WOMEN

LET'S EAT

Training a Little Girl To Be an Excellent Cook

By IDA BAILEY ALLEN

"In my many years as an insurance broker and counsellor, I come in contact with many homes, some of them not too happy,' 'observed my old friend, Mr. Alva E. Lamberton, of New York City.

"I soon discovered that many of the conflicts, especially those in the early years, could be traced to the fact that the young wife had not been trained to understand housekeeping and cooking. So I resolved that, in at least one home I hope will be coming up in the not too-distant future, I'd try to forestall trouble. This is what I did."

Photograph of House

Mr. Lamberton opened a big wallet, and from it handed me a photograph of a house.

"That's not a real house, it's a doll house," he chuckled. "It looks real, because I made it exactly to scale, 17 3-4 inches, or an inch for every foot.

"I built it evenings, after my day's work, for my eight-year-old granddaughter, hoping that she would learn the rudiments of housekeeping playing with it, and become interested in cooking, too.

"There's nothing like learning when you're young! Suellen's had the doll house for a year now, and, as a result, she's already well on the way to becoming a good housekeeper!"

TOMORROW'S DINNER

Grapefruit Juice
Roast Stuffed Shoulder of Veal
Celery Panned Potatoes
Brussels Sprouts Casserole
Lemon Puff Pie
Coffee Tea Milk

Lemon Puff Pie: Bake a pastry or crumb shell and chill. Prepare the filling as follows:

Add 1½ tsp. unflavored gelatin to ¼ c. cold water. Mix ¼ c. light corn syrup, 2 beaten egg yolks and ⅛ tsp. salt in the top of a double boiler. Cook and stir over hot water until thick like custard.

Stir in the gelatin, and when dissolved add ¼ c. lemon juice and ½ tsp. grated lemon rind. Refrigerate 15 min.

Beat the 2 egg whites stiff. Gradually beat in ¼ c. sugar. Fold in the lemon custard. Spoon into the baked shell and refrigerate 3 hrs.

THE CHEF'S BRUSSELS SPROUTS CASSEROLE

In an oiled casserole, combine ½ c. chopped onion, 1 (10 oz.) pkg. frozen small, or halved large, Brussels sprouts and 1 (8 oz.) can tomato sauce.

Cover with ½ c. fine bread crumbs mixed with 2 tbs. melted butter or margarine. Bake 40 min. in a hot oven, 400 degrees F.

ELLEN'S DIARY

by an Island Farmer's Wife

And so, from our cupboard where for a lengthy interval they have lain idle, we take out our pans and our cooking-pots and again prepare meals and keep house for James. Wondering as we first lift this or that one of them what food it had last held? And which day of the week had we last used it? And those days of that Spring which had taken us suddenly to another farmhouse to enter upon the round of housewifery and mothering there, what had they been like? Had they been always sun-lit and happy, filled for us with all those lovely surprises and anticipations which the season brings to farms? Young in sties and stables and fold, velvet-green on the meadows, gay blossoms unfolding, new bird-song; and around a bend of the fleeting hours, summer fast nearing. Or had they been already shadowed by the gathering cloud which was to put an end to some of the best years of our lives, which we in the limits of mortals' sights had failed to see?

But, we often must remind ourself, we had left behind in time that had gone—in the old year dead and away, such thoughts. We were now not only into a new year but as well into another era of living, changed certainly nevertheless one which for the Family had opened with much promise for the days that lie ahead. And so quite as naturally as it is for Granddaughter and Mack to follow again the path which leads from the House across the lane to this one full of years, we find once more the trails of house-keeping we once knew.

• • •

"Mack brought the wood and kindling," Granddaughter said, welcoming our return. "I put some matches Mother sent over . . . would you know where?" she smiled. Aye—in the drawer of the little iron coffee-mill on the far end of the mantel behind the stove, the safe container for them of always. "There's, I think, everything you'll need in the pantry-bread too," she twinkled. "And if you'd like to make yourself a cup of tea, you will know where to find that?" Surely! In the old tea cannister, a humble container of tin, which has set, we suppose, ever since time was at Alderlea, on the nearer corner of the mantel. "Now you'll be all right?" she queried. "I'm going out to play." Yes, we would be all right-back once more to trails we well knew.

"I do wish, Ellen, that you would have a look in the stables by and by" James commented this afternoon, when preparing to leave for the wood-cutting, he came indoors to pick up mittens and jacket. Just to make sure that none of them are loose or in other difficulty there. I know," he nodded soberly, "or at least I have a pretty good idea of what this place is like, once we're gone back over the hilltop. It gets so still and deserted—like that any one coming to it, say, on a matter of business would be sure there was no one at home—that the women were away, gone to a Missionary meeting or something. Now do try and put some life in it—keep an eye about!"

