

LET'S EAT Your Best Protein Buy

By Ida Bailey Allen

Sardines are still the best protein in the market," observed the Chef, as he set half a dozen cans on the table.

"They're one of the tastiest, too, Chef," I said, "especially when combined with lemon. Let's use some sardines to work out some new recipes for our readers."

Grilled sardines on toast: Turn the contents of 2 (3 1/2 oz.) cans Maine sardines into a saucepan and heat. Serve on half slices of toast for breakfast or lunch. Garnish with lemon slices.

Sardine pimiento canapes: Drain and mash the contents of 1 (3 1/2 oz.) can Maine sardines with 1 tsp. lemon juice, 1/2 tsp. Worcestershire and 4 drops Tabasco.

Serve spread on crisp saltine crackers. Garnish with strips of pimiento.

Sardine luncheon salad plate: To a 6 oz. 1 container chilled cream cottage cheese, add 1 tsp. pickle relish and 1 diced pimiento.

Open 2 (3 1/2 oz.) can chilled Maine sardines; drain off the oil. Season 12 thin slices tomatoes with not-sweet French dressing.

Arrange 4 individual luncheon plates as follows:

On lettuce leaves, put a large scoop of the cottage cheese. At

the left arrange 3 overlapping slices of the tomato. Top with 2 or 3 sardines.

Garnish with cress and lemon slices.

Tomorrow's dinner: Sardine-tomato saladettes; fish filets saute with lemon; creamed potatoes; mashed rutabaga; apricot upside-down cake; coffee, tea or milk.

Roast beef is only popular in this country, but in Australia, there Sunday would scarcely seem real without a "joint" and potatoes, whole onions and squares of peeled pumpkin pan-roasted in the same utensil. They come to table lightly browned and seasoned with dripping from the beef.

In this country we can use winter squash when pumpkin is not available.

Sunday dinner: Tossed green salad; roasted beef, gravy; pan-roasted potatoes and squash; escalloped corn; apple snow; custard sauce; coffee, tea or milk.

Apple snow: Prepare 1 pkg. lemon gelatin according to directions. Cool and stir in 1 c. grated peeled raw apple. Refrigerate 30 min. or until beginning to thicken.

Beat 2 egg whites stiff. Add to the gelatin mixture; beat until white and frothy.

Rinse 6 custard cups with cold water. Spoon in the apple snow.

Refrigerate 2 to 4 hrs. or until firm.

Unmold. Pour chilled custard sauce over it.

Trick of the Chef: When roasting beef, plan to finish 20 min. before dinner. Then keep covered with aluminum foil in a warm place to "set."

This makes it easier to carve in neat thin slices.

Mary Haworth

Feels That Husband

Takes Over Hosts'

Duties At Parties

Dear Mary Haworth: My husband and I attend a few parties at homes of friends, and it seems to me that my husband takes charge untidily, as though he were giving the party.

Free advice: On a recent evening we were in the home of friends, playing cards in their recreation room. And my husband said to the hostess, who wasn't playing, "Why don't you fix us a drink?" She said she would—and she did.

Later we went upstairs for cake and coffee, and when we had finished, again my husband said: "Let's all go downstairs and have another drink."

At another party, a table was set out with crackers, cheese, etc., and immediately my husband was spreading cheese on crackers and asking each guest: "Would you like this? Or that?" and "How about another drink?"

Still another time, we were dinner guests, and while talking at table, my husband recalled a certain delicious favorite food and said: "That's what we should have had tonight! Am I wrong in feeling that he takes over too much? Please advise me, E.S."

BEHAVIOR UNFORTUNATE

Dear E.S.: It is indeed a mark of greenhorn that my husband for a guest to make himself vulgarly at ease in another's dwelling. And, unfortunately, it is a vulgarity to take upon oneself those duties and liberties (in defining the pattern of hospitality) that are exclusively the host's concern.

In the event a host or hostess has asked a guest (ahead of time) to lend a hand in making the party a success—by seeing to it that everyone is included in conversation, piled with refreshments, etc.—still the guest, if mannerly, will bend over backwards to avoid seeming officious, while being helpful.

The good guest is watchfully considerate of hosts and fellow guests, performing manifold courtesies that improve the occasion. But he certainly doesn't offer loud suggestions pertaining to supplies; nor does he take the attitude of drumming up trade at the bar or buffet.

CIVILIZED CODE

The theory of gracious hospitality and gracious guesthood (so to say) is that people assemble to partake of pleasure in each other's company; to exchange ideas; to enjoy mental stimulus, in a congenial fellowship. Theoretically they aren't present largely to pander to hunger and thirst, and looking to their host to be group benefactor in this regard. In well bred circles, the primary emphasis is not upon food and drink at party gatherings—supposedly not, at any rate.

Thus your husband's party behavior is uncouth, to the extent that he keeps his attention avidly focused on "what to eat" or "what to drink." It is the host's implicit responsibility to make due provisions along this line. Yet if he fails to satisfy the hopes of freedom of a certain guest, that is his privilege — to skip if he chooses. The guest has no right (per rules of etiquette) to call for more than has been offered.

There is something childish about your husband's preoccupation with trifling at parties—a candid fixity of interest more appropriate to a 5-year-old than an adult. Let's hope he will learn from this discussion and mind his manners in future — acting more in keeping with his grown-up status.

But, while we are on the subject of party fare, I suppose I should in honesty admit that good food and drink contribute much to sociability—even though, I repeat, they are items of secondary importance in a properly audited list of fraternal values. M.H.

Mary Haworth counseled through our column, not by mail or personal interview. Write her in care of this newspaper.

COOK'S CORNER

MACARONI SALAD

To cooked macaroni add chopped celery, chopped cucumber, pickle relish, carrot, a dash of onion, Maltese all with salad dress-

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WOMEN

Thurs., March 15, 1956 The Guardian, Page 9

KEEP IN TRIM

A Much Stronger Back

By Ida Joan Kala

A weak back doesn't preclude exercise—it merely limits your choice. In fact, corrective exercise for strengthening the back and abdominal muscles is usually just what the doctor orders.

As life becomes physically easier, we do not exercise anything like enough to keep fit. The big muscles of the body, not being used, tend to lose tone. This is especially true of the muscles of the abdomen and of the back. At any rate, there seems to be an increasing amount of back trouble in this age of sedentary living.

The alternative is to take special back-strengthening exercises. Of course, in any acute stage of back trouble, all exercises should be strictly avoided for, at that time, they can do more harm than good. If you have a weak back, however, you should do exercises which include twisting, sudden twists and turns cause trouble. In lifting, keep your back muscles out of the action.

Here is an easy back-strengthening routine the modest housewife can stream-line: the front-line too. This complete routine requires a mere six minutes a day.

Position: Lying on back, with knees bent, soles of feet flat on floor, arms down at sides. This is termed the "safety position" for exercise, since it removes all strain.

Movement: Pull up and in firmly, pressing the small of back flat against the floor, and hold this pull without holding your breath. Always breathe calmly and freely during exercises. Never hold your breath. Repeat the exercises 3 to 6 times, and hold for a slow count of 6, counting out loud.

For the second exercise, the position is the same as for the first. Movement: Lift hips off floor to a straight line and at the same time fling arms back on floor overhead. Hold to slow count of six, breathing naturally. Later, exert a strong pull-in movement of the abdominal wall from the hips-in-air position. Repeat 3 to 6 times.

The second half of the routine restores tone to the muscles of the buttocks which in turn helps to keep the pelvic girdle properly centered and posture on the beam. Many physically induced back troubles stem from faulty posture.

Position: Lying on floor, face downward, legs stretched straight down and together. Movement: Raise alternate legs about 4 inches from floor, hold for count of 10, and lower. Repeat 10 times.

This simple routine done regularly, morning and evening, is a small enough concession to make in order to keep the back strong in spite of the soft life we lead.

GRAND PLUMAGE

But don't let all this grand plumage frighten you and don't let its gaudy look frighten you as far as upkeep is concerned. It isn't going to complicate the family laundry one bit.

Manufacturers of the best and most successful fashions make it a point to use fabrics that are easily washed, because men themselves have discovered the comfort and the modest upkeep of wardrobes that can go into the washing machine. Furthermore, they like the fresh, clean look of newly laundered clothes.

Words Of The Wise

Men are wise in proportion, not to their experience, but to their capacity for experience. —George Bernard Shaw.

GREAT HOBBY

Sir Ludwig Mond, British metallurgist who died in 1938, was also a famous archaeologist.

