

# WOMEN

Page 8 The Guardian, Tuesday, Aug. 23, 1955

## LET'S EAT

### Makes Milk Seem Creamier

By Ida Bailey Allen

"The ladies at our last personal appearances asked two questions about homogenized milk observed the Chef. "The first was, what actually is homogenized milk?" "It is fresh whole milk, passed through a homogenizer," I answered. "This is a mechanism that breaks up the fat globules and carries them in general, it emulsifies, that is, thoroughly blends the ingredients. This makes the milk easier to digest."

#### CREAM CONTENT

"The second question asked was this: Is homogenized milk more creamy than whole unhomogenized milk?" "The homogenized milk looks and tastes creamier, but nutritionally both plain whole milk and homogenized whole milk have identical 'butterfat' or 'cream' content. It is because this fat is so thoroughly emulsified or broken up by the homogenizing process that homogenized milk tastes more creamy."

#### IN COFFEE AND CUSTARDS

"This is why coffee and milk, which is hot coffee and milk poured together simultaneously, is extra delicious when made with equal parts of hot coffee and heated homogenized milk; and why sauces and custards made with homogenized milk taste and look richer and creamier."

#### TOMORROW'S DINNER

Hot or Chilled Tomato Bouillon

Baked Canadian Bacon Platter  
Creamed Whole Potatoes  
Green Beans  
Cabbage-Pineapple Slaw  
Peach Pie

Hot or Iced Coffee or Tea  
Milk  
To serve: Slice the bacon and arrange down the center of a platter. Surround with the beans. Creamed Whole Potatoes: For each person, scrape or thin-peel 2 lbs. of all white potatoes. Place in a wide saucepan. Add boiling water to the depth of 1-in. 1 tsp. salt and 1/2 tsp. monosodium glutamate; cover and steam-boat until fork-tender. Turn over once for even cooking.

When done, drain potatoes, but reserve the liquid. To it, add an equal amount of homogenized milk or enough to make 2 c. of liquid; pour back into the potatoes. Blend, until smooth 2 tbs. butter, 2 tbs. flour, and 2 tbs. of the hot liquid; stir into the potatoes. Simmer-boat 3 min. Garnish of snipped parsley or chives.

#### THE CHEF'S SLAW

To 3 c. very fine-shredded crisp green cabbage, add the contents 1 drained buffet-size can pineapple, 1 minced pimiento, and fresh cream dressing to blend. Chill 15 min. Serve on lettuce.

## ELLEN'S DIARY

By An Island Farmer's Wife

We heard Mack's voice, bright and happy at the door this morning. He was talking whimsically to his faithful friend, the black dog, his arms about the animal's neck. "Are you going to miss me?" he was saying. "Are you?" "The dog gave a short bark and with his tongue caressed the child's face. "You will? Well, I'm not going to be gone long today — only until dinner-time. I'll be back then. You see?" he explained. "I have to go because... Do you know what day this is?" He smiled broadly. "It's my birthday — I'm six years today!"

So the morning of the day of August which he and the family at Alderlea had been anticipating with mixed feelings all summer had dawned the opening of his first school-term. It came in a memorable coincidence for him to take with him down his years on his sixth Anniversary of birth.

He came again later, an engaging figure to us, who in our day have given and taken and welcomed just such youngsters to first classes: a fair haired, sturdy fellow, plaid-shirted, blue-jeaned and shod in little shoes, which could lead him to distances and paths world-over... a new schoolbag on a shoulder.

"There's this much in my favor,"

Jeanie smiled. "I'm so busy this morning I'm not going to have much time over, to dwell on his going. "Nevertheless it was Jeanie who kept an eye to the clock and in the absence of the little truck at the Fair, walked at noon the mile to meet him at the far side of the Highway, where there the "Old Kirk" stands.

In the shortcut which takes, and has taken generations of children of this and the neighboring byroad by way of the churchyard to school, there are two crossings to make: the Highway and the River Road, the most hazardous being that of the former where traffic runs busily and it would seem always fast.

It was an empty morning for those left at home. Swings beneath the white birch had no occupants, toys were idle, a tricycle deserted in the yard. Blackie took up his post at the gateway, alert to the traffic on the road, face turning often toward the hill. It was a sober time and just as well that James was away. We recalled his conversation with Granddaughter earlier.

"You're going to miss him, aren't you Gran'daddy?" she had smiled kindly. "But he'll still be quite a help to you out about. And you needn't worry over him one bit, for I'll take care of him."

"And of yourself too, at the crossings. And at noon when you bring him across the River Road to meet his mother — he's such a little fellow yet... you'll take him by the hand."

"Yes, Gran'daddy, I'll take him by the hand."  
And one brought the little lad of this place safely home from his first school-day — back to us, though we remember as are all children to loved ones went... lent. And I took another wee lad of his kind from his, to a school far away from hazards of earth, its trials and perplexities to remain forever young and dear and cherished there.

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

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WE USE GORA

by Alice Brooks



## She's Five Now

Princess Anne is a little lady group she had this photo taken of five now. And to celebrate in her new dress of pink linen her entry into the five-year-old edged with white piping.

## Parents Should Choose Baby's Crib With Care

By ELEANOR ROSS

It's delightful to do a nursery in all the latest colors, style and appointments. But, actually, this is more of a show-off business and a pleasure device for the adults. For baby's needs are only basic, and they begin with the right crib and mattress in any room, and such. Some of the new cribs come equipped with adjustable height springs that may be lowered as the baby grows. They aid in eliminating back aches from stopping to lift the baby.

#### CHOOSE WITH CARE

Since the infant spends much of its early life in bed, sleeping equipment should be selected with the greatest of care, and with many considerations in mind.

First of all, the safety. The crib should be constructed of hardwood, or some other material that will not splinter, enamel or varnish, if used, should be nontoxic. Spindles should be close enough together, so that the baby can't squeeze his head between them. Sides should have automatic safety catches so that when the baby becomes more active, he can't push them down and tumble to the floor. The hardware for adjusting them should be well out of his reach when he begins to stand.

#### FIRM MATTRESS BEST

To keep baby's back straight and support his soft bones, a firm mattress is essential. Even the finest mattress can't be expected to maintain its firmness over a long period of time when used by a normally active baby who takes delight in throwing himself around and even jumping on it.

Normally, if it is of good construction, the mattress should last until the child outgrows his crib. And because of all this, it should never become the legacy of a second child, something which occurs too frequently.

To provide comfortable, relaxing sleep for the infant, the crib should have firm springs and ample room in which to move around and kick. The crib mattress should be resilient, and the crib should be furnished with materials that are harmless, sanitary and easy to keep clean. A waterproof covering on

the mattress helps protect it and keep the filling sanitary. Most crib mattresses today are waterproof.

#### FOR EASY MOVING

For comfort and ease in moving the crib should be fitted with casters for shifting from place to place, for cleaning, keeping away from drafts, too-bright sun and such.

#### MODERN STYLES

Cribs today are beautiful as well as comfortable and safe. There is a wide range of attractive styles and colors. There are new ones with aluminum frames that go beautifully in any room, and styles that blend with the modern home, others with a definite nursery theme.

#### MONTAGUE PRES. W.M.S.

The regular monthly meeting of the Presbyterian Women's Missionary Society, Montague, was held at the manse Tuesday evening. Mrs. Malcolm MacKenzie presided and the meeting opened with the call to worship, Luke 2:25-34. The Shepherd's Psalm was repeated in unison, followed by the Lord's Prayer in unison.

The scripture lesson was taken from the second chapter of St. Luke and the exposition was read by Mrs. MacKenzie. The theme was "And Jesus increased in wisdom and stature and in favor with God and man."

A very interesting chapter from the study book "Face to Face with India" was read by Mrs. A. C. MacKay.

New business included a discussion regarding repairs to Camp Keir and a sum of money was voted towards this work. At the close of the meeting a brief Business session of the Ladies Aid Society was conducted by the president, Mrs. Chester MacLure. A delicious lunch was served by the hostess Mrs. D. A. Campbell, assisted by Mrs. John Gaudet and Mrs. Thomas Clair.



## New Sweater Styles

By TRACY ADRIAN

Girls who are the sweater type will be fascinated with the new styles that were designed with a versatility that make them appropriate for all-around wear. The version pictured is a short cardigan, which needs just below the waistline and is perfect over a sleeveless dinner dress or as a topper for full and slender skirts. It has raglan, wrist-length sleeves and a ribbed double-welt waistband that anchors the sweater at just the right spot.

## MRS. GORDON MACMILLAN

### A COUNTRY GARDEN

#### FLOWER SHOW TODAY

Do not miss seeing this lovely sight, the show continues for two days and there is music and dancing in the evening. The very best folk attend flower shows and they all love flowers and the sight of flowers and gardens. When we attend a flower show an eye on the beauty all around we think of the sunshine and sky, day and night, moonlight, cloud and wind, the sea, the glory of the garden, the radiance of the open field, the fragrance of the meadow and the fragrance of the woods. Cut flowers in our homes today play an important part in the scheme of interior decorations. When we attend a flower show we learn many new ways to use cut flowers to make our daily living more interesting and beautiful.

Not a flower But shows some touch, in freckle, streak or stain, Of His unrivalled pencil. He inspires Their balmy odours, and imparts their hues, And bathes their eyes with nectar, and includes In grains as countless as the seaside sands, The forms with which He sprinkles all the earth.

"Apply who walks with Him, whom what he finds Of flavor or of scent, in fruit or flower. Or what he views of beautiful or grand In nature, from the broad majestic oak To the green blade that twinkles in the sun. Prompts with remembrance of a present God."

—Cowper.

This was written many years ago but is just as true today. In August there are lovely flowers in all gardens and here the Clematis are making the walls of this small house colorful with hundreds of purple-blue flowers. This variety is called Jackmanni after Mr. Jackman of Worthing who produced this popular hybrid many years ago, and all over the country you will see at this time of the year, the lovely flowers of this Clematis. I have tried other hybrids and they are very beautiful but Jackmanni seems to be hardy and easily grown.

The Fuschia in the tubs wintered in the cellar are now in full bloom and make the north side of the home colorful with the Clematis on the walls. There are so many lovely plants that do so well on the north side of the shelter from the wind and too much sun. Tuberos Begonias are also grown here in boxes and are now lovely and laden with huge colorful flowers. The more I see of plants grown in boxes or pots the better I like this way of gardening. It is possible to have colorful gardening in this way in very difficult spots in the garden. Of course it is necessary to see that the soil is rich and mulched too and that the plants have plenty of moisture, but the satisfaction of moving these plants when it is necessary, and it is easier to control the weeding. Some discarded pig troughs make lovely tubs for begonias at the back door in this garden and certainly they are much admired by us all.

Plants in pots have a decided structural beauty. Penulias, Fuschias, Geraniums and Begonias add character at certain points near the house or in focal positions throughout the garden picture. Potted plants are particularly desirable near the house—or porches or terraces—where they can be enjoyed at close range. Aside from the structural value of plants in pots, they have another desirable quality—they can be moved about, and potted plants can be grown in out of the way places and brought in as needed.

What about types of pots? The term itself loosely used, refers to any container that will hold soil for the growing of plants. Wooden tubs or boxes are appropriate, but in addition, there are containers made of cement, iron and other materials. It is challenging to see what you can do with old kitchen utensils or other things you can dig up in attics and cellars. Those

who like rummaging in antique shops can find amusing things. Only remember to shun anything too gaudy or cheap looking. Some of the best plants are grown in unattractive looking boxes and pots and it is always a satisfaction to think what anyone can do with a little.

It is time now to transplant and repot some winter-blooming plants and the Camellia and Azalea will be attended to very soon. They are now in a shady place and kept well watered. Small geranium slips can be potted up any time when it is time to move their indoors.

In a large garden where the old gardener does not remember the names of new shrubs or plants it is interesting to take gardeners around and between us guessing the names of unfamiliar flowers. There is an anemone with fragrant leaves and blue grape hyacinth-like flowers and a lovely blue flowering shrub which resembles a Caryopteris (Hardy Spirea) but it has aromatic leaves. Like a Pepper Bush with blue flowers instead of pink or white, it is a Vitex, a small shrub with lavender-blue flowers until frost. Certainly it is a desirable late flowering shrub.

Everyone who enjoys looking at beautiful flowers had a good time this week at the show in the Exhibition. Lovely Roses and Snapdragon, Asters and Zinnias with the fragrant Phlox and grand Gladiolus. These were the flowers in water but there was another flower picture of a beautiful hand made quilt made by a clever lady who lives near this provincial flower emblem. Our own Lady's Slipper for the Province of Prince Edward Island. The pink Mayflower for Nova Scotia and the Violet for New Brunswick. The Dogwood for British Columbia and the Tiger Lily for Saskatchewan. The fleur-de-lis for Quebec is the iris and the Wild Rose for Alberta. Our new Province of Newfoundland has the Jack in the Pulpit which belongs to the Arum family. Manitoba has a flower emblem called the Anemone and so we have covered all the provinces in lovely wild flowers. What an interesting way to spend the hours making a beautiful quilt of flowers.

Another coverlet was seen made of colorful birds. It was a wonderful piece of work only artists can do this lovely work. These birds were so true to color and form that it was possible to name them from the different squares of the quilted cloth. It was a pleasure to see these flowers and birds with all the lovely flowers shown and natural colored prints and paintings.

Visitors to the Island always enjoy these exhibits and sometimes carry home with them some samples of floral beauty in rugs or other handwork. They have come to the garden here and some have a small jar of Island clay in their handbag to remind them of "Home" and all seem to take colored photographs with the beautiful cameras in leather cases. It surely makes us think that we do live in quite a wonderful part of this Dominion. S. Barlow Bird has given me permission to print his "Islander's Prayer" in this column.

I thank Thee, Lord of earth and sky, For this great Motherpiece: My Island home, its beauty and its all-embracing peace. I thank Thee for its gentle streams And the inviting groves Of silver birch and fragrant spruce Its friendly little coves. I thank Thee for the unspoiled grace That glids my Island home. And for the rich fertility Of its beloved loam. I thank Thee for tranquility And labour without fear; To look upon this Island is To know that thou art near. Teach me to thank Thee daily for The friendly hearth I know; That I take not for granted, Lord, Each kindness that Thou bestow. Help me to do my humble part In Thy immortalize. The hospitality of this, Our Island Paradise.



## Montague Presbyterian Manse Is Scene Of Lowe-MacMillan Wedding Ceremony

The marriage was solemnized at Montague Presbyterian Manse at 1:30 p.m. on August 10 of Florence, daughter of Mr. and Mrs. L.B. MacMillan, Wood Islands, and John, son of Mr. and Mrs. Clarence Lowe, Murray River. The ceremony was performed by Rev. D. Campbell.

During the ceremony Miss Elaine MacMillan sang "I Love You Truly"

accompanied by the organist, Mrs. Winslow Watts.

The bride, who was given in marriage by her father, chose for her wedding a gown of white nylon net over taffeta. She carried a bouquet of red carnations.

Miss Gladys MacMillan was the bridesmaid and was attired in a yellow dress of nylon net over taffeta.

The best man for the occasion was Mr. Russell Munn.

Following the ceremony a reception was held at the home of the bride for 60 guests.

The newly-weds left on a honeymoon trip through the Maritime provinces and parts of the United States.

—V.R. Pepler.

## Andrew-Taylor Wedding

A quiet wedding was solemnized at Kensington Presbyterian Manse on July 20, at 3:30 p.m. when Rev. E.H. Bean united in marriage, Bessie Geraldine, eldest daughter of Mr. and Mrs. Fred Taylor, Granville, and John Lowell, only son of Mr. and Mrs. John Andrews, Northport.

The bride looked charming in a waltz-length gown of pink cupline crystalate over taffeta fashioned on princess lines with a fitted matching jacket and headress of nylon net, with sequins in matching shade. She carried a cascade of pink Sweetheart roses and her only ornament was a pearl necklace, gift of the groom.

The bridesmaid was Miss Erna Taylor, sister of the bride, who was gowned in waltz-length pale green crystalate over taffeta with matching accessories. She carried a cascade of Listra Hibbard roses.

The groom was attended by Mr. Morris Burns as best man. The bride's mother chose for her daughter's wedding a gown of yellow figured taffeta with beige accessories and a corsage of Queen Elizabeth roses. The groom's mother was attired in rose crepe and lace with navy accessories and corsage of multi-colored sweet peas.

Following the ceremony a reception

## MORNING SMILE

A teacher who was giving the children written exercises wrote out this "Wanted" advertisement: "Wanted — a milliner. Apply by letter to Miss Smith, 10 Blank Street."

The children had to apply for the position in writing. "One youngster wrote: "Dear Miss Smith: I saw you want a milliner. I hate to trim hats. Can't you get somebody else? Please let me know at once. Edith Brown."

## SAVE ON TIRES

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## HOUSEHOLD HINT

Fresh perfume stains on washable fabrics usually yield to soap and water laundering. If the stain is on a non-washable fabric, sponge with cold water.

tion for forty guests was held at Mulberry Lodge, where the bride's table was centered with a three-tier wedding cake topped with a miniature bride and groom and decorated with cut flowers and white candles in silver holders. Presiding over the tea cups were Mrs. John Paynter, aunt of the bride and Mrs. Trueman Paynter, aunt of the groom. The toast to the bride was proposed by Rev. E. H. Bean and was responded to by the groom. Mrs. Stanley Baker was in charge of the guest book.

Mr. and Mrs. Andrews left by motor car on a honeymoon trip to points of interest in the Maritimes and Maine. For travelling the bride wore a beige gabardine suit with tan accessories and corsage of Tawny Gold Roses.

The newly-weds will reside in Summerside where the groom is employed with T. Earle Hickey, C. A. and the bride is on the staff of the Enman Drug Co.

## Words Of The Wise

Providence has given us hope and sleep as a compensation for the many cares of life. —(Voltaire)

## Skinny men, women gain 5, 10, 15 lbs.

Get New Pep, Vim, Vigor  
What a thrill! Tony's limbs fill out, ugly holes fill up, neck no longer aro-way, body loses half-starved, sickly "bean-pole" look—because of poor appetite due to lack of iron. Thousands of girls, women, men who never could gain before, are now proud of shapely, healthy-looking bodies.

Get Lovely Curves  
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## COOK'S CORNER



### COTTAGE CHEESE SLAW

Cottage cheese, thinned with French dressing gives an added touch to this fruit slaw.

1 cup cottage cheese  
1/2 cup French dressing  
2 cups raw shredded carrots  
2 cups shredded cabbage  
1 cup grapefruit sections  
Lettuce

Combine the cottage cheese and French dressing and blend well. Add the carrots, cabbage and grapefruit. Toss lightly and serve on crisp lettuce. Makes 4 servings.

## SAVE ON TIRES

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