels

DEAR P. Y.: Your nerves are shot by fear-filled performance, the nature of which you haven't quite recognized. Your ordeal may be likened to the gymnastics of a timid swimmer in deep water, who is keeping afloat by her own efforts, while clinging to a straw on the hysteric theory that the straw is bearing her up.

Disinterested onlookers see your situation thus, I am sure; and that's why certain parties advise you to separate from Bob, as a move towards getting your feet on the ground, and securing peace of mind and some opportunity to plan dependably for the future.

By now you know the truth, but you refuse to face the fact that Bob is a complete washout as a family man and financial provider. You grouse about his irresponsibility, in your thoughts and conversation, but actually you never inwardly come to grips with the proposition that he is a dead-weight sort of problem — not a partner.

Why this doubleminded attitude on your part?—this compulsive disposition to look for better things from Bob, when in your heart you feel hopeless about him? When you deeply distrust and despise him? I'll tell you why. It is the chief unconscious stalling tactic you have, against the worst experience you can conjecture (to your way of thinking) —an "out" that suggests itself from time to time. Namely, the business of standing on your own feet in life, and being responsible for your own upkeep, and the children's, too, if it comes to that.

Needs Education For Facing Life

You are emotionally exhausted, not so much by Bob's infantilism, as by your aggressive struggle to be dependent upon him — which signifies your own unconscious determination to remain immature in a situation that inexorably requires mature responses, as the price of deliverance from intolerable tensions. You've spent 18 years waiting in vain for a solution of the deadlock — and now you're near to collapse from frustration.

There is a child guidance center attached to the medical college in the city through which you write, and I suggest you go there for first-hand help in finding the special counsel your case requires. You need emergency re-education for facing life. M. H.

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

ELLEN'S DIARY

by an Island Farmer's Wife

Now all on a May night, the stars keep their watch over valley and hilltop. There is spring music, in throaty strains from the millpond. And one has but to come to a doorway, or open a window, to hear the quiet melody of the water which through the flood-gates drops in miniature falls to the deeps pools below.

Other gates the farmers fashion these days—And bars, between fields as they continue the work of the fencing. Now by the woodlands they are, though presently they may be lost to us beyond there or down by a bend of stream. For fascinating nooks and corners of places we have on these farms-valley and hill and level field . . . near fields to be seen from the yards and road, and far quiet ones where, even the winds that wander there have a lonely quality and echoes come faintly to dwell. Ferny woods' paths are ours to beguile our steps in summer and we have the spring bearing now the crisp green of new watercress.

"We have just about everything one could want in a farm" Granddaughter counted her blessings in this regard today. "We have woods and pastures, haylands and grain-fields . . . Don't you love the clovers when they open! And harvest all gold when it ripens! We have the millstream and, below it, the waterfall—just like Niagara" she twinkled. "And the spring—I mustn't forget that" she said. "The water is so clear and cool always: I like to watch it bubble out from the rocks of the cliff above it. And it's so cozy there with the trees about—and how pretty it is as it flowers down to find the stream. Yes" she commented "there's not much else we could have on the farm."

* * *

"Except a lane leading down to a shore" we smiled.

"Well, living inland as we do, how could we?" she chuckled. "Not that it wouldn't be nice especially in summer. It seems I remember best of all the days we spend at the shore." She was wistful. "I like 'the big water' as Mack calls it . . . the waves and the sands. I like too to help build a fire of driftwood between stones —and doesn't the tea and all cooked over it taste good! The last time, we spread the cloth on the sand when the tide had backed away; it was strawberry time, don't you mind? And to get down to the beach we had to slide down the cliff, the roads your father had made there to cart in seaweed now all washed away . . . . A handful every day for years, I guess" she smiled. "We should go to that shore more often" she offered.

Violets for her Mother she gathered today, when with the farmers they added more of the ewes and lambkins to the flock pasturing at "the other farm" beyond Rob's. White Violets, delicate and sweet as the breaking of spring.

At home we had a blue cloud above a hill, the gold of a daffodil, the sturdy blue of (our) hyacinths . . . And in the rose of the evening a twain of wild ducks flying into the west. A faithful pair? For how long? Until death? Intriguing thought!

