

WOMEN

Page 8 The Guardian, Wed., June 29, 1955

LET'S EAT

Milk Is On The Menu; It's Used Three Ways

By Ida Bailey Allen

We were discussing the amount of milk that should be taken by every member of the family. "From 3 to 4 cups of milk for children through adolescence and 3 cups a day for adults is the amount required for good health," I told the Chef.

"Do most Americans use these quantities, Madame?" he asked. "No, Chef, partly because of the expense, partly because many don't like to drink milk."

"This idea of expense is merely an alibi, however. Milk is available in several forms, at varying prices. For instance, evaporated milk, reconstituted with an equal amount of water, is equivalent to fresh milk in nutritive values. Baby formulas are often based on evaporated milk. It can be used by persons of all ages."

"I understand the nutritive values of milk are not affected by cooking, Madame. Therefore, is it not permissible for part of the day's quota of milk to be added to cooking foods?"

Three Ways

"Yes, indeed. For our dinner, let's plan a menu containing milk used in three ways so that each member of the family can literally eat the equivalent of more than 2 cups of milk and never know it!"

TOMORROW'S DINNER

Cottage Cheese
Vegetable Saladettes
Bottled Smoked Tongue
Creamed Potatoes
Frappee Rice Pudding
Hot or Iced Coffee or Tea
Old-Time Rice Pudding: In a

double-boiler, scald 1 qt. whole milk. Add ¼ c. uncooked rice, ½ c. sugar, ¼ tsp. nutmeg and 1/3 tsp. salt. Steam-cook 1½ hrs. Stir mixture occasionally.

Transfer to a well-buttered baking dish. Cover and slow-bake 1½ hrs. at 325-350 degrees F. Uncover the last 20 min. to brown. Serve warm or cold with light cream, a whipped topping or chocolate sauce.

To give a plain rice pudding a taste de luxe, the Chef suggests caramelizing part of the sugar.

Caramel Rice Pudding: To do this, follow the recipe for old-time rice pudding with this exception:

Before putting in the oven to bake, melt ¼ cup additional granulated sugar in a small frying pan. Cook over a low heat until melted and light brown like maple syrup. Add ¼ c. water. The sugar will harden so cook until liquefied again. Stir into the rice mixture and finish as directed.

Frappee Rice Pudding: Turn old-fashioned or caramel rice pudding into a freezing tray; freeze 35-45 min., or until crystals form around the edge. Stir and serve with sugared sliced strawberries, or half-thawed frozen strawberries.

TRICK OF THE CHEF

Pour maple-blended syrup over plain old-fashioned rice pudding and serve with or without a whipped topping.

Words Of The Wise

Silence and reserve suggest latent power. What some men think has more effect than what others say.—(Lord Chesterfield)

MARY HAWORTH'S MAIL

Widow Gives Chimes As Memorial, Gift Is Not Acknowledged

DEAR MARY HAWORTH: My friend Mrs. X hasn't broached this matter to me, but I am interested, nonetheless, and would appreciate your comment on it.

Mrs. X is a widow in moderate circumstances. She has given a large sum of money to the church where she is a member—to provide chimes in memory of her late husband, a man of musical ability and a great lover of organ music. His character was the finest.

This couple had given much of their time and money to the same church for 30 years and had the respect of all, and many friends.

When the above-mentioned chimes were dedicated, the bulletin didn't mention the donor, nor the fact that this splendid gift is a memorial to the late husband of Mrs. X. Nor did the pastor mention the couple, although their relations with him were friendly.

People who happen to know that Mrs. X gave the chimes are saying that the minister should have made the fact public, and should have spoken some words of praise of her late husband. What do you think? Thank you, V. F.

Who Is Speaking — Widow Or Friend?

DEAR V. F.: I am not sure whether you are the friendly bystander you claim to be; or whether you are Mrs. X, mystified by what happened. If it is indeed true that you are the bystander, consternated by the church's official silence about the memorial nature of the chimes and the donor's identity, there may be a simple explanation for it.

