

WOMEN

Page 8 The Guardian Thursday, March 3, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

What fine gifts were ours today—we, who live in Island farm-places! The temporal blessings, how lightly we too often regard them, we accept, indeed take them without so much as a grateful thought or an inward "Thank you." A radio-speaker commented on his lecture the other Sunday afternoon.

And "Temporal blessings" a woman where we visited, echoed with a chuckle "I guess I am got any! We wouldn't consider a woman had any if she could not afford to get herself a new spring dress or an Easter hat, would we?" she queried with a touch of whimsy. But there was a stonier throw away from you. And you have your grandchildren too. What more would a woman want?

"You're right, Ellen," she nodded, "what more would a woman want?"

And we had to smile recalling the words of a lady when before Christmas we talked of seasonal things.

"I just know I won't get a thing I want," he said dolefully. "I'd like new skates and a watch and a hockey sweater—I wouldn't mind it if I got either the skates or the watch. But what will I have? Only a few old trinkets

I don't want at all!"

"Your parents are dead . . . your home is on fire, the children all gone," we laughed.

"No. That was the Ladybug," he replied with a half-grin.

"Well, you will have all that for Christmas, isn't that the best gift in all the world, for a child to have?"

"Oh, I suppose so," he conceded with a shrug. "That's what Mother says. She says if we're just all together, isn't that good? I know it is, but I'd like other gifts besides."

Other gifts besides that of Family and home we had today: bright sun and gentle wind and the peace of quiet places; the joys of the common round and trivial task, the splendor of the sunset. Did not Old Sol pause a long minute there above the dark wooded hilltop this evening to smile happily over his day; to wink an indulgent eye over our quires and our colorful Au Revivier, he dropped from view behind the rim of our valley?

Gift of sun and wind, gentle along the farmlands we had today. And now above their quiet like a canoe of pale gold riding gracefully on summer sea, we have the new moon.

It will be a long-drawn-out Spring this, Ellen, a farmer commented today. "It's always that way when the March moon continues into April."

"We'll see!" we laughed.

And beyond this night so lovely? A new day in the morning.

Until tomorrow Diary

Good-night

MARY HAWORTH'S MAIL

Divorcee Condemns Self For Affair

DEAR MARY HAWORTH: I am in my early 30's, divorced nine years, self-supporting, with a good position, and find myself becoming increasingly bitter. Lately I have been restless, thinking of children and a normal home life. But I don't know how to set about getting these things.

I have been involved in an affair for over five years. I see just this one man; he too is divorced. He is charming and intelligent but doesn't want to get married. He gives as his reason that I am too selfish, not mature enough. I cook and clean for him nearly every evening after business hours. Still he claims this doesn't signify I would make a good wife.

I realize that I am entirely to blame for my present lot. I am weak, easily swayed by Tom's version of how to love. I have accepted money and gifts from him. We have travelled extensively together.

Calls Herself Non-Religious

I don't have a very good opinion of myself, and I feel myself floundering, trying to find a way out. I can't turn to religion, as I've never known religion. Tom and I are of different faiths. I know an outsider can think of me only as the poorest example of womanhood. And I really don't know what you or I tell me that I haven't told myself, time and again.

Perhaps I just want to see my situation in print, to study it objectively, as if it were another person's problem. Or perhaps I am turning to you as I might to my mother, who has been dead since shortly after my divorce. I have nobody else with whom to talk things over; so please don't put this letter aside unanswered. I think I am ready to do any hairshirt you may suggest. K. Y.

Man's Malice Beats Her Down

DEAR K. Y.: The worst of the situation is that your partner in sin takes malicious advantage of your social isolation to trample your self-esteem—such as you have. This has a cumulatively damaging effect on your rational faculties and morally recuperative powers.