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

AMBASSADOR AT McGILL

MONTREAL (CP) — Dmitriv S. Chuvakhin, Soviet Union ambassador to Canada, paid a courtesy call to McGill University Thursday. He was received by McGill Chancellor B. C. Gardner, and Dr. F. Cyril James, principal and vice-chancellor.

FRANKFURTERS
Better with
French's
PREPARED MUSTARD
HOT DAN THE MUSTARD MAN

KINDERGARTEN ENROLLMENT
CHARLOTTETOWN CITY SCHOOLS

Registration for Kindergarten Classes for 1955-1956 will be received by the undersignad. Children enrolled must be 5 years old on or before December 31st, 1955.

NOTICE RE VACCINATION

All children enrolling in Kindergarten or Grade I are required to present certificate of successful vaccination on entering school in September. Parents are advised to give this attention before the summer vacation.

K. A. PARKER,
Superintendent of Schools
140 Richmond St. Phone 6837.

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BLOUSES .. 1.00 SHORTS 1.00

Ankle Sox — All Shades — 19c per pair
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Children's Coats, Coat Sets, All-Weather Coats and Burberries — all Anniversary Sale Priced.

Use our lay-away plan—a deposit will hold any garment until needed.

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NOTICE
ONLY A FEW MORE
SHOPPING DAYS TO CASH IN ON
MONARCH SILVER DOLLARS!

HOW TO SEND IN FOR SILVER DOLLARS!
Follow these simple steps to be sure of your share of silver dollars!

1 Cut off both package ends. (The portions circled in the drawing.)
2 From 10 packages, make a pile of 20 package ends. They all may be from the same product, or from different products, but all must be from the qualifying products — listed at lower right.
3 Secure each pile of 20 package ends with string or an elastic band.
4 Print in block letters on a plain sheet of paper YOUR NAME AND ADDRESS IN FULL—and be sure to enclose this with your mailing.
5 Either use an envelope or make a parcel and address it to: MONARCH SILVER DOLLARS PAY-OFF, BOX 98, POSTAL STATION "D", TORONTO 9, ONTARIO
6 IMPORTANT. Obviously with such a sensational offer as this, Monarch cannot accept delivery of any envelope or parcel that has not been stamped with sufficient postage. Therefore, this offer is made contingent on your entry having sufficient postage, and you are urged to have your entry checked for sufficient postage at a Post Office before mailing it.

To qualify for Monarch Cake Mix's Silver Dollar Payoff, your Monarch package ends must be postmarked on or before midnight, Monday May 30th!

Be sure to cash in on this wonderful opportunity to get silver dollars for yourself or for your service club, church group or charity organization. For every 20 package *ends* you send in, we will mail you a silver dollar! Just follow the simple instructions and you can have lots of extra money in exchange for package ends from any of the products listed below:

- MONARCH WHITE CAKE MIX
- MONARCH CHOCOLATE CAKE MIX
- MONARCH GOLDEN YELLOW CAKE MIX
- MONARCH FRUIT CAKE MIX
- MONARCH CHERRY POUND CAKE MIX
- MONARCH ANGEL FOOD CAKE MIX
- MONARCH TEA-BISK
- MONARCH PIE CRUST MIX
- MONARCH BRAN CEREAL
- MONARCH RED RIVER CEREAL
- MONARCH WHEATLETS
- MONARCH CORN MEAL
- MONARCH GINGERBREAD MIX

OFFER ENDS POSITIVELY MIDNIGHT MAY 30th.

"HOLIDAY"
WEEK-END SPECIALS

BACON, sliced, lb. 49c
JEWEL SHORTENING, 2 lbs. 49c
PERFECTION CAN MILK, 6 tins 85c
BROKEN PEKOE TEA, lb. .. $1.15
RAGGEDY ANN PEACHES, 2 tins 39c
PEARS, 15 oz. tins, 2 for ... 39c
TOMATO SOUP, 2 tins 25c
PLANTERS PEANUT BUTTER, 16 oz. bot. 39c
PICTOU PEAS, 2 tins 39c
24 OZ. BOTTLE ORANGE MARMALADE, 2 for 79c
TOMATOES, pkg. 25c
GRAPEFRUIT, 3 for 25c
SPORK, tin 39c
PEAMEAL BACON, lb. 59c
PICNIC HAMS, lb. 49c

2 for 63c

5 lb. BAG 49c

24 lb. BAG 1.59

2 for 49c

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