• • •

So wood was harvested—and pieces of lumber. And the twilight, hushed and lovely brought the farmers home. Now is the nighttime. It curtains this snug valley with moonlight, pinning back the silver-blue of it with bright ribbons of stars.

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

ROYAL SCALLOP

1 c. cooked chopped ham or beef
4 hard-boiled eggs
¾ c. buttered crumbs
1 c. white sauce

Chop hard boiled egg whites and add to the sauce. Grate egg yolks and add to the meat and sauce and put in buttered baking dish, cover with crumbs. Bake in hot oven for 10 minutes.

Seven Days A Week

by Anne Shannon

1. MONDAY: What better way to start the first column in the year of 1955 than this way — by passing along to you this extra scrumptious candy recipe. It looks so yummy that you will find yourself taking a peek every now and then to see if it just might be ready to sample. Pineapple Squares is the name of this treat and now here is the lowdown:

4 tablespoons (4 envelopes usually) unflowered gelatine.
1 No. 2 can pineapple, crushed.
2 cups sugar, 1-4 tsp. salt.
2 tbsps. corn starch, 3 tbsps. lemon juice.
1-2 cup finely cut nuts ;powdered sugar.

Soften gelatine in 1 cup of the pineapple. Mix sugar, salt, cornstarch; mix thoroughly with remaining pineapple in a heavy saucepan. Bring to a boil (takes about 5 minutes); add gelatine-pineapple mixture, stir till dissolved. Bring to full rolling boil and continue boiling for 20 minutes, stirring constantly. Remove from heat; mix in lemon juice and nuts. Pour into 8 x 8 x 12-inch pan (rinsed in cold water or smoothly lined with aluminum foil). Cool till thick and firm—that will take at least 4 hours; overnight if possible. Loosen around edges with sharp pointed knife and pull out with hands onto powdered sugar-covered board. (Peel off foil). Cut in one inch cubes; roll in powdered sugar — and that's it!

2. TUESDAY: For each question correctly answered give yourself 10 points — each bonus question 25 points—so you can go on from there! Correct answers at the end of this column. No. 1: The lowest point in North America is Death Valley, in California. What is North America's highest point? No. 2: What did Henny Penny think when she was hit on the head with an acorn, and what did she do? No. 3: Which of these characters of story and legend were real people? (a) Carrie Nation, (b) Cyrano de Bergarac, (c) Lady Hamilton, (d) Cardinal Richelieu.

No. 4: Of course you know that Jonah spent some time in the belly of a whale. But do you know how long? No. 5 (a bonus question): What did the ancients believe were the world's four basic elements? No. 6: The medical profession has been dishonored by the quack. What profession has been dishonored by the pettifogger? No. 7: If Vatel, Escoffier and Brillat-Savarin had met, what would their main topic of conversation have been? No. 8: In what direction—generally speaking—would you be travelling if you went from the "Eternal City" to the City of David? No. 9: Which of the following is not a language or dialect? Dalmation, Sanskrit, Chinook, Finnic, Anglican, El Papiemento. No peeking at the answers until you have really worn out your thinking-cap!

3. WEDNESDAY: In between "huffing and puffing" these past few months, I have read quite a few interesting stories. This first one I read about 2 o'clock one morning when the house was quiet and peaceful. Rocky, the puppy and Kon-Tikki the cat kept silent vigil with me, and the long night wasn't quite so long and wearisome because of this lovely story. It is called the Silver Chalice by Thomas B. Costain. It is a best-selling novel, tells of the time of our Lord's life. Says Mr. Costain: "The Chalice of Antioch, now owned by the Metropolitan Museum in New York, was found in the ruins of ancient Antioch in 1910. An authority on Christian art, developed the conviction that the inner part of the Chalice could be the cup which was used at the Last Supper. And so it was the Chalice of Antioch which prompted him to begin the story of The Silver Chalice in the first place. Another (short) story I enjoyed too, while more or less confined to a chair, was this one. Rather I should say it was an article, called I Remember A Church, by Frank Sullivan. It held my interest right to the last line. And for lifting the spirits. "The Horse With The Fancy Hat" was tops! What would we do without books sometimes! And when we offer up to God in the morning — "all we think or do or say", then the pleasure, the sadness of the resolution to love our fellow men better because of a story or an article we read. Well that makes our reading actually a prayer too, doesn't it?