Here is a typical illustration of Satan at work, sabotaging a soul (with a victim's help)—the kind of skulduggery hatched in hell, described with such brilliant wit by C. S. Lewis in "The Screwtape Letters" (Macmillan). The letters written by Screwtape, an important official in Hades, to his nephew Wormwood, a junior devil on earth. The letters are instructions in how to mislead a certain young man and get him on the skids to hell.

Mr. Lewis makes clear, in this and other lively books—for example "Christian Behavior" and "The Great Divorce" (Macmillan)—the irony of evil-doing is that it cossetly cheats the suckers who embrace it. It never lets them in on the fun or pleasure they looked to find on the prime path. Rather, futility and frustration and bitter heart-hunger for the good life are inevitable by-products of going astray.

Basic Enemies of Regeneration

The well-known parable of the Prodigal Son is a case in point. This Scriptural story indicates the divinely ordained correction of your kind of mistake. The answer is to pull out of the company of swine ("who turn and rend you and discover true satisfaction in righteousness" under the Father's care. The father in this parable is symbolic of God's love, of course—which becomes manifest to those who believe that He is (as the Bible tells us).

You know what you should do; but the problem is, you feel unable to get going towards salvation. To energize your spirit for taking the upward course, read "Power Through Constructive Thinking" (Harpers) by Emmet Fox. At present you are hemmed in by doubts, fears, resentment and self-condemnation; these are the basic enemies of moral regeneration. Learn to master them, and your life will be transformed, I promise. M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of The Guardian, Charlotte-town.



Fine Cotton

Attractive cottons, elegantly handled, are dominant again in the new sartorial line-up. The well done cotton suit, in particular, looks like a repeat success. While the new long line jobs are everywhere there are plenty of clothes around that hew to the line, slim, but not overly so, and softly contoured to the figure. From Dallas, where cotton is really king, comes a neat suit of light weight cotton alpaca, black ton on soft gray. The wardrobe stretching suit dress has good lines and good styling, and is the sort of thing that is at home anywhere, no matter the year, no matter the season.

The Heart Of The House Should Watch Her Heart

By ELEANOR ROSS

The homemaker is the heart of the home, and it's a wise woman who cares for herself accordingly. On our desks is a wonderful booklet, published by the American Heart Association and directed primarily to the homemaker who does her daily round under the handicap of a heart condition. Beneficial to All

It is so filled with wonderful time-and-energy-saving devices that we think every housewife, however strong, however healthy, could benefit a great deal by its advice.

For instance, what daughter of Eve is there who would not be interested in body mechanics? One of the easiest ways to conserve energy is to use one's body properly. Using the body properly not only saves energy, but improves the posture and the figure.

The little dime booklet describes and pictures the correct methods of sitting, walking, stair-climbing, lifting, pushing, pulling and the correct way to relax.

Pacing Oneself

How to pace oneself, and so achieve a rhythmic, relaxed way of doing things is another important subject. The proper pacing, the proper rhythm, makes for an easier, pleasanter way of doing a better job. Working like fury to get the house in order when time is not of the essence is a killing way of doing things. The easy, paced manner conserves men and physical energy, makes for a happier environment all around.

The booklet does a noble job of working out principles of work and routine simplification. The line drawings, simple as they are, tell a story, amusingly and pointedly.

Every home, every homemaker, will be all the better for a searching analysis of the work program, which begins with breaking down the operation and then going at it with the best possible equipment. And get the family to help. Mother doesn't have to be an invalid in order for brother or sister to take over some chores!

"First I'll describe where the farm is and what it's like there, then the climate, the layout, the family that runs it, cropping, labor, livestock, water, rainfall and any local history—so that although it will be a factual report, it will be interesting and understandable to the layman."

The report of each farm is made up into separate loose-leaf folders and can be used as a basis of study for advanced students as well as school children in Britain.

LET'S EAT

The Fanciest Dessert May Well Be a Souffle

By IDA BAILEY ALLEN

"When dining in a fine restaurant with plenty of time to spare, what dessert does a thoughtful gentleman often order for a lady, madame? A souffle, n'est-ce pas?"

