

WOMEN

The Guardian, Page 9 Thursday, Sept. 6, 1956

Pretty Girls In Canada Almost Broke Up Messes

OTTAWA (CP)—Pretty girls in Canada once posed a serious threat to the harmony of British Army messes by luring officers into matrimony.

In reprinting an article to this effect from the British Army Review for 1964, the Canadian Army Journal refrains from comment.

There is no doubting, however, the British article published in the days before Confederation.

"It is in Canada, Nova Scotia and India that subalterns plunge recklessly into the married state."

"The extremes of heat and cold appear to be conducive to matrimony. We are inclined to award the palm, however, to the Canadians and Bluesones."

STERN VIEW

Posing the question, "Should officers marry?" the 1964 article declared:

"Marrying men are most precluded to a regiment. They break up the harmony of a mess, destroy sociability to a great extent, and set a very bad example to the youngsters below them."

"If you are to marry they should avoid the army, or at any rate remain single until they become field officers."

But if it took a stern view of military marriage in those days, the review also had an eye for the girls in Canada.

"Setting aside the fact that in Canada and Nova Scotia the girls are, as a rule, very pretty and tolerably well educated, there is a delightful want of restraint about them that is positively charming."

"In England it might be put down as forwardness, but on the other side of the water it is regarded as spontaneous good humor."

DISTRACTED SUBALTERN

"Of all the peculiar institutions in Canada and Nova Scotia, sleighing and the skating rink must be characterized as the most delightful and at the same time most to be avoided. Flitting about here, there and everywhere in gaudy-

COOK'S CORNER



SWEET MUSTARD RAW PICKLE

2 quarts large cucumbers
1 quart cauliflower
1 quart onions
1 quart celery
6 green peppers

Chop all up, sprinkle with salt and let stand over night, then drain.

DRESSING

3 pints vinegar
8 cups white sugar
2 oxs mustard seed
1/2 teaspoon turmeric
1/2 oz. celery seed
1/4 lb. mustard
1/4 cups flour.

Cook dressing, pour over pickles and put in jars.

LET'S EAT

Supermarket In Italy

By Ida Bailey Allen

"A replica of our newest type supermarket went on a visit to Rome recently," said the Chef.

"Thousands of Italian housewives saw, for the first time, all types of foods for sale in a shining market, under sanitary, refrigerated conditions."

"They discovered it was possible to buy all foods needed in one market instead of going to as many as 15 stores."

"But these Italian housewives could not actually buy the foods, Chef," I said, "because the foods were only for display."

"Right," he replied. "But as they were marked in lire, they found out how the money could go with this new system."

"When they were ready to leave the ladies left the food at the checkout counter. But every-

woman was presented with a shopping bag filled with sample products of American foods.

"This whole project was undertaken by the foreign service of our U.S. Department of Agriculture and the National Association of Food Canners in the hope that it might inspire European businessmen to emulate some of our American proved sales methods."

"It is expected that new markets will be opened for some of our agricultural surplus which do not compete with the produce of foreign countries."

Tomorrow's Dinner: Pickled beet-gel saladettes; smoked ox tongue with mustard; Italian risotto; chopped spinach; chilled fresh pear custard; hot or iced coffee or tea or milk.

All measurements are level recipes proportioned to serve 4 to 6.

Pickled Beet - Gel Saladettes:

Add 1 1/2 envelopes unflavored gelatin to 1/2 c. cold water.

Combine 3 c. diced or coarsely-chopped pickled beets, 1 c. boiling water, 1 tsp. vinegar (from beets), 1/2 tsp. salt and 2 tsp. prepared horseradish. Simmer 5 min. Stir in the gelatin.

When dissolved, transfer into a lightly oiled 8" square pan. Refrigerate 3 to 4 hrs. or until firm enough to cut in squares.

Serve garnished with salad greens; top with mayonnaise or boiled salad dressing.

Add 1 1/2 c. uncooked white or converted rice. Stir-cook 30 sec., or until beige color.

Add 5 c. boiling chicken broth (or use 5 c. boiling water and 5 chicken bouillon cubes). Simmer about 20 min. or until the rice is tender and the liquid absorbed. Stir in 1/2 c. grated Parmesan or mild American cheese. Pass additional grated cheese.

Trick of the Chef: Season cooked chopped spinach with lemon juice. Top with 1/4 c. coarse-chopped salted peanuts heated in 1 tsp. melted butter.

Keep without refrigeration.

Use breads, cakes and cookies that are wrapped and sealed against dust or dirt.

Picnic addicts would do well to invest in those nice big insulated cases designed to carry both hot and cold foods safely—in separate containers, but all fitting into one big outer carrying case. Unless you possess a properly insulated container of this type, don't trust food that spoils easily.

When unpacking the food at the picnic place, don't leave it out in the open for long. Unpack only when everyone's ready to eat.