4. THURSDAY: The foreman of a gang of laborers on a railway line was walking along his section of the line when he found one of his men asleep in the shade of a tree. He was about to shake the fellow awake when he suddenly reconsidered.

"No, you might as well sleep", he said with a grin. "So long as you're asleep, you've got a job. When you wake up you'll be out of work!"

5. FRIDAY: An A-1 supper dish is this for this day — It's Shrimp Chowder, and to begin with you saute three medium onions sliced, in three tablespoons shortening in a deep saucepan, until tender but not browned.

Add one cup boiling water, five medium potatoes, peeled and sliced, two teaspoons salt, 1-4 tsp. pepper; simmer, covered, about 15 minutes or until tender. Add 1 pound cleaned and cooked shrimp or buy the "canned" variety; one quart hot milk in which one cup grated, processed cheese has been melted and four tablespoons minced parsley. Serve at once with crackers. Makes five servings. Substitute oysters or clams for shrimp if you wish.

6. SATURDAY: Over fifty years ago this advice was given by a doctor in a leading American magazine: "Don't give a child elaborate presents, such as mechanical toys. Above all, don't allow him to eat chocolate of any kind, or turkey or goose or rich pies, cakes or plum pudding or anything fried or nuts or raisins." When a visiting youngster read that she said to me, "Well, all I can say is I'm glad I'm not that Doctor's little girl".

The same magazine answers a woman's question: "Please advise the length of mourning", this way: A widow should wear black for three years; for a parent, the same period. For a child, sister or brother, deep mourning for one year, and light mourning for another six months. And a fashion note said: "The amount of material now necessary for a gown is so great that it is difficult and cumbersome to handle, and also expensive. From eighteen to twenty-four yards of taffeta are needed because of the immense fullness of the new skirts sleeves and bodices!" The bedspreads we could make out of that!!

7. SUNDAY: And so, in spite of the days, and nights too, when we just had to sit and do nothing, Christmas was truly a happy one at our "House on the Hill". True it was tinged with a bit of loneliness for it was the first time in over a qurater of a century that our family wasn't all home on Christmas day. I stood at the window, Christmas eve, and while the electric lights from our brand new church across the way made a bright path almost to our door and stars shone overhead, I wondered what our soldier son and his young wife were doing at that moment — were they, too, getting ready to attend Church, or were they already there? But whatever they were doing, my thoughts were winging across the miles and I wished upon the brightest star for them. I remembered last Christmas, she so excited over the Christmas program in her country school a few days previous and Paul at home here saying "Give me a brush mom and I'll do that last bit of painting for you"—all the while singing "Rudolph, The Red-nosed Reindeer" over and over for Mavis. Little things then—now lovely memories to cherish. The Christmas cards I received and the kindly letters from so many people who took time out to say "We read your column . . ." Cards from Boston, New York, the Maritimes, Ontario, in fact all over. I'm just beginning to realize how many places The Guardian is read so eagerly, by "Islanders abroad". It was heart-warming and you'll never realize how deeply grateful I am to everyone. The tired feeling ebbs away and pure happiness flows in. And so to kindly folk everywhere—I truly hope that 1955 brings you peace, happiness and prosperity.

Answers to questions in Tuesday section above. No. 1: Mount McKinley in Alaska. No. 2: She thought the sky was going to fall and she started off to tell the King. No. 3: All were real people. No. 4: "Three days and three nights", according to the Bible (book of Jonah, chapter 1, verse 17). No. 5: Earth, air, fire, water. No. 6: The legal profession. A pettifogger is one who does law business in a petty or tricky way. No. 7: Food. They were all great French authorities on the subject. No. 8: East (actually slightly southeast). The Eternal City is Rome, the City of David is Jerusalem. No. 9: Dalmatian.

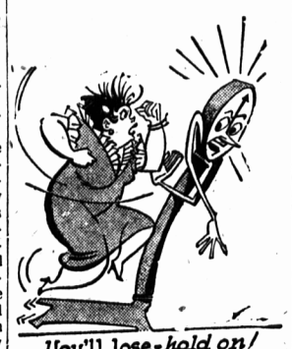
KEEP IN TRIM

Inspiration For Slimming

By Ida Jean Kain

REDUCING IS THREE-FOURTHS ENCOURAGEMENT

Encouragement for slow losers coming right up. The gremlin that plagues dieters is a phenomenon known as water swings. Failure to lose at the start of a diet, or later on, is due to just one thing — retention of water in the tissues. Here's a promise: If you stayed on the 1100 calorie diet, you have lost fat, but when water has replaced fat in the cells, registration of the lost fat is postponed until the water is released.



