

WOMEN

Page 8 The Guardian, Tuesday, July 12, 1955

Thirsty? Try Iced Tea Sweetened With Syrup

By Ida Bailey Allen

Sip iced tea during the day, without sugar, as a refreshing, pleasantly stimulating thirst quencher. Then, in the mid-morning, mid-afternoon or during the evening add sugar for a quick energy lift.

Here is the newest way to sweeten and flavor iced tea. It's a home-made syrup which makes the beverage especially smooth, delightful to taste and glamorous to serve.

Syrup for Sweetening and Flavoring Iced Tea: In a saucepan combine 1 c. sugar and 1 c. water.

Cover with boiling water. Put on the lid and simmer-boat until the meat is tender, about 2 1/2 hrs. Or pressure-cook 1 hr. at 15 lbs. pressure.

Drain and cool the meat. Then chop fine, but do not put through the food chopper.

Add 1 tsp. monosodium glutamate, 1/4 tsp. pepper, 1/4 tsp. lemon juice and more salt if necessary. Meantime boil down the liquid to 1 c.

Mix with the meat. Pack into an 9"x5"x3" loaf pan. Put a square of aluminum foil on top of the meat; press together to make a firm loaf; weight down and refrigerate overnight.

Chewy Brownies: Sift together 1/2 c. already-sifted enriched flour, 1/2 tsp. salt, 2 eggs until thick and frothy, beat in 1/4 c. sugar. Add 1/3 c. melted butter.

Stir in the sifted dry ingredients. Add 2 pkgs. dark or white sweet chocolate pudding and 1/2 tsp. vanilla. Spread evenly into a well-oiled baking pan 12"x8"x4". Press pecan halves into the batter. When the brownies are cut, each piece will center a pecan.

Bake 25-30 min. in a slow oven, 325 degrees F. While still warm, cut into squares. Makes 18.

SUGGESTION OF THE CHEF

When making a present veal loaf, first pack half the prepared veal into the loaf pan. Then spread with a 1/2" layer consisting of 1/2 cup fine-minced sweet pepper and 3 minced hard-cooked eggs. Pack in the remaining meat and finish as directed.

Matheson proposed a toast to the bride to which the groom fittingly responded.

The newly-weds left amidst showers of confetti and good wishes for a honeymoon trip to various places of interest in the Maritimes, including the Cabot Trail.

The bride is a registered nurse on the staff of the Prince County Hospital while the groom is a well-known electrician. They will reside in Summerside where their many friends wish them much happiness.

Out of town guests included Mrs. R. M. Stuten R. N. Charlottetown; Mrs. Hubert Nelson, Mr. and Mrs. James Shaw, Mr. and Mrs. Cyrus Shaw, Monaghan, Mr. and Mrs. Neil Shaw, Cardigan, Mrs. Roma Preece and Mr. John Shaw also of Montague.



ICED TEA, made with fruited syrup, has a new, smooth flavor. Serve in sparkling crystal glasses and stir over a low heat until the sugar dissolves.

Add a choice of flavorings and cook 5 min. without stirring; then chill. To serve, strain into a small pitcher and use for sweetening and flavoring iced tea.

You'll be delighted with the following flavorings: 2 to 3 tins. chopped fresh mint; 1/4 thin-sliced lemon; 1/4 thin-sliced orange; 1 thin-sliced small lime; 1 (4") cinnamon stick broken in coarse pieces.

TOMORROW'S DINNER

Mixed Vegetables Vinaigrette
Pressed Veal Loaf
Potato Chips
Sliced Tomato Platter
Fresh or Half-Thawed Frozen Berries
Hot or Iced Coffee or Tea Milk

Pressed Veal Loaf: Order 5 lbs. knuckle of veal sawed through the bone.

Place in a 3 qt. saucepan; add 1 lbs. salt and 1 tsp. pickling spice.

