

Women

The Guardian Charlottetown, Tues., Sept. 17, 1963.

IDA BAILEY ALLEN Low-Calorie Goodies Add Zest To A Diet

WHENEVER I see anyone undertaking a rigorous weight-reducing diet, I am sorry for them. Not because of what they are currently eating or not eating, but because a strict diet of, say, 900-1200 calories a day is often uninteresting. Soon the would-be dieter goes off the deep end, and the diet is abandoned.

A better method is to plan a goodly now and then. For instance, here is a banana ice cream pie, made with whipped nonfat dry milk crystals, that rates 125 fewer calories to a cut than when a heavy cream is used.

Measurements level; recipes for 6

BANANA ICE CREAM PIE
1/2 cup room-soft butter
1/4 cup sugar
1/4 tsp. nutmeg
2 eggs, room-temperature

1/2 cup mashed banana (1 to 2 medium bananas, fully ripe);
1/4 cup fine-chopped pecans
Whipped milk crystals
1 baked 8" pie shell, cooled.
1/4 cup toasted coconut
Using electric mixer, blend butter, sugar and nutmeg until light and fluffy.
Add eggs, one at a time, beating well after each addition. Beat at high speed 5 min.

Blend in mashed banana, pecans and whipped milk crystals (directly to bowl). Pour into pie shell and freeze until firm. (The exact time depends on the temperature of the freezing unit. If not near zero, better allow 4 hrs.)

Garish with topknot of coconut.
Whipped Milk Crystals: Mix 1/2 c. ice water, 1/2 tsp. vanilla and 1/2 c. nonfat dry milk crystals in a bowl. Beat until stiff peaks form.

TOMORROW'S DINNER
Coleslaw with Coarse Grated Radishes
Chicken Dressing
Chicken Creole-in-Skillet
Flaky or Saffron Rice
White Green Beans with Lemon Butter

Chilled Sliced Bananas and Mandarin Orange Section Coffee
Tea Milk
CHICKEN CREOLE IN SKILLET

3 slices rather fat bacon
2 (2 1/2 to 3-lb.) broiler-fryers, sectioned
2 chopped seeded green peppers
1 c. small-diced celery
1 sliced peeled large onion
4 skinned fresh medium tomatoes

3 drained whole canned tomatoes
1 c. sliced fresh mushrooms (optional)
1 c. hot water
1 tsp. chicken bouillon powder
1/2 tsp. cornstarch
1/2 tsp. cold water
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. Worcestershire sauce
1/2 tsp. Tabasco

Fry bacon until fat runs in large fry skillet that can go to table. Remove bacon.
Dust chicken all oved with flour. Brown slightly. If necessary add 1/2 tsp. of butter or vegetable oil. Remove chicken. To pan fat, add green pepper, celery, onion and tomatoes. Simmer until soft and juicy.

Then add bacon, mushrooms if used; hot water and bouillon powder.
Place chicken on this mixture.

STAFF-SGT. AND MRS. S. ALTON RUSSELL

Military Wedding Observed At North Wiltshire United

Baskets of yellow and white mixed flowers marked the setting of a beautiful August wedding when Wilma Lois, daughter of Mr. and Mrs. Bruce Deacon, North Wiltshire, was united in marriage with S-Sgt. S. Alton Russell, son of Mr. and Mrs. Stanley Russell, Charlottetown. The guest pews were marked with white bows and satin and not trimmed with lilac.

Berry Baderson sang "The Wedding Prayer" and "O Perfect Love" accompanied by Mrs. Lloyd MacPherson who supplied the wedding music. Rev. W.E. Dindial performed the double-ring ceremony.

The bride, given in marriage by her father, entered the church to the strains of Lohengrin's "Bridal Chorus." Her floor-length gown, elegant in its simplicity, was fashioned of sheer nylon organza over lace and satin with dainty scooped neckline and slender long sleeves. Three ruffles of nylon organza accented the back of the sequent skirt which was enhanced by layers of lace and satin.

Her headress was portrayed in organza ruffles matching her gown and worn with a full bouffant veil. She carried a cascade of white gladioli centered with yellow rose buds. Her only jewelry was cultured pearls, a gift of the groom.

Mrs. Harry MacLaughlan, sister of the bride, was matron of honour, and Miss Donna Deacon, niece of the bride, was bridesmaid. They wore identical street length dresses of yellow silk organza featuring batwing necklines and cap sleeves. The skirts were bell-shaped with the fashionable accent on the swivelling, the necklines and their gowns. They carried crescent-shaped bouquets of white and yellow chrysanthemums.

Misses Lona MacLaughlan and Rena MacLaughlan, nieces of the bride, were flower girls. Their frothy dresses were identical.

MARY HAWORTH

American Mother's Spirit Indicates Mature Outlook

Dear Mary Haworth: I came here from Europe seven years ago. This is my first letter to any newspaper. I am incensed by recent statements in your column that the older woman has the major responsibility to keep peace with her children's spouses.

In Europe, a bride respects her mother-in-law, and her husband makes sure that she does. That is the custom. You see, the European man isn't afraid of his wife as the American seems to be. From the beginning he shows her who's boss. I don't mean he is cruel; not at all. He merely asserts himself and admiring love from his wife, who knows she has a true man.

A son is a son for as long as he lives, and if his parents have been good to him and gives him an education, he owes them lifelong appreciation. The wife who treats her mother-in-law kindly will some day be treated the same.

I am 37, with four children, the eldest 16. My husband's mother lives with us a fact I resent at first. Things she said and did annoyed me but I never answered back and never complained to my husband.

Gradually we adjusted and now I love her my own mother, which wouldn't have been possible had disrespect entered in.

Charming Color Contrasts Keynotes August Ceremony

The wedding of Althea Gail Wortman and Lindsay Sherman Robbins was held in August at First Baptist Church, Charlottetown. The bride is the daughter of Dr. and Mrs. Herbert McCoy.

Over tight, shimmer-bolt 25 min. or until fork-tender. Remove chicken to warm platter, mix starch and cold water, stir into gravy. Add seasoned salt, pepper, garlic salt, Worcestershire sauce and Tabasco. Serve with flaky or saffron rice.

THE CHEF EXPLAINS
"Why do you always say a peeled onion? I wouldn't think anyone would use an onion peel and all."

They do, when the onion is used in making soup stock. The skin contributes both flavor and vitamins and is, of course, strained from the broth.



CST. AND MRS. LINDSAY S. ROBBINS

Contest Winners - Schwartz "Happy Kids"



Another happy kid! Janet Ford, Charlottetown, P.E.I. is just ready to drive away in her shiny new Austin Jr. Super Pedal Car won in the Schwartz "Happy Kids" Contest.

NOTICE NIGHT CLASSES FOR ALBERTON HIGH SCHOOL AREA

Registration for night classes—academic and commercial—will be held in the school on Wednesday evening, Sept. 18th at 7:30 when all interested students MUST register.

Household Hints

A natural for cleaning hard-to-reach nooks and crannies is a new wedge-shaped sponge attached to a 12-inch w.o.d.e. handle. The sponge's tapered edges squeeze easily into difficult crevices and corners.

To treat minor wounds, try a new spray-on bandage which is medicated to kill germs and relieve pain.

When you park don't switch the engine off at once. Instead, idle for a few minutes to let the

Store brown sugar in the refrigerator. Moist conditions prevent sugar from hardening.

Use a small, soft brush dipped in thick soap or detergent to remove dirt from carving on furniture.

THE FASHIONETTE BEAUTY SALON
Open Every Day
● Cold Waving ● Bleaching
● Tinting ● Shampooing
Phone 4-9752
237 Grafton St.

Miss Joyce MacKinnon and Miss Emily Wood assisted with the serving. Miss Lindsay Myors, Amherst, Nova Scotia, tended the guest book.

For her wedding trip, Mrs. Robbins wore a linen suit of beige and pastel tones with white accessories and corsage of yellow roses.

Col. Keith Parsons, cousin of the groom, of Montreal, New Brunswick, was best man. Ladies were Constable M. A. Roy and Constable Walter Pineson, both of Charlottetown. All are members of the Royal Canadian Mounted Police.

For her daughter's wedding, Mrs. Wortman chose a beige sheath with matching coat, a flowered hat, bone accessories, and a corsage of yellow roses. The mother of the groom wore a blue lace dress and match in jacket, a blue hat, white accessories and a corsage of white roses.

A reception was held at the bride's parents' summer home, "Lindwick," best man. Ladies were Constable M. A. Roy and Constable Walter Pineson, both of Charlottetown. All are members of the Royal Canadian Mounted Police.

For her daughter's wedding, Mrs. Wortman chose a beige sheath with matching coat, a flowered hat, bone accessories, and a corsage of yellow roses. The mother of the groom wore a blue lace dress and match in jacket, a blue hat, white accessories and a corsage of white roses.

A reception was held at the bride's parents' summer home, "Lindwick," best man. Ladies were Constable M. A. Roy and Constable Walter Pineson, both of Charlottetown. All are members of the Royal Canadian Mounted Police.

Worry of FALSE TEETH
Slipping or Irritating?
Don't be embarrassed by loose false teeth slipping, dropping or wobbling when you talk or laugh. Just wear a little **PASTETTE** on your gums. This pleasant powder gives a remarkable sense of added comfort and security to your dentures. It's so firm, it's so sunny, so easy to taste and feeling its alkaline (non-acidic). **PASTETTE** at any drug counter.

the wonder that becomes you.

Petal Burst won't settle for less than perfect figure shaping. Enhances your silhouette... enhances everything you wear! And there are two Petal Burst styles... traditional bandeau and feminine new "Lingerie Look" bra. You'll want both, so go ahead... splurge!

One beautiful Petal Burst deserves another!

BY **Petal Burst®**
Wonder-bra®

#382. In broadcloth, satin, lace, or padded, A, A, B, C and D cups. 30-40, \$2.50 up.

"Lingerie Look" bra in satin and broadcloth with dainty embroidery. A, B & C cups. 32-40. \$2.50. NEW padded broadcloth. A & B cups. 32-36, \$2.50.

THE FASHION SHOPPE
141 Great George Street
Dial 4-3355

HOLMAN'S OF P. E. I.
Charlottetown
Summerside

MOORE & McLEOD LTD.
Queen Street
Dial 4-6541

NORMA'S LADIES' WEAR
160A Kent Street
Dial 4-3058