But how do you explain an actual gain at the start of a diet, puzzled dieters demand. You know the way fat floats on water? That's because fat weighs less than water. When stored water replaces lost fat, the result is a temporary "gain."

The water balance always adjusts, and when the cells release stored water, the pointer will plunge. It helps to know in advance that weight will not go down in a straight line. Holding periods will be followed by an abrupt loss, if you stay with the diet.

Water retention has nothing to do with the amount of water consumed; therefore the fundamental trouble should be treated. To counteract water storage, have a complete protein food with each meal. If you tend to oversalt food, use less. The sodium of salt is the water-holding mineral of body fluids. Unless the doctor orders it, there is no need to drastically reduce salt.

However, on a diet, you may start losing from the first day If you lose fast — five pounds the first week, part of this loss is water from the tissues. After the stored water has been released, weight will be lost more slowly, but it will all be fat.

Again, you may store water after you have lost 10 or more pounds, and lose no more for an aggravating three weeks. But whether you fail to lose at the beginning or after part of the excess has been reduced, stay with the diet, confident you will lose the right amount in the long run.

Choice Diet	Tomorrow's Menu
Breakfast	200 275 Cal.
Citrus Fruit Juice	5 oz.
Choice of: 1 or 2 Eggs — Thin Slice Toast Butter 1-2 pat. or: Hot cereal, 3-4 cup Whole Milk, 1-2 cup — Sugar 1 tsp. Coffee, black	
Note: If black coffee gives bleak outlook, add 1 Tbsp. cream, 30 calories. Sweeten with Sucaryl or Sugarine.	
Luncheon	330 Calories
Choice of: Baked Ham on rye — mustard. 225 Cal. Or Swiss cheese — 2 slices	
Or Meat Loaf with 20 Cal. Veg. (string beans, asparagus or spinach)	
Combination Green Salad — Special Dressing	
Glass Skim Milk or Buttermilk	
Late-Afternoon Energy Pick-Up: Glass of Skim milk or Buttermilk Or — Hard cooked egg — cup of Tea	
Dinner	420 Calories
Protein Large Lamb chop -broiled Choice Veal Cutlet 200 Cal. Broiled Halibut with parsley	
Choose One 100 Calorie Vegetable Baked potato (medium) Peas, (3-4 cup) or 1 large ear (Corn-on-cob — frozen	
Choose One 20 Calorie Count Veg. (3-4 cup). Brussel sprouts, broccoli, cabbage	
Butter for vegetables, 1-2 pat (1-2 tsp.)	
Melon or other Fresh Fruit	75
Total Calories for day	1030 to 1105
Note: Man may have 2nd chop at dinner.	

By HERMAN N. BUNDESEN, M. D.

Value Of Fresh Air In Treating Anemia

Just because you look pale, does not necessarily mean you're suffering from anemia. But it might mean that.

In anemia you see, the red blood cells and the amount of coloring in the blood decrease. In severe cases, the number of red cells may drop to one million per cubic millimeter of blood instead of the normal five million.

In other cases, the number of red cells is only moderately reduced, but each cell functions well below its normal strength.

Causes of Anemia

There are three causes of anemia: loss of blood from hemorrhage; increased destruction of blood; and deficient blood formation. Sometimes you may be bothered by more than one of these factors.

There are several different types of anemia, the most common types usually coming as a result of other diseases.

For example, prolonged infection, tumors, tapeworms and diseases of the kidney or liver may be accompanied by the reduction of hemoglobin, or coloring in the blood.

Maybe there is bleeding in the stomach or bowel.

Improper Diet

An improper diet, especially if you don't get enough iron-containing foods, can also cause anemia.

If you don't get enough iron in your foods, or if some condition in your body interferes with the absorption of that iron, your red cells may contain less than the normal coloring matter and become reduced in size.

Before your doctor can do much to help you, he's got to determine just what is causing your anemia and then eliminate that condition. Then he can help you build up your iron supply. He probably will give you special preparations containing iron which you can take after your meals.

You'll probably have to take these doses for three to four months, because you not only have to correct your iron deficiency, but you also must store away an extra supply. Excessive doses, however, won't do any good, and they might even upset your stomach and bowel.

Rich Protein Diet

If your doctor thinks you should have a special diet, he'll give you one. Generally, though, an anemic's diet should contain a good deal of animal food such as beef, mutton or chicken. Meat contains from two to eight times more iron than rice and other starchy foods. Spinach also has a high iron content. So do apples and oats.

If you've got the common kind of anemia, you'll probably improve by taking iron. Plenty of fresh air and sunlight are going to help you, too.

QUESTION AND ANSWER

T. C.: I am annoyed with a persistent scaly scalp. What is the best thing to do for it?

Answer: In most instances, a condition of this type results due to seborrheic dermatitis.

The treatment for it consists in building up the general health by getting plenty of fresh air, sunshine, rest and sleep, moderate exercise, and a restricted diet. Pork, butter, cream, cheese and other foods rich in fat may well be limited.

In the beginning, the scaling may be treated with soothing ointments. It might be well to avoid the use of soap and water until the condition has cleared up. Vitamin B, and estrogen also, to be used only under the direction of a physician, have been found to be helpful in some instances.

The ancient walled city of Harar in Ethiopia has a population of about 25,000.

Buildings in Reykjavik, Iceland, are heated by hot water piped from hot springs and geysers.

ANNE ADAMS PATTERNS

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MORNING SMILE

The host's 6-year-old son cornered a guest, who dropped a quarter into the lad's piggy bank.

Guest—You must be rich by now.

Boy—(eyeing the bank sadly) — No, between Sunday school and this darned pig I'm broke all the time.

HOUSEHOLD HINT

Candles that adorn your table setting often present a stain problem. First, scrape candlewax stains with a dull knife. Then place the stain between blotters or paper towels and press gently with a warm iron. Move blotters as they take up portions of the stain.

A magnet will be a means of amusing a child who must be kept in bed for any length of time after a severe illness. Give the child a box of assorted metallic and non-metallic objects such as nails, toothpicks, safety pins, buttons, etc., and let him find out which objects are attracted by magnets and which are not.

ALICE BROOKS DESIGNS

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Make the Bluebirds of Happiness your own personal motifs! Embroider them quickly on kitchen towels, pillowcases, dresser sets and other linens. Easy!

Pattern 7037 has embroidery transfer of six motifs 4¼ x 4½ to 5 x 8½; sixteen, 2 x 3 inches.

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Mental sickness, like physicial illness, often may be cured if treated in time.

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RUN DOWN... DOG TIRED?

*These symptoms if due to a vitamin deficiency occur only when daily intake of vitamins B₁ B₂ and niacin is less than may be needed over a prolonged period. In themselves, they do not prove a dietary deficiency as they may have other causes or be due to functional conditions.

Don't give up. New special Formula supplies the vitamins and trace minerals you may need.

Do you feel run down or out-of-sorts? Lost your appetite?* You may be suffering from iron-and-vitamin deficiency over a prolonged period. BEXEL, the new Special Formula, supplies supplementary quantities of iron for rich red blood . . . to help combat fatigue and restore your natural vitality. Each BEXEL capsule gives you the essential B-vitamins; plus trace minerals. BEXEL is now available at all drug stores.

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Montreal doctor discovers how you may live longer

Is stress the cause of all disease? Research by the University of Montreal's Dr. Hans Selye indicates nearly all disease—whether a heart attack, a mild case of asthma, or just that "sick" feeling — is due to chemical imbalance brought on by worry, other stresses.

January Reader's Digest brings news of a theory which may prove one of the most significant medical advances of the century, may help *you* live longer. Get January Reader's Digest today: 37 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

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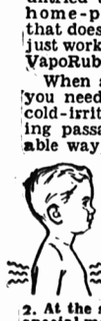
Bad Colds Are Hard To Avoid!

Now—more than ever—you need this medication that does more than work on chest!

With miserable colds all around, this is no time for untried treatments. Use the home-proved medication that does so much more than just work on the chest—Vicks VapoRub.

When a chest cold strikes, you need relief deep in the cold-irritated large breathing passages. And one reliable way to get this relief is to use Vicks VapoRub . . . because VapoRub *acts two ways at once:*



1. VapoRub relieves muscular soreness and tightness, stimulates chest surfaces.

2. At the same time, VapoRub's special medicated vapors also bring relief with every breath.

You can't *see* these vapors, but you can *feel* them . . . feel them as they travel deep into the nose, throat and large bronchial tubes. The congestion starts breaking up. Coughing eases. Soon you enjoy warming relief that lasts for hours.

So when a bad cold strikes, insist on this medication that does more than just work on the chest to bring relief. Rub *on* relief . . . breathe *in* relief with Vicks VapoRub!

WORKS GREAT IN STEAM, TOO
For most effective relief from croupy coughs, that congested feeling . . . use Vicks VapoRub in steam, as directed in package. You'll get such fast, *direct* relief!

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