ELLEN'S DIARY

Done This Day Is Now

"This sewing-course, you're taking now, Ellen, what does it teach?" James refreshed by a long dreamless sleep and with his first chores in order, queried at breakfast this morning, displaying thus a spark of interest in paltry feminine doings. The porridge of oatmeal was cooked to a turn, taste-ful and velvety-smooth from its spell of bubbling above the maple-wood fire. There was pleasant warmth indoors in the kitchen where we ate, though the outdoors was still overhung with the chilly gray of impending snow. An edge of that foggy forecast for us yesterday had been all that was new-laid on the valley.

"It teaches leathercraft, glove-making, you know," we nodded, "and handbags; weaving too; and the making of fancy cushion-tops as well as dressmaking from the first to the last of the pattern."

"And what are you making?" he asked.

"A dress."

"What, a dress, Ellen?" he commented with some disfavor. "And you with more now than you'll ever wear out. You have them, I bet ten years old, as good as new—and not a break in them."

"Older than that," we kept the chuckle in.

"Then what would you be wanting with another, I'd like to know? You'll never wear those out no sir not if you live to a hundred," he offered reaching for a second piece of buttered toast.

"Might as well be out of the world, as out of style," we quoted.

"And what difference so long as one is dressed snug and warm. Oh, I know that! The way with women. 'Why, that's old-fashioned, I can't wear that!' he imitated a thin voice. But take men—I've known them to wear the same suit for a lifetime. Yes sir, their wedding suit would do them for best till they died."

"It wouldn't get much call."

"Wouldn't it!" he rejoined. "They'd wear it to weddings and funerals—certainly not always to church but inductations and at the Sacrament seasons, yes. Of course they'd have a second best one for other occasions." We ate on in a silence he broke presently with "You know, Ellen this is a fairly 'tight' winter on farms; you may be 'chasing the crows' for the money you put into such nonsense before this year is away."

Yet because deed was already done, and not because his

prophecy on our behalf could not come true, we gave a few hours of our day to communing with an old love, one we have been of late years neglecting. We much enjoyed basting and sewing the seams and watching the lines of our frock form as we progressed according to our pattern. With the assistance and timely advice of the instructors of the Van, a pair with gifted minds and hands The classes have no mean fascination for those in attendance. We overheard a student try to determine that attraction yesterday.

"I can't say what it is," she chuckled, "But once you attend a session, you just don't like to miss any one of the rest. By rights I should stay home and mend this evening but I'm coming. I can't wait to see what my gloves will look like when they're done."

Done this day is now, its hours all but gone!

Until tomorrow—Diary—Good-night

Tea Breaks Help Weary Housewives

According to Dr. Sanderson, Head of the Home Economics Department of Detroit's Wayne University, housewives should take ten minutes of every hour for rest during their day's work. "No one," he said, "can maintain peak efficiency for extended periods without regular breaks to relax." Although most housewives cannot manage ten minutes every hour, many young homemakers have found that a good cup of tea at mid-morning and at 3:30 in the afternoon gives them the pick-up they need at those times.

Tea, of course, is the best beverage to enjoy at these breaks, for it has the happy knack of not only refreshing but giving you a delightful lift at the same time as it relaxes you. To get the most out of your tea break, it's a good idea to ask a friend in to join you, for tea is a friendly drink and tastes even better when enjoyed in congenial company.

As with so many things, the

secret of good tea-making is in the fresh, bubbly boiling water and allow to brew for five minutes. De freshly drawn from the cold water tap and it should be brought to a brisk boil and immediately poured over the tea. Remember to use a warm crockery teapot. Put in one teaspoonful for each person, and one for the pot, or one teabag for each two cups. Add the

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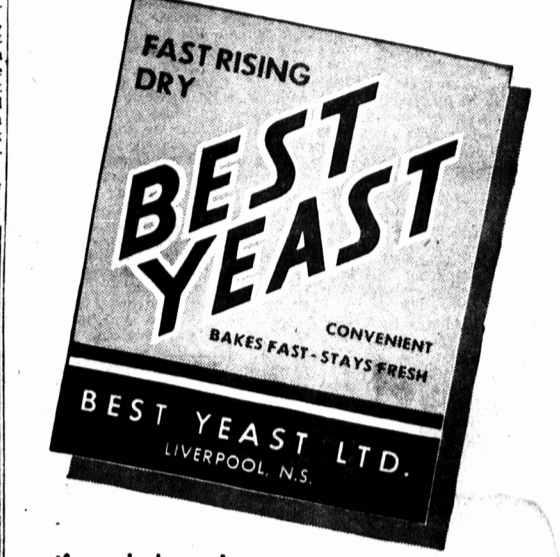
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