Shaw-Huestis Nuptials

A quiet wedding took place at 4 o'clock on June 16 at the United Church Manse, Summerside when Betty Elaine, R. N., daughter of Mr. and Mrs. Lyman Huestis, Wilmot Valley, became the bride of Cyrus Kingsley, son of Mr. and Mrs. Neil Shaw, Cardigan. The ceremony was performed by the pastor, Rev. A. D. Matheson in the presence of the immediate families.

The bride chose a pale blue suit with navy and white accessories and wore a corsage of red roses.

She was attended by Miss Marjorie MacFarlane, R. N., who wore a pink suit with white accessories. She wore a corsage of pink carnations.

Mr. John Shaw was best man. A reception was held at Birch Hill Tourist Lodge where the table was arranged with cut flowers and lighted tapers and centered with a beautifully decorated three-tier wedding cake. Rev. Mr.

ANNE ADAMS PATTERNS

JR. CHARMER!

Fashion's slow-waisted look for the Junior figure — perfectly illustrated by this pretty dress. Gently covered shoulders above, wide gathered skirt below — nothing lovelier or more flattering! Pick gay print, stripes in cotton, nylon, shantung — and sew it now!

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This pattern easy to use. Simple to sew, is tested to fit. Has complete illustrated instructions.

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4539

Good for Children and Adults

EX-LAX

The Chocolate Laxative

MRS. GORDON MACMILLAN A COUNTRY GARDEN

Thank God for lanes, for quiet narrow ways
That devious wind within whose leafy maze
Peace dwells untroubled, a tangle of wild growth
Upon the banks,
Green canopy overhead where tall elms stand
In stately ranks.

Thank God for lanes wherein no traffic whirls
In deadly line:
Only slow-rolling wains or plodding herd
Of homing kine,
Or huddled sheep, soft-pattering to the fold
Beneath the hill,
And croon of trickling water where there runs
A tiny rill.

Here may the harassed spirit find relief
From rush and glare:
Thankfully linger in the healing balm
Of hay-sweet air,
Search its own heart, and cleanse its anxious mind
Of griefs and pains:
Then calmed, as soiled, and strengthened, grateful breathe
"Thank God for lanes."

Merrick

The lane leading to the garden has been especially lovely this week with the pink wild roses among the ferns and birch trees. There are hundreds of these fragrant roses and the abundant moisture all spring has made them very good this season. The hybrid teas are also lovely in the rose-garden and some water was given them this evening with a leaky short hose that would almost reach them. Very little care has been given them but they are giving us fragrant bloom in many colors. The floribunda roses are covered with bloom and are a satisfactory rose for bedding.

More plants were put in this spring and certainly a garden can never have enough of them.

The rugosa bush roses are bright and colorful but mine are without fragrance so it is well that they are high bushes in a hedge as every visitor likes to get the fragrance of the rose. There are some climbers in bloom, white with the golden centre and they are the most fragrant rose in the garden. I do not know the name but I long border of these roses would be something in anybody's garden. The honeysuckle vine blooms with the roses and adds its own lovely fragrance to the rose fragrance. Lavender is blooming with the soft fragrant purple blossoms and now is the time to cut the bloom for lavender sachet bags for linen. A very tiny pinch of leaves is given to the garden visitor who knows and loves this fragrance. One small lavender bush cannot give up too many leaves and there are many garden visitors.

It is a wonderful time in the garden. Certainly there is much work and hurrying in the hot days but the pleasure far outweighs the difficulties. The fragrant garden pinks have never been so fine in many colors and varieties. I can never have enough of these lovely garden flowers so more were sown this year and now it is time to weed them for more bloom next year.

It has been said, probably with some truth, that gardening knows no routine. Each day, month by month and year by year, the tasks that must be done are really fresh challenges because we are dealing with things that live and grow and change not with the static and unchangeable of the inanimate. It is why gardening is such an interesting and challenging life.

New flowers blooming this week are: Delphinium, Dahlias, Sweet Peas, Agrostemma, Rose Campion, and Geum for the first time in this garden and I like it very much. They belong among the number one hardy garden flowers. Neat in habit, non-growing, excellent foliage effect when not in bloom. Such virtues along with their charming flowers all help to make them popular. The variety I bought from a good gardener last fall is in a dazzling scarlet with a rich old copper sheen. They have good stems for cutting and more will be added to the garden next year.