"Right, Chef. It's a real luxury, for dessert souffles are seldom served at home. Yet they are easy to make."

Points to Follow

"Out, Madame, given a good recipe, anyone can make a souffle if several points are carefully followed.

"The foundation is similar to a white sauce, and must be well cooked before adding the eggs and other ingredients which add sweetening and flavor. The dish in which it is baked should preferably have straight sides and be broad, rather than high. 12" x 4" is a good size. The weight of the souffle mixture will then be distributed over a wider area, and, as the lightness of a souffle depends on the generation of steam expansion of the air (through heat) beaten into the eggs, there will be less strain on the delicate cells in holding up the mixture.

Quicker Baking

"Individual baking dishes are sometimes used, when the souffle will bake in half the time needed by a full-size model.

"Baking dishes for souffles should never be buttered or oiled, because they then become slippery, and the mixture will not be able to stick to the sides as it gradually rises and climbs up to its fullest height.

"Of course, a souffle must be handled gently, so that it will be puffy. And there is a must: it should be served at once when taken from the oven."

Banana Souffle

Melt 2 tbs. butter; stir in 2 tbs. flour, ¼ tsp. salt and 2 ½ c. heated milk. Cook and stir until boiling.

Separate 3 eggs. Beat whites stiff. Beat yolks creamy and add 3 tbs. sugar, ½ tsp. vanilla and 2 well-mashed small ripe bananas. Fold into beaten egg whites.

Spoon into a 3 pt. baking dish (unbuttered). With a teaspoon make a 'groove' an inch from the

edge to assist better rising. Set in a pan. Pour in boiling water to half the height of baking dish. Bake 45-50 min. in moderate oven, 375 degrees F. Serve at once.

SUNDAY DINNER

Celery-Apple-Nut Saladettes
Chicken Fricassee on
Biscuit Squares
Green Beans Browned Parsnips
Banana Souffle
Coffee Tea Milk

CHEESE A MAIN DISH PROTEIN

Cheese is a first class protein food, yet many men would be happy to discover a piece of plain cheese on his dinner plate instead of meat? It would look skimpy, insufficient, and he would know by experience that it would not satisfy hunger as well as meat because, being a concentrated food, it does not "fill" the stomach.

But combine plenty of cheese into a "made dish," with other ingredients, and the picture changes. You will have produced a bountiful-looking entree that looks and smells delicious.

TOMORROW'S CHEESE BAKE DINNER

New England Oyster Stew
Snappy Cheese Bake
Buttered Kale Beets Vinaigrette
Apricot Cake
Coffee Tea Milk

Snappy Cheese Bake: Pour ¾ c. scalded milk over 2 c. soft enriched bread crumbs. Add 2½ tbs. butter, 1 tsp. salt, ¼ tsp. each pepper and paprika, ½ tsp. table mustard, 1 tsp. Worcestershire sauce, and 1 minced seed green pepper.

Beat 3 eggs until light. Add ¼ lb. grated sharp American cheese, and ¼ tsp. baking soda dissolved in 1 tsp. milk. Turn into buttered 7" x 11" baking dish. Stick into top small squares of buttered enriched bread (use 2 slices). Bake in a moderate oven, 350 degrees F., about 35 min., or until puffy, lightly browned and firm to the touch in the center.

Serve hot, plain or with thin tomato sauce.

Apricot Cake: Have ingredients at room temperature. Measure ½ c. shortening and ½ c. cream cheese into a qt. bowl. With pastry blender and fork, work in 1½ c. already-sifted enriched flour and ¼ tsp. salt.

Transfer to a floured pastry board or cloth. Roll to 1 3/8" in thickness. Fit into a 7" x 11" oiled shallow pan.

Cover top with drained canned or stewed apricots. Pour over ½ c. dairy-sour cream. Sift over ½ c. confectioner's sugar mixed with ½ tsp. cinnamon.

