

WOMEN

Page 12 The Guardian Wednesday, April 20, 1955
LET'S EAT

Hidden Fats In Foods Make Us Overweight

By Ida Bailey Allen

In the course of one week it is recommended that a person of normal weight, who doesn't have to reduce, should eat from 1/4 pound up to 2 pounds of fat, including butter depending on the age, size and activity of the person.

Active Worker
A large man, actively working outdoors, or a growing athletic teen-age boy, could utilize the full 2 pounds, for fats are our best slow-burning energy foods. As they take longest of all foods to digest completely, they supply energy over a longer period than other foods, such as sugar.

Less active men, also women, do not need so much fat. Unfortunately, many persons, without realizing it, eat much more fat than they need.

Fat in Many Forms
Fat is partly hidden in

meat, smoked meats and many fish. Fat is absorbed in frying foods, added to sauces, and used in shortening quick breads, pie-crust, cookies and cakes. Then there are the oils used in salad dressings; the butter spread on bread; the fat in whole milk; in full milk cheese; the high fat content of ice cream.

It has been ascertained that one of the main reasons a third of our population is overweight is because they are eating about 2 pounds, or more, of fat a week, while actually their bodies need or utilize but a small portion of the fat, the rest of it piling up as excess weight in the body.

TOMORROW'S OVEN-DINNER

Celery Root Saladettes
Oven-Fried Veal Chops
Escalloped Tomatoes
Baked Potatoes
Quick Cinnamon Rolls
Coffee
Tea
Milk

CREAMY FRENCH DRESSING FROM THE CHEF

Measure 2 lbs. table mustard into 1/4 pt. deep bowl. Add 1 whole egg; beat until foamy. Beat in 3 lbs. cider vinegar, then gradually beat in 1/2 c. olive or salad oil, one teaspoon at a time, until dressing begins to thicken. Use a rotary beater.

Letter Writing Was Beneficial

DEAR M. P. F.: Your report seems worthy of general circulation. Inasmuch as it shows the potential value of clarifying a problem in writing, when it begins to look unmanageable.

Taking Action Quickens Faith

Also, having taken steps to help yourself — or to fetch help to the rescue — you unconsciously anticipated that things would be different and better in days to come. Thus, with one SOS dispatched, the transforming leaven of faith began to work in your experience, and gave you confidence to appeal to your employer's sense of justice when things were at their worst between you and Miss X.

In your comments, here condensed, you say you no longer hate or even dislike Miss X — which is good for both of you, of your growing strength in dealing with her. Hatred usually is indicative of an underlying conviction of inferiority, in the human struggle for significant acceptance and approval.

My congratulations on the progress you are making; and my advice is, stand on your dignity and keep your distance, graciously, with Miss X, to preserve the new peace you've attained. M. H. Mary Haworth counsels through her column, not by mail, or personal interview. Write her in care of The Guardian, Charlottetown.

EXPECT NEHRU VISIT

MOSCOW (Reuters) — Indian Prime Minister Nehru is expected to visit Russia in June, the official Soviet news agency Tass said Sunday. Nehru will come to this country on the invitation of the Soviet foreign ministry.

TEETHING TROUBLES ENDED

Safe-to-use GORA, Applied to Gums, Enables Baby—and Parents—to Sleep!

Parents have found that GORA is safe and efficient, giving soothing relief instantly to baby's sore gums. Try this safe, mild remedy for your teething baby—and let the whole family enjoy unbroken rest! GORA is guaranteed to give comforting relief for any teething troubles or your money will be refunded in full.

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MARY HAWORTH'S MAIL

Takes Bull By Horns Finds Tensions Eased

DEAR MARY HAWORTH: In mid-February I wrote you about an office situation in which a woman, a minor boss, was nagging me to death, until I didn't know whether to quit — let her drive me out — or fight back. Yours came to a crisis about a month later.

It happened this way: She got me on the telephone and began to get nasty in her honeyed voice. So I let her have it, straight from the shoulder — how she always had to be right, how she was nagging, unreasonable, domineering; how she jumped to conclusions; etc. She then had the nerve to say "I'll go right on breaking down your self-confidence until you do the work to suit me." That did it.

After we hung up I wrote a letter to the boss, telling him what she was like when he was away. I also enclosed a copy of my first letter to you. I said I wanted to stay on the job, as I liked him and the work; and asked him please not to believe anything she said of me, but to judge me on the basis of his own observations.

Since mid-March the lady hasn't spoken to me, except as the job comes. As for the grudge she is carrying must weigh at least 50 pounds. She radiates so much tension, frustration and hatred that I feel sorry for her. And her behavior is bearing out exactly what I told her and the boss she was really like. The boss has said nothing but he is keeping his eyes open.

Recent Article Gave Her Poise

I try to anticipate all my duties and smile pleasantly when Miss X speaks to me — a civility she sullenly ignores. However, her silence, though as deep as ever, seems to be softening a bit — more towards neutrality than fury, at present. And I am doing my work more efficiently, with less interruption. I hadn't realized before how often I broke into questions, comments, admonitions, etc.

I much prefer this situation to the other, in which she was pretending to be my friend, while knifing me in the back. Also I feel more secure since the boss knows the facts. Your recent article (March 15) on office backbiters helped me to have poise; and the explosion turned me back to my faith for strength; I had been forgetting God. The resultant composure I have found delights me.

I thought I'd let you know what happened. You must sometimes wonder how things come out, when you can't get around to advising through the paper. F. P.

The Simple Life

And now that there are all the washable materials anyone could want, more no-iron fabrics are appearing by the day and a family wears less and less of even these easy washables, how can life be anything but simple?

Cotton Witchery

This Spring some of the prettiest and finest slips are fashioned of finely pleated, soft-silk cotton. In fact, fine plisse cotton emerges as a very important fabric for some touseau type slips and petticoats and nightgowns and peignoir ensembles in delicate, dreamy colors. Among heavier fabrics, there is nylon satin done up into pretty pajamas or combined with nylon net or tulle for bodice ensembles.

BRACKLEY POINT W. I.

Despite the almost impassable condition of the roads, thirteen faithful members of Brackley Point Institute, perched on a cliff, plunged their way through mud and slush to attend their April meeting at the home of Mrs. Gregor and Mrs. Lewis McCallum, on the evening of the 7th.

The president, Mrs. Gordon Shaw, presided and in response to roll call each member named a prominent Canadian citizen and gave an interesting sketch of his or her life.

The directors reported having selected a three-act play for presentation in the hall in the near future, and arrangements made for same. A bill of \$1.00 was paid the school visitor for the purchase of a new plastic window shade. The sick committee remembered two new babies in the district with suitable gifts.

It was decided to provide two

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MR. AND MRS. ELVIN THOMAS
Shown above are Mr. and Mrs. Elvin Thomas following their wedding in the Nazarene Church on April 7. The bride is the former Jean Graham, daughter of Mr. and Mrs. Harry Graham, Summerside, and the groom is a son of Mr. and Mrs. John Thomas, St. Eleanor's.—(Photo by Edwin Heckbert Studio)

Shortie Styles-Easy Washing

By ELEANOR ROSS

Whoever thought that the day would come when a woman wanted less for her money instead of more? Well, that miracle has come to pass and the stores have plenty of proof of this.

In stock are shorter nightgowns and pyjamas, shorter shorts for southern climes, short skirts for college wear, shorter boleros, tops and jackets for low-cut dresses and shorter gloves.

Small Packages

Smart fashions do indeed come in small packages in this day and age. Fashion offers a short story that is likely to be around for a long time!

Actually, a woman doesn't get less for her money in all these short, short fashions — she gets fashion, more fun, and less laundry to do. Just think how many shortie nighties and short skirts and short jackets can be tossed into the washing machine load. It's just going to allow more leisure, that's all.

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ELLEN'S DIARY

by an Island Farmer's Wife

It took the sun and the warm breeze of this pleasant day to point out the signs of new green on the fields—in sheltered places there, and on the lawns . . . to put tokens of house-cleaning on the clothesline, and a seasonal brightness in the step of the housewife. And we said, "This is more like April weather should be!" And the farmers commented "What we need now is a nice rain and warmth to settle things away for the spring."

In fancy . . . how good it is to have such enchanting stores to draw upon when spirits grow a little weary; when miseries linger or when days are enshrouded with cloud and we long for the sunshine. Then we long for the engaging pictures of memory. There everything is kept in pleasing outline and detail. Only that written, someone says, is perfect. But remembered scenes, words, times, they can be perfect as well.

It was Rupert Brooke, the English poet, who said: "All things are written in the mind, and the wind blows—in that placeless air. And there the white and gold birds go flying. And the stars wheel and shine; and woods are fair."

And so in fancy today we saw first lilacs bloom, filling the air about with the priceless fragrance of every spring—the mauve, since ever island farming was, we suspect, a treasured item of many a farm-bride's dowry from home. Set as we have seen them, by a first well; by a garden gate, or close by the lane. What beautiful homes grew about these!

But in places, only the remnant of lilac that blossoms in a field for those who care to read a mournful story of the years. First lilacs, the best ever we fancied today. And past sundown so beautiful this evening we found we were listening in the yard, and looking with some expect-

MORNING SMILE

"I was upset when Gerald kissed me last Sunday."
"Why, hasn't he kissed you before?"
"Yes, but not in a canoe."

Household Hint

Be sure you use only soap and water to clean plastic household articles. Cleansing chemicals are harmful to them.

Words Of The Wise

Poetry is the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquillity.—(Wordsworth).

Wife Preservers

Eggs should be kept under refrigeration both at the grocery and at home. Eggs stored at room temperature lose as much quality in three days as those kept two weeks under refrigeration.

CATCHER OPTIONED

MILWAUKEE, (AP) — Milwaukee Braves announced Saturday that rookie catcher Jack Parks has been optioned to Syracuse of the International League. Parks moved up to the Braves this season after a spectacular season with Atlanta of the Southern Association in 1954.

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KEEP IN TRIM

Why Pounds Pad Hips

By Ida Joan Kain

Time and again, overweight women write to ask why a weight gain of 10 or 15 pounds all piles on one spot . . . largely around the hips which bulge out of all proportion to other measurements. Then follows the big question: Will reducing slim the fat off the hips?

With a little maneuvering . . . yes. The situation is this . . . we pretty much inherit the general proportions of our individual figures. That's not to say that overweight is obligatory, but the pattern of fat distribution governing body build is handed along with the limbs of the family tree.

And here's the dilemma . . . Wherever the figure is by nature inclined to plumpness, there the fat padding goes. That's why for some overweight 10 extra pounds loom large as twenty . . . all on the hips.

But hold on . . . only over-eating can pile pounds on the hips or any other place. And the way to trim down is to cut the calorie intake below the daily energy requirements.

Ah, but will the weight come off the hips? That is where exercise fits in. While there is no guarantee exercise will cause the

system to use fat more quickly from one area of the figure than another . . . still extra stores up the fat cells and make them ready for use. One thing is sure . . . precision exercise will tone and tighten flabby muscles and, combined with a slimming diet, can give a gal a lion dollar figure. So on with hip slimming exercises . . .

Position: Lying on back on firm mat or sides, shoulder level legs straight down.

Movement: Bend right knee ward chest and twisting knee at the waist, touch knee point to floor at left side of waist. Slit leg down on floor again, bend opposite leg at the left side of waist. Continue 5 to 10 counts. This exercise reaches the muscles padding the backside of the hips and also slims the waist.

From the same position, right leg straight up to right arm, swing across body and touch right toes to fingers of outstretched left hand. It's quite a stretch. Repeat by swinging left leg across. Six times will do. Be sure to bring leg to right angle first, for this tones the girdle muscles.

Class dismissed . . .

Bringing Up Baby



Mothers frequently ask how to counteract jealousy in an older child when a new arrival appears on the scene. A few tricks that often work magic!

1. Present the older child with a special gift from the new baby.
2. Arrange special play hours in which baby is not included.
3. Make sure the older child understands that baby belongs to him as much as to you and dad.
4. Permit big brother or sister to share in the care of baby by performing simple tasks.

Gifts. Goodly toy for all tots of all ages—THE EXCLUSIVE GERBER BABY DOLL—\$3.75 value for only \$2.00 and 12 Gerber's Baby Food labels or Cereal box tops. This delightful 12 in. doll, a charming replica of the famous Gerber Baby, is completely safe with soft, vinyl plastic head, rubber body. In dress, wig, sits up. Has movable arms and legs. Added attractions: diaper and bib, a tiny nursing bottle, Gerber's Cereal play boxes, cereal dish and spoon.

Bright idea division. Save the net bags the family fruits and vegetables come in. They make good drain-sacks for baby's bath toys.

Roll call. Ever so often it's a good idea to review the grand choice of Gerber Baby Foods. There are 5 cereals and over 56 Strained and Junior Fruits, Vegetables, Dinners, Meats and Desserts—specially processed to preserve a high degree of wholesome food values and the tempting true flavors that make baby's mealtimes pleasurable pastimes.

Cook's Corner



JELLIED CHICKEN AND VEGETABLE LOAF

1 1/2 cups boiling chicken stock or canned chicken soup
3 tbs. vinegar
3 tps. salt
1 tsp. prepared mustard
1 cup cooked chicken, chopped
1 pkg. lemon jello
1 cup asparagus cooked and diced or 1 cup cooked peas
1 cup chopped celery or 1 cup chopped cabbage
1 pimento finely chopped or a red cherries
Dissolve jello in boiling stock or boiling canned soup. Add vinegar, salt and mustard. Chill. When slightly thickened fold in remaining ingredients. Turn into loaf mold, or individual molds and chill. Serve with or without mayonnaise. Serves 8.

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY

DOUBLE VALUE for your sewing time! This is the season's most practical, prettiest wrap-around make it also in a brief version for a cobbler apron! See the neckline — it's cut low for cool flattery. Check that diagram—couldn't be easier, faster sewing.

Pattern 4803: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 3 1/2 yards 35-inch fabric.

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 c/o The Guardian, 60 Front Street West, Toronto.

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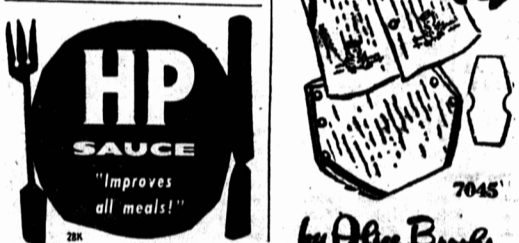
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Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

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by Alice Brooks

FASTIDIOUS