ELEANOR ROSS

Many Factors Needed For Successful Picnic

There's plenty of really warm weather ahead of us in many sections of the country and still lots of time for picnics.

There are two pretty reliable rules for making a picnic meal a complete success.

After the site is selected, choose picnic provender that is safe to transport during warm weather.

Second, see that every single utensil used in preparing or transporting the food is thoroughly clean.

Avoid foods that aren't likely to

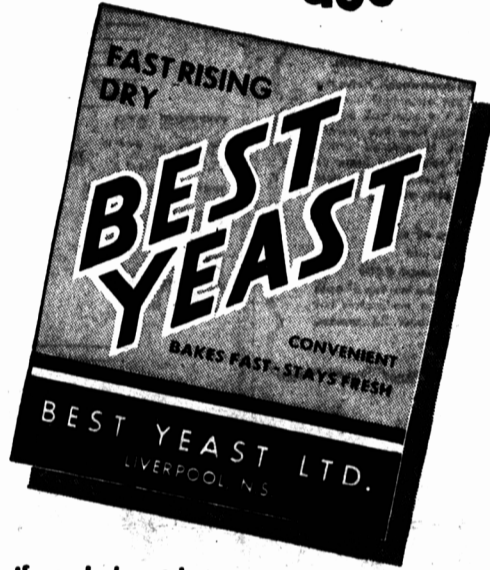
be prepared. The sandwiches and the salads made and packed.

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KEEP IN TRIM

As Pounds Pile On, Arms Accumulate Fat

By Ida Jean' Kahn

As pounds pile on, the upper arms tend to accumulate unflattering fat which sags sadly as time goes by. But with or without excess fat, the backs of the upper arms seem to droop . . . and lose their grip on youth. Past forty summers, shapely arms are rare.

On the size score, arms may measure from ten to twelve and a half inches, depending on structure. But the shape depends on the tone in the triceps muscles which flank the backs of the upper part of the arms. And it's difficult to understand why they should be either flabby and fat or thin and droopy, since arms are used most of the time.

The hitch is that most arm movements fail to put the triceps muscles to work. Try it out. Pick up a heavy book or vase with one hand and with the free hand, feel which muscles are on the job. It isn't the triceps.

Kinesiology—the science of muscular movement—reveals that the triceps are brought into action when the elbow is extended forcibly as in a punching movement; also when the arms are used from the position of shoulder level. So that's the exercise cue. Arm exercises are easy to do—and effective. Here's a beauty routine.

STRIKE A BLOW

Position: Standing in good posture, arms outstretched at shoulder level, palms facing ceiling.

Movement: Tense the arms and

make tiny backward circles. By keeping the radius of the circle very small, the triceps are brought into action.

Clenching fists, thrust out vigorously in front of chest, as if striking a blow. It's fun to suspend an old sofa pillow in the doorway about chest level or slightly higher and punch away.

This familiar push-pull adds resistance: Place clenched right fist in palm of left hand. Then, resist with muscular effort of left arm and pushing with right arm force hands to the left. Change position of hands and push to the right.

For fast results, go through this easy routine twice daily.

SEVENNADE PRINCESS

PARIS (Reuters)—French school children serenaded Prince Rainier and Princess Grace of Monaco when they arrived in Paris by train Tuesday on their way to the United States for a holiday. More than 50 boys and girls had been waiting for an hour on a balcony overlooking the station platform to greet them with an old French folk song The Sea is Fine Tonight. Princess Grace, who is expecting a baby in February, smiled happily. They leave Sept. 7 for New York on the liner United States.

EDUCATIONAL ORDER

The Ursulines is a religious order founded in Italy in the 16th century to educate young girls.

Clark Gable's Wife Is Hospital Patient

HOLLYWOOD (AP)—Clark Gable's wife, the former Kay Williams Spreckels, was admitted to hospital Tuesday night for observation of an acute abdominal condition.

Her physician, Dr. Richard

Clark, said Mrs. Gable is resting comfortably and probably will leave hospital "in a day or so."

She has been confined to her home in Encino for the last several months with a heart ailment.

RARE VISITORS

The National Parks of Canada were visited by 3,639,151 persons between April 1, 1955, and March 31, 1956.

TIMES EDITOR IN U.S.

NEW YORK (AP)—Sir William John Haley, editor of The Times of London, and Lady Haley arrived in New York Tuesday for a seven-week tour of the United States. Sir William will combine sightseeing with lectures on British newspapers and broadcasting at Harvard University, Dartmouth College and the University of Kansas.

EUROPE DRAWING AWAY

SHEFFIELD, England (Reuters)—North America and Europe are drifting apart geographically, Prof. P. M. S. Blackett, president-elect of the British Association for the Advancement of Science, told its annual meeting Tuesday. He said that in the last 150,000,000 years the gap between the continents has widened by more than 1,000 miles.

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