It may be that Mrs. X, in providing the chimes, expressly stipulated that the transaction was to be handled as privately as possible—in accord with the Scriptural injunction that the left hand isn't to know what the right hand gives. Thus perhaps the minister and the editor of the bulletin were respecting her wishes in giving no credit publicly to her.

However, if perchance you are Mrs. X, trying indirectly to unravel the significance of what looks to be a snub, one must draw a different inference. In that case, one can only suppose that church politics, and clique jealousies and faction fighting behind the scenes, were responsible for the church's failure to give credit where credit was due, when the chimes were dedicated.

Faction Fight In The Church?

Assuming that Mrs. X would have been pleased by some words of appreciation publicly paid to her late husband's memory, there can be no valid defense for the way things happened. The only "Excuse" would be the minister's cowed subservience to a pressure-group that wants to run things—and a group that intends to take over, now that Mr. X has gone, and Mrs. X no longer has the moral support of his active interest in church affairs.

Perhaps Mrs. X and her husband were effective leaders of a certain overriding school of thought in the congregation during the 30 years when they gave so much of their time and money to the maintenance of the church. And maybe opposing groups have been feeling for years that a change of boss-rules was overdue, and that no particular thanks are owed to Mr. and Mrs. X for anything—that is, from their critics' view. Thus they may have voted against public fanfare about the chimes, on the theory that Mrs. X's reign was at an end—and that she wasn't to get an extension of favor, nor be allowed to bow out with a flourish.

In my opinion, the church's official silence was right only if Mrs. X had specified "no public thank-yous." Otherwise, an open acknowledgment of her gift to the church was in order—and both minister and bulletin should have said something.



Sisters Graduate

Above is Genevieve MacDonald, a recent graduate of the Charlottetown Hospital School of Nursing, and Etta MacDonald who graduated recently from St. Dunstan's University with a Bachelor of Arts Degree. The girls are daughters of Mr. and Mrs. J. W. MacDonald, Glenfinnan.

Easy Up-Keep Makes Two Fabrics Popular

By ELEANOR ROSS

Fashion, this summer, puts special emphasis on the loveliest linen of all, spanking white, by using it in beautiful dresses, suits, smart separates. Best of all, it can be kept looking like new without too much effort.

Wash white linen in hot, hot soapsuds and rinse, repeatedly, until every last trace of dinginess has vanished. Then hang to dry, if possible, outside in the sun where it will bleach to a snowy white.

Linen is easiest to iron when it is quite damp. To get this even dampness, sprinkle the garment, fold it neatly and put it in a plastic bag in the refrigerator for a few hours. Not only will the dampness spread evenly, which is most important, but when the chilled fabric comes into contact with the hot iron, it will create steam which helps to smooth out wrinkles more quickly and gives a crisp, glistening look to the fabric.

Always use a hot iron for linen. If it's ironed on the right side, it may tend to shine a little. To avoid this, press on the wrong side or use a press cloth over trimmings

and pockets which need to be finished on the right side.

New Use for Terry

Terry cloth, once considered an innovation when it invaded the wardrobe in the guise of bath robes, has grown in importance. It has been used as informal summer slipcover material. And now, we find that this wonderful, washable, absorbent fabric, has invaded a new field.

There are terry cloth auto seat covers available in sizes to fit every type car. They are ideal for cars that make beach trips and cross-country tours. The beauty about terry in this new use is that the stretchy covers whisk off for quick sunbathing to remove the sand, soil and silt after a day at the beach. Also it is a most comfortable and pleasing fabric during the real "dog days." Even sunburnt legs and backs are soothed by its absorbent softness.

Long Trip

And if they are used for a long trip, terry seat covers wear well. All you have to do to make them clean, sweet and cool again after a stretch of duty is to stop in a village automatic laundry long enough for the covers to get a good sudsing and a quick rough-drying. Terry travellers are made up in gay plaids in colors that include coral, marine blue, green and yellow. They are all cheerful shades.

Cook's Corner



PINEAPPLE DELIGHT PIE

(A wonderful hot weather dessert. No hot oven.)
1 tin crushed pineapple
20 marshmallows
½ pint whipping cream
Vanilla wafers
Put marshmallows and ¾ cup pineapple juice in double boiler and let melt. Cool. Add drained pineapple.
Whip cream until stiff and add to mixture. Line pie plate with vanilla wafer crumbs and add top mixture. Garnish with red and green cherries.
Set in refrigerator until set and well cooled—may also be served as topping for angel cake.

Wife Preservers



When you are buying a chest of drawers, it is a good idea to pull out a drawer by one handle. If it comes out and goes back easily, it is well made and fitted. If it slips out of line and binds, it is not so good.

KEEP IN TRIM

Overweight Endangers Health In Later Years; Doctor Warns

By Ida Jean Kain

Why is overweight aging? How can the prime of life be extended? Does reducing make one look older? In seeking the answer to these and many more questions bearing on the problem of living to a healthy old age, your dietitian interviewed Dr. Edward J. Stieglitz, prominent Washington physician and author of "The Second Forty Years."

"Overweight leads to impairment of health," Dr. Stieglitz explained, "and when we are less well, we appear to age. Many women say they fear reducing will make them look older. This is just an alibi for not taking action! However, reducing does make one look older if weight reduction is too rapid. Reducing should be gradual," the doctor cautioned. "At the start of a reducing regime, a two pound loss a week is permissible. But this should be slowed down to five pounds off a month as reducing progresses. After all, that rate is sixty pounds a year!"

This authority agreed with your dietitian that a fast loss is most often not a permanent loss, and also that with a too rapid loss, the skin does not have time to adjust to the change and wrinkles result. This can all be avoided when reducing is accomplished through a protective diet.

"Overweight leads to a vicious cycle," Dr. Stieglitz emphasized. "The fat itself is a burden on the

heart, circulation and metabolism. The greatly overweight person not only deposits too much fat, but becomes less active, and therefore spends too little fuel in the day's activities. The less spent, the more deposited—and so overweight becomes progressive.

Nutritionwise, we have a relatively greater need for calcium as we grow older, the doctor stressed. This is because calcium tends to be lost instead of retained in the system. If because of limited calories or food allergies it is not possible to substantially increase the intake of milk or other calcium rich foods, he recommended that calcium tablets be taken daily. "The damage from poor nutrition may not appear for ten years—and a few weeks cannot correct the damage of years. Sensible nutrition should start with youth and continue throughout life for effective results. The so-called miracle foods like wheat germ and molasses provide no panacea," the doctor declared vehemently.

Summing up the significant changes that come with aging, Dr. Stieglitz said: "Capacities change with age; some improve, some depreciate. Speed diminishes, but skill increases with practice. Strength diminishes, but endurance is enhanced. Repair is slowed, but the necessity of repair is less frequent because of increasing immunity and lowered accident rate. Visual acuity diminishes—but the ability to perceive is enhanced as a result of experience, for sight involves comprehension of what is perceived."

Just living longer is not enough. What is most important, Dr. Stieglitz affirmed, is to CONTINUE to GROW into old age with enduring usefulness.

Brazilian Women Spoiled Compared To N. A. Sisters

By PEGGY THOMAS

(Canadian Press Staff Writer)

Ottawa CP —Brazilian women are spoiled compared to their North American sisters, says Mrs. Afranio de Mello Franco, wife of the new Brazilian ambassador to Canada.

"Almost the first thing a young couple does is hire a maid or two to do the housework," she said in an interview.

This leaves the lady of the house free to pursue a full social life. On the other hand, she said, North American women can usually get a little household help from their husbands. That is unheard of in Latin America.

Another difference she has noted is that Brazilian girls marry much younger. It's unusual for them not to be settled down by 19, she said.

SOCIAL WELFARE

Mrs. Mello Franco has been in Costa Rica for the last two years. There, she said, the main activity of a diplomat's wife is taking part in numerous social welfare projects. Prior to that her husband was posted in Washington.

Mrs. Mello Franco says that her first few weeks in Canada have proved confusing because she "has to speak four languages at once." She and her husband converse in Portuguese, the official language of Brazil; she has a Spanish maid, a French-Canadian chauffeur and English-speaking painters and decorators.

The painters were called in a few days after her arrival to re-decorate the sombre-hued ambience in the light neutral shades she prefers.

CHANGED RIGHT AWAY
"When I don't like something about a house, I want it changed right away," she explained with a smile.

Vivacious, dark-haired Mrs. Mello Franco also has a taste for Chinese furniture. She says that she doesn't know what started her collecting it, however.

"I think I wanted something a little different for our house and that is what I chose," she said.

HISTORIC ISLE

The aux Coudres in the St. Lawrence 60 miles below Quebec was so named by Cartier in 1535 because of its hazel nuts.

FAMED EXPLORER

David Thompson in 1807 was the first white man to cross the Pass in the Rockies, on the border-British Columbia boundary.



Heavenly comfort all day long!

PLAYTEX* LIVING BRA

for every summer activity

This inspired combination of nylon and elastic fits as if it were made for you alone... gives you a line that's rounded, raised, and ravishing. Washes easily, dries fast, and holds its shape as beautifully as it does yours! Snowy-white, 32A to 40C, at your favorite department or specialty store. \$3.95

*Reg. Trade Mark

Styied in New York and Made in Canada by Playtex Ltd. . . . PLAYTEX PARK . . . Amrprint, Ontario.

Wife Preservers



Never risk wobbly candles; melt some paraffin, pour it into the socket of the candlestick and put the candle in without a hot.

ANNE ADAMS PATTERNS

BUTTON-ON MAGIC!



CHANGE from sundress to city dress quick as a wink with that clever collar! See how it buttons right to the dress-points up the curvy shape of the neckline. You'll get so much more wear out of a smart combination like this—and it's so easy to make!

Pattern 4809: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 dress 4½ yards 35-inch; collar 1½ yards.

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, care of The Guardian, 60 Front Street West, Toronto.

Relax with

TEA



more flavour
more cake

BRODIE'S XXX

Double-Decker*

COMBINATION AND MARBLE CAKE MIX

One White cake and one Chocolate cake in each package—combine them for a big layer cake or mix for a MARBLE CAKE.

*Two bigger than ever 8-inch cakes in each package, pre-measured in separate envelopes for an even layer cake.

Just add water, mix and bake for a new high in quality—a more delicious cake.

Up to ½ More than Any Other Mix! The only Combination Cake Mix on the market.

REACH FOR THE NEW YELLOW PACKAGE WITH THE BIG RED LETTERS
BRODIE'S XXX CAKE MIXES

Try these other famous Brodie's XXX Mixes...
Chocolate, White, Angel Food Spice and Piqueik



*HERE'S THE SECRET!

FRENCHWISE HAMBURGERS:

1½ lbs. ground chuck beef, 1½ tsp. salt, 2 tbs. minced onion, 2 tbs. French's Mustard, 1 egg, ¼ tsp. pepper, ½ tsp. French's Worcestershire Sauce. Knead ingredients together thoroughly, pat into cakes, grill or pan fry. Serves 5.

French's golden flavor adds extra zest to many other outdoor treats—hot dogs, sandwiches, cold cuts, salads. Let folks serve themselves right from the jar.

Get your copy of NEW EDITION OF "CULINARY ART" RECIPE BOOK for 10c.

Reckitt & Colman (Canada) Ltd., Dept. B3, 1000 Amburst St., Montreal.

NOW IN CANADA!

French's Worcestershire Sauce in new, non-drip bottle. Finest Flavor, Highest quality. Try it.

Canada's Golden Quality PREPARED MUSTARD -In the Red Pennant Jar