Agrostemma is a mullen pink with silvery grey foliage and crimson flowers making a good group of flowers for a hot corner of the garden. It is very easily grown from seed and is biennial in growth.

In shrubs blooming at this time are the Weigela in variety and the lacy Tamarix with the white and pink flowers. Both the flowers and foliage are lovely for cutting and this shrub is unusually graceful and good in a perennial border.

It is a busy task in the garden to keep the spent flowers cut and trimmed and one can see that July can be a busy month. Biennials and perennials for next year must be seeded now and much of the wonder and joy of gardening is the anticipation we derive from it. Each consummation in the cycle of the year, perfect and complete though it be ends not with satiety or any cloying of the loveliness about us; indeed, it does not end at all but rises in a new perfection, enriched with hints of what is still in store. All gardeners are aware of this rhythmic cadence.

Winter in its deepest snow speaks always of the spring not far behind. Spring in the fairest of its blossoms does not end with cherry blow. We feel in it the rarer delights of June and all the magic of high summer to come. Each season seems to reach a peak and end, but just before that end can come we sight new loveliness beyond and all our hearts are gay again with promise. This is particularly true of July. We are looking forward to the many lovely things to come while enjoying the loveliness in the garden now. We see the borders filled with the bright color of the



Island T.C.A. Stewardesses

(MONTREAL) Barbara Jean Forbes of Dorchester, N.B., graduated recently as a Trans-Canada Air Lines stewardess following an intensive five-week course in Montreal. Born in Charlottetown, P.E.I., Real. Born in Charlottetown, P.E.I., Miss Forbes took her nurse's training at the Prince County Hospital in Summerside, P. E. I., and worked in hospitals in Toronto after graduation, September, 1952.

She joined TCA May 23. All TCA stewardesses are registered nurses. Miss Forbes is now based at Montreal.

(MONTREAL) Glenn Mary Curley of New Annapolis, graduated recently as a Trans-Canada Air Lines stewardess following an intensive five-week course in Montreal. Born in New Annapolis and educated at the Notre Dame Convent there, Miss Curley took her nurse's training in Charlottetown, graduating in September, 1952.

Miss Curley then moved to Vancouver where she worked at the Vancouver General Hospital before joining TCA May 25. All TCA stewardesses are registered nurses. Miss Curley is now based at Vancouver.

ELLEN'S DIARY

By An Island Farmer's Wife

"If you hadn't to make the dinner today, what would you do?" Mack, little boy of this place came to the door along some delightful path of field or yard to ask this morning.

"Go fishing!" he laughed.

"When let's," he nodded lowering his voice to a beguiling whisper. "Let's find a tin and dig worms and get the rods then, and you and me slip away."

But how could we desert our post in the heat of the weeding though the morning cool and fresh-washed by what we decided had been a wicked electrical storm of dawn called to us to come.

Down there in the leafy branches of the alders which hug stream and pond birds would still be lingering over their mainstays... robin, song sparrow, wren, and the woodlands across the road a "merry brown thrush" have come to listen for in that neighborhood would add exquisite plants thrive in the shallows there, among these lush plantations of cattails; and on the banks delicate racemes of Queen Anne's Lace, gold of buttercup, blue of wild vetch and the white of low clover make a tapestry without flaw or fault.

In mind we could see the breeze of the west skip along the water, touching it here and there lightly into the laughing ripples. A kingfisher would scold as an intruder from a telephone wire. At a safe distance, a family of ducks and ducklings would boat, funny little dark creatures, interesting and smart. It would be next thing to heaven to be able to litter down there in the freshness and beauty and bloom of today.

"Farm children are to be envied," a visitor of today commented. So say the people who are so interested in them. How fortunate they are, with their fields, and woods and streams to explore!

"Fortunate too they, and we are to have the quiet cool of a night like this after the heat of the day in bedrooms into which little called scented winds rove.

Until tomorrow — Diary — Good-night!

Bedroom Color Schemes

By ELEANOR ROSS

Color is the big new factor in decorating, as only a cursory look at model rooms and furniture departments reveals. But it is the bedroom that is getting the biggest dose of color, with soft pastels being replaced by distinct tones and some mighty unconventional color schemes.

Tinted Linens

Color is also moving up in the white goods picture. Remember the first timid debut of tinted sheets and pillow cases, a few years ago? Today, about 35 per cent of all bed linen sold is tinted. For linens, yellow is the number one color with pink and green the next. The most popular blanket color is rose; gold comes next, then green, then blue.

Choose with Care

The actual color scheme for the bedroom is one that must be chosen with care. Here is where one's personal preference for certain colors must be considered and, perhaps, even a questionnaire is in order. In fact, more than one decorator of our acquaintance comes armed with a list of questions to ask a client before taking on a bedroom decor.

She wants to know all about the rising habits of the occupant. Is she and/or he, cheerful or reluctant at get-up time? Is the bedroom sunny or dark? Is it used only as a bedroom or does it double duty as a study or sitting room, and, very important, what is the room exposure?

The answer to all these questions, properly considered, should influence the color choice.

A cheerful riser is happy with wide-awake colors, as crisp yellow and white, for instance. But those that make their way out of bed grumbling and complaining, are likely to find that bright colors only serve to make things worse. For them, it has been found, somber colors are best.

Let's consider the room exposure. If the room is bright, you can use bright colors. But if it's overly bright and the blaze of sunny glory may interfere with early morning sleep. Of course, a dark bedroom will profit from light colors.

Frilly Pinks

If you share your bedroom with your husband, steer clear of frilly pinks and frothy blues if you want

Words Of The Wise

Men think highly of those who rise rapidly in the world; whereas nothing rises quicker than dust, straw, and feathers. — (Hare).

EARLY SUBWAY

First subway on the North American continent was built at Boston in 1895.

Wife Preservers

A bridegroom child will find use for all kinds of paper — newspaper, wrapping paper, paper bags, colored paper, tissue paper, paper dolls, paper plates, green paper and old magazines. With scraps of paper and a small stapler, bought at any stationery store, he can have fun just making paper together at random.

More Comfort Wearing FALSE TEETH

Here is a pleasant way to strengthen loose plate discomfort. FASTREX, an improved powder, sorbitol and glycerine, does not dry out the lining so that they feel more comfortable. It also soothes, soothes, soothes and old dentures. Get FASTREX today at any drug counter.

Second Marriage is Happy; Wife Now Expresses Views

DEAR MARY HAWORTH: Six years ago I went from one to another of three counselors, seeking help for my problem — a miserably unhappy marriage. I felt the solution was to separate; but all three told me I had no justification for my unrest; that it was symptomatic of the times; that I should be thanking God for a good man who always tried to do the right thing.

They told me it is the lot of all to compromise, to adjust, to learn to understand the other person's view, etc. All of which sounded reasonable, so I resolved to forget my urge to escape. I spent a year putting into practise the suggested techniques for mature adjustment. At the end of a year I felt more than ever a square peg in a round hole and, finally, with no encouragement from anyone, I made the break....

A year later I married a man with whom I have had four of the happiest years of my life. I have an equal number of differences to settle and compromises to make. The need to strive for mutual understanding is always there — as I suppose it is in all marriages. But in an atmosphere as different as day from night we are on the same beam, we live in the same world, we talk the same language — something that still seems like pure heaven to me, after years of struggling to force mutually between two persons forever going in opposite directions.

Incompatibility Is Inevitable

I believe now, as I had hoped the counselors would concede years ago, that incompatibility is the greatest unhappiness. But they are so concerned to preserve marriages that might crack up due to weakness, selfishness, irresponsibility, cruelty, etc. that they see no cause for divorce where these ailments don't figure. They seem blind to the fact that incompatibility can be recognized, misadvised, reconciled or eradicated, no matter how mature and earnest man and wife may be. Where, as weakness, selfishness, irresponsibility, etc., are traits that can be overcome; that we all must overcome.

I can't blame counselors for wanting to help people overcome their immaturity. But it seems to me they are bending over backwards in their conservative efforts to prevent separations, in which you are your life. Looking back, I realize how close the decision was, to use my own judgment, and I thank God daily that I had the courage to do so. It is as though I had just awakened, after the sort of dream in which you can barely drag yourself around.

Recently I called on one of the counselors — the only one of the three still in town, I think. He told me that he could have given me no other advice six years ago; that when a person is secure within himself, sure enough of himself to know he is right, he will make the move for freedom. But it is against the counselor's policy to advise such a move. Such a decision has to be made by the person's conscience, without the support of an advisor. Is this constructive policy?

By all the standards they held up to me, I did the "wrong" thing when I chose freedom. Yet on the fourth anniversary we celebrated recently, I could say with conviction to my husband that the most wonderful thing about him is that he makes me feel like myself. Perhaps genuine incompatibility is much rarer than immaturity — but why should there be so much reluctance to recognize its existence? — L. F.

ALICE BROOKS DESIGNS

JIFFY BABY-QUILT!

EASY! Use colorful rickrack, bias binding to make this adorable quilt! Little animals keep baby cozy company in slumberland!

Pattern includes: jiffy baby-quilt, rickrack, bias binding, Diagrams, transfers, directions included. Quilt 35" x 43" inches.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guild of Handweavers, 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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ually between two persons forever going in opposite directions. Here indeed is the tragedy of incompatibility — the struggle for force mutuality, which can never be won.

As for counselor policy, the real motivating of counselor neutrality is professional safety, probably. The counselor doesn't want to be held accountable for client action, on a revolutionary side, that just might turn out badly.

M.H.

Mary Haworth counsels through her column, not by mail or personal interview.

HOUSEHOLD HINT

Cut flowers will keep longer if the leaves below the water are removed. Decaying vegetable matter will poison the water.

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In the palatial dining rooms of Toronto's Royal York Hotel, a faultless cuisine daily meets the challenge of an international reputation and important clientele. The enjoyment of gracious dining is heightened by a coffee of rare distinction... Chase & Sanborn.

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Girdle Keeps Figure In Shape

In the good old summer time, to wear or not to wear a girdle seems to be the question. Many of you inquire if going without a girdle will cause your figure to spread — more.

Let's analyze the situation... a girdle affords a certain amount of outside support. If you take this support away and your own muscles are not up to bracing the abdominal wall, chances are your figure will spread. Toss calorie discretion to the summer breezes and extra pounds will figure in the spread... with or without a girdle.

Now let's view the situation from other angles. If you wear your girdle as a prop and settle into it instead of pulling slim and leaning against your own backbone, then the constant use of a girdle promotes the loss of muscle tone.

To cure the cause of the spread, restore tone to your own muscular girdle and practice on-the-beam posture... otherwise your girdle soon assumes your own shape. Are the loveliest figures those which are well constrained through proper corseting? That "corset" look is never young and lissome.

The question bobs up frequently as to whether a girdle should be worn while doing housework, walking and taking exercise. If you are in good healthy condition, it is better not to wear a girdle while doing your housework... give your own muscles a chance to strengthen. Also remember that the best exercise is the practice of good posture — pull up firmly with that fine strap of muscle that extends from the pelvic girdle and attaches at the top of the ribcage. And pull in snugly with the bias muscles that span the side-front of the abdomen. The up-pull muscles are attached to the breast bone not to shoulder girdle. The middle muscles must take the up-lift action — shoulders should be relaxed.

When walking for exercise, leave off your girdle, but be sure to pull aim through the middle for this strengthens the muscles and streamlines your figure. Never wear a girdle while doing calisthenics.

Summed up... you do not need to wear a girdle for health purposes if you are in good physical condition. If your muscles have gone completely to pot, restore tone before discarding your girdle for long periods. Also, there are certain cases where a girdle

TEA

gives you over 200 CUPS per POUND

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