Bake about 30 min. in moderate oven, 375 degrees F., or until

be unvelled by two of her sisters, who donated it.

The bust is by sculptor Felix Weiss de Weldon of Washington. Miss Macphail first was elected to the Commons Dec. 6, 1921, as a candidate for the United Farmers of Ontario. She took her seat in the House March 8, 1922, as a member for Grey South East.

HONOUR AGNES MACPHAIL, M. P.

OTTAWA (CP)—Canada's first woman parliamentarian will be honored at a special ceremony here next Tuesday on the 33rd anniversary of the day she took her seat in the Commons.

A bronze bust of the late Agnes Macphail, who died in 1954, will be unveiled in the southwest corridor of the main Parliament Building near the House of Commons chamber.

Speaker Rene Beaudoin said the Commons will adjourn at 5 p.m. Tuesday. Following tributes in the Chamber to Miss Macphail, the bust, mounted on a pedestal, will

be unveiled by two of her sisters, who donated it.

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BRITISH WOMAN WILL GATHER MATERIAL FOR FARM-STUDY PLAN

LONDON, (CP)—Sophisticated Joan Bostock is basically a city dweller and doesn't look like type to "poke about in pigsties," but that's what she'll be doing in Canada this spring.

Miss Bostock, 35, is going to visit four typical Canadian farms—in Ontario, Quebec, Manitoba and Nova Scotia—to gather material for a British farm-study plan.

During the Second World War she wrote scripts, advising Britons how to grow more at a time when every extra potato meant saved shipping space and a national slogan was "Dig for Victory."

ELEGANT EXPERT

Now the elegant agricultural expert gathers facts, figures, photographs and detailed maps of farms in Britain and the Commonwealth for some 1,100 British schools.

She is a travelling representative of the Association of Agriculture, a non-profit organization that seeks to keep alive the wartime public interest in home-grown food. Eight British farms were surveyed in the last three years and the scheme now has been extended to Canada, Australia and New Zealand.

BRITISH WOMAN WILL

Miss Bostock starts her Canadian tour at Guelph, Ont., May 9 and plans to spend about two weeks in each of the four provinces. She told how she will go about it in an interview.

"First I'll describe where the farm is and what it's like there, then the climate, the layout, the family that runs it, cropping, labor, livestock, water, rainfall and any local history—so that although it will be a factual report, it will be interesting and understandable to the layman."

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ANNE ADAMS PATTERNS

ACCESSORY DRESS!

A whole wardrobe of fashion in ONE pattern—that's the beauty of this basic new style! SWITCH-ABOUT accessories include a vest, collar, capelet and dickey—variety for every day of the week. Sew it—you'll love it!

Pattern 4692: Misses' Size 12, 14, 16, 18, 20. Size 16 dress, 3¾ yards 35-inch fabric; capelet, ¾ yard pattern.

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.

MORNING SMILE

Smith assured his wife that he could repair the broken window. He took the measurements and went to buy the glass.

"Quite a simple job," the shopkeeper told him. "You simply pull out the old glass, put in the new, fill in the putty, and there you are."

In less than an hour Smith returned to the shop.

"Same size again, I suppose?" was the shopkeeper's greeting.

crust and apricots brown slightly. Sift over 2 tbs. additional confectioner's sugar. Cut in squares; serve warm or cold.

TRICK OF THE CHEF

Add ¼ tsp. caraway seed while cooking fresh or frozen kale.



4692

12-20

by Anne Adams

Welcome Spring!

Get a head start on spring . . . with one of our exciting new hats that say "Hello" to a new season! Come in and see them all!

ADELLA'S MILLINERY
177 GRAFTON ST.

KEEP IN TL

Starvation Diets Are Foolish

By Ida Jean Kain

Trying to half starve in order to reduce on a too rigid diet always ends in failure. The body is a working machine and requires repair material as well as fuel. Poor nutrition only makes for weariