

# WOMEN

Page 8 The Guardian, Thursday, July 28, 1955

## LET'S EAT

### Summer Squash Is Rich In Vitamins

By Ida Bailey Allen

"TODAY," the Chef was saying, "I saw several kinds of summer squash. Madame, the cream-colored patty pan or turban squash, the green crook-necked squash and the yellow zucchini. Do they all have a similar food value?"

#### BASIC PREPARATION

"Yes, Chef," I explained. "Cooked without butter by the pan-frying method, mashed summer squash contains 16 calories to the half cup, more vitamin C than many other vegetables and a good amount of thiamin, riboflavin, niacin, as well as minerals. The basic preparation of summer squash is largely the same for all dishes except when it is fried."

**Panned Summer Squash:** If young and tender, do not remove the skin. Wash, then thin-slice or dice. For four persons, use 4 cups of the prepared squash. Add 1/2 tsp. salt and 1/2 tsp. monosodium glutamate to bring out the delicate flavor. Pour in boiling water to the depth of 1 inch, cover and boil gently about 10 min., or until barely fork-tender. The liquid should evaporate.

#### FROM THE HERB GARDEN

"For plain service, Madame, I add a little white pepper and 2 tbs. whipped unsalted butter or commercial sour cream. Sometimes I sprinkle with a tablespoon minced chives, parsley or fresh dill from our herb garden."

"In any case," I remarked, "summer squash is a dainty vegetable."

#### TOMORROW'S DINNER

Chilled Grape Fruit Sections  
Steak with Green Peppers  
Flaky Rice Summer Squash  
Jellied Applesauce Frappe  
Hot or Iced Coffee or Tea  
Milk  
Steak with Green Peppers: Melt 1 tbs. fat in a deep frying pan. Add 1 lb. round or flank steak cut in narrow inch-long strips; saute until browned.

Add 1/2 tsp. each salt and monosodium glutamate, 1/4 tsp. pepper, 1 peeled crushed section garlic, 4 tbs. shredded scallions or onions, 4 large green peppers seeded and shredded, and 3/4 c. diced celery.

Add 1 beef bouillon cube and 1 c. boiling water. Cover and simmer about 35 min., or until the steak is fork-tender. Thicken with 2 tbs. cornstarch blended with 1 1/2 c. cold water. Add 1 tsp. soy sauce or kitchen bouquet; simmer and stir until boiling rapidly. Serve over flaky rice.

#### JELLIED APPLESAUCE FRAPPE FROM THE CHEF

Prepare 1 pkg. raspberry-flavored gelatin using only 1 c. water. Add 1/2 tsp. lemon juice and 1/4 c. contents 1 (1 lb.) can applesauce.

Refrigerate 35 min. Stir; place in the food freezer or chamber of the refrigerator, and freeze 30 min., or until half frozen. Serve plain, or with whipped cream.

## ELLEN'S DIARY

By An Island Farmer's Wife

In truth, we farm folk "dwell with the King for his work, among plants and hedges," lowly, lovely flowers of meadow and streamside, trees graceful against valley and hill.

And what farmwife is there who has not some plant to cherish about her door or on her window-sill? One now blossoming gaily in pink or red, in salmon maybe to bring color and beauty to her, even on "one of those days" when her world about is distressingly agley...

For some time the lengthy spines drooped dejectedly. And then in an amazing change they round shoots appeared; and one day Granddaughter found in an unlikely spot mid-way along an old broadish flat spine of leaf the promise of a bloom. It developed definitely, pale green, and small. And "it's not going to be at all pretty" we said with some disappointment.

But quite striking it now is. The early green changed to a deep rose as the flower matured, spreading wide the slim pointed petals as progressively the tubular bud unfolded, disclosing long fragile filaments tipped with cream "dust." It is an interesting and to us a rather rare bloom and leaves us wondering whether it will ever blossom again, or is this its proudest season?

A hay-day this has been for us, returning that nice bustle of work which leaves the Family from James down to Mack, youngster and to be preferred above many content when day is done. Calmly our day goes, and reverently through the moonlight, leaving no single trace of footstep in the dew of the farmlands but pleasant? regretful? even sorrowful memories behind to tell of this sunny summer hours? Until tomorrow... Diary... Good-night...

## MARY HAWORTH'S MAIL

### Worthy Objectivity Is Girl Faced With A Magnetic Rival

DEAR MARY HAWORTH: I hang around with seven girls, all of us about 16 years of age. All the girls are attractive; but the problem is that one girl, I'll call her Linda, is more than normally attractive.

Wherever we go, to a party, the beach, the movies, etc., all the boys go flocking to her, and the rest of us are overlooked. The worst part is that Linda is such a nice girl; but we can't help having hard feelings towards her. It has happened many times that one of us tries for weeks to impress a boy, and finally we win him. Then he gets one glimpse of Linda and starts asking her out and the rest of us burn up.

Of course a few times we have met fellows who don't think Linda is superior to us. But this is rare. Please help us before we all turn against her. —G.L.

#### PROBLEM OLD AS HUMAN RACE

DEAR G.L.: This problem of what the "burned up" ladies are going to do about the outstandingly attractive or magnetic woman, is probably as old as the human race. But the heartening new thing about your attitude is that you aren't making a smear-case against the girl whom all men go for. Amongst jealous women, this is a remarkably meritorious conduct, believe me. You do yourself honor, artlessly.

You are openly facing the substance of a situation painful to you — able to admit that Linda is more than normally attractive to men and, in addition, quite a nice girl from a woman's angle. And that it is due to her surplus of pleasing qualities that you and the other girls "can't help having hard feelings towards her!"

Well, in view of your clean-cut healthy objectivity, I can't help thinking that Linda isn't your problem really, no matter how great a belle she may be. Rather I think your problem is to get yourself sorted out, decisively, from the mob mentality and emotionalism of the gang — which is currently preoccupied with hating Linda. Mob psychology generally is a down-dragging pressure on individuals, reducing even the best of the bunch to the level of "lowest common denominator" of feeling — temporarily at least. Instead of going along with the gang-theory that Linda is a threat in the background of every girl's life, able to fascinate their beaux as fast as they appear, you ought to turn your attention to the good that God has given you. Tend to your own knitting and don't keep book on how well you are doing as compared to her.

#### GRUDGING MIND LIMITS CREATION

If, as or when your hard-earned beaux take a shine to her, don't worry about it. Agree with them that she is engaging, and they

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Mr. and Mrs. W. T. Baglole

The marriage of Phyllis Jean, only daughter of Mr. and Mrs. J. Darius E. Hogg of Wilmot Valley, to William Thane, son of Mr. and Mrs. William H. Baglole of Summerside, took place Wednesday afternoon, June 29, at 1 o'clock in the United Church, Kensington. The double-ring ceremony was performed by Rev. L. M. Murray, B. A., B. D.

Mr. James Peach, A.C.C.O., played the wedding music and Miss Patricia Clark, cousin of the bride, sang "The Lord's Prayer" at the beginning of the ceremony, and "Because" during the signing of the register. The church was attractively decorated with white and pink cut flowers, and potted ferns. The guest pews were traditionally marked with white ribbons and centered with white mums.

The bride, who was given in marriage by her father, wore a full length gown of white imported Swiss embroidered organza over powder blue tulle and had long sleeves tapering to points over the hands. A scoop neckline with gathered bands of the same material, buttoned to the waist with tiny covered buttons.

The full skirt fell in three ruffled tiers embroidered delicately along their scalloped edges. She chose a cap-shaped headpiece and shoulder length veil of silk. Her lusion and carried a cascade bouquet of regal lilies and bouvardia. The attendants were Mrs. William Toombs, maid of honor, and

Miss Marjorie Huestis as bridesmaid. They wore identical ballerina length dresses of pink sculptured nylon with quaker collars, fitted bodice and full skirts, with matching picture hats, and carried nosegays of blue carnations.

Mr. Carl Baglole was his brother's groomsmen and the ushers were Mr. Lowell Hogg, brother of the bride, and Mr. David Loggie of Woodstock, N. B.

The mother of the bride was attired in a street length dress of wedgewood blue triple sheer crepe with lace jacket and navy and white accessories and her corsage was white carnations. Mrs. Baglole, mother of the groom, wore a rosewood faille made on simple lines with navy and white accessories, and a corsage of white carnations.

Mrs. John W. Hogg, grandmother of the bride, wore a black crepe dress with mink stole, black and white accessories and a corsage of mauve and white mums. Mrs. Charles Schurman was in charge of the guest book.

The bride and groom left on a motor trip through the White Mountains to Lake Champlain, returning by eastern Canada. They will reside in Summerside, S.

## SUMMER SLIMMING

### Mr. and Mrs. Style Good News for Sweet Cravers

By Ida Jean Kain

As summer simmers on you can go happily along slimming, if you know how to dodge calories where they are least missed. What do you miss most on a reducing diet? It may be desserts, cocktails, or the trimmings, such as good French Dressing. Let's find ways to deal with these weight makers.

If the last course "finishes" your diet, it will help you to understand the physical cause of the craving. Sweets force the blood sugar level high, stimulating insulin production. But sugar is quickly burned and you're left with extra insulin which increases your appetite. Since you prefer sweets, that's what you're likely to turn to.

Why then do you crave sweets when you start a diet? That's because the mechanism which the body has set up to handle the accustomed inflow of food is still in full force. By foregoing rich desserts and sweets, you soon stop the powerful stimulus to insulin production that is responsible for the craving. In short, by cutting down on sweets, you not only cut calories and lose weight — but, what's more significant, your system adjusts to less food and you're more content on slimming fare.

From them on you are in control of your appetite and can take rich desserts or leave them alone.

In any slimming series, alcoholic calories should be mentioned, for indirectly they are potent weight makers, furnishing 75 to 85 calories per ounce. Frequently the question arises as to whether drinks are taboo on a reducing diet. A strict diet limited to 1,000 calories a day provides no leeway for alcohol calories, since they are a more liberal reducing diet, a cocktail may take the place of dessert.

For summertime cooling, the no-calorie soft drinks on the market are a boon to dieters. Also the non-nutritive sweeteners, such as Sucaryl, Sugarine, Sweeta and Saccharine, can be used to sweeten homemade fruit beverages as well as used to sweeten other foods.

There are a number of low calorie salad dressings on the market, some containing only 2 or 3 calories per tablespoon. You might like to try juice packed fruits. Such specialties can make dieting more adventurous.

#### DAILY DOUBLE DIET Breakfast

	Calories	Mrs. Mr.
Chilled mixed fruit juice, 4 oz.	85	55
Poached egg on thin toast	75	75
Mr. extra slice toast	80	80
Butter, 1/2 pat	50	50
Coffee, black	0	0
	180	255

Luncheon	
Ham on rye - mustard	205
Mrs. Ham 2 small slices 1/4" thick (trim off fat)	50
1 slice rye bread, thin	300
Mr. 2 slices bread	25
Sliced tomato	25
vinegar and seasoning	80
Milk	160
Mrs. - Skim milk or buttermilk	360
Mr. - whole milk	485

Note: Trim all fat from ham. Dinner Grilled beefburger patty 4 oz. (extra lean ground beef) on Bun 60 Mrs. 1/2 bun - toasted 120 Mr. Toasted bun 25 Sliced onion, mustard and pickles 25 25 Cooked vegetable 25 25 Crisp celery and carrot sticks 25 25 Baked custard - 1/2 cup with nutmeg 100 100 Tea or coffee 0 0 \*Total calories for day 1000 1260

### Autumn and Winter Silhouette Decreed By Norman Hartnell

By MURIEL PENN

LONDON (Reuters)—A moulded bustline and a naturally-fitted torso which clings around the hips and then flares to the hemline is the new silhouette decreed for autumn and winter by Norman Hartnell. The Queen's dressmaker, he opened his new collection Monday night.

"No letter of the alphabet has been chosen to describe it," Hartnell said. "I just call it the Hartnell line."

Other lines launched by members of London's "big twelve" fashion designers' members of the exclusive Incorporated Society of London Fashion Designers, who opened their autumn and winter collections Monday are: The "IT" line by George Mattill, the "Swoop" line by John Cavanagh, and the "Fantail" by Worth.

#### SHARE SAME THEME

All the new lines add up to the same basic silhouette—a feminine form with well-marked bust and following through smoothly from bust to hem. The waist may or may not be emphasized. If belts are worn they fit snugly around the top of the hips. Cavanagh's "swoop" flows in one unbroken movement from high under the bust through the waist to the hem. Down-curving seams,

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often stressed by rows of buttons, emphasize it either backwards or forwards.

#### RACY SIMPLICITY

Harking back to the 1920s, Mattill's "IT" line has, in his own words, "plenty of zip and sharp, racy simplicity." Coats, simply tailored and featuring the narrowness of the '20s are in three lengths: three - eighths, five - eighths, and seven-eighths, while suit jackets reflect the high-bosomed, narrow-hip "IT" line.

Worth replaces the full-all-round skirt of the summer by slinky skirts with a back movement which gives a fantail effect. Many of his new evening gowns are almost back to the hobbles skirts of the earlier part of this century.

The short evening dress is still in favor, with a tendency to become more elaborate. Except with Hartnell, famous for his embroidery, much less diamante, pearl and sequin embroidery is seen. The rich satins, luxurious brocades, glittering lames and deep pile velvet to be the winter's favorites need no further adornment.

#### BLACK FAVORED COLOR

Lace after 5 o'clock is sometimes re-embroidered in self color, sometimes in glittering beads or metallic threads.

Black is the dominant color, with the whole range of browns from old gold through a dark tan. Hartnell, who rarely favors brown, used a wide range of browns in his collection, even for evening. Greens, reds, vivid blues and violets appear as accessories. Hemlines for daytime vary with an average of about mid-calf, but skirts for both day and evening wear tend to dip at the back.

#### MORNING SMILE

Golf pro: "Now just go through the motions of driving the ball." Tyro: "But that's the trouble I'm trying to overcome."

## Cook's Corner



1 cup shortening, 1 cup coconut, 2 cups flour, 1 cup gumdrops (cut), 2 eggs (beaten), 1 cup brown sugar, 1 cup white sugar, 2 cups oatmeal, 1 tsp. baking powder, 1/2 tsp. salt. Roll in balls and press with fork.

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HOUSEHOLD HINT

Use dental floss for sewing buttons on children's washable wear and the buttons will remain firmly anchored through wear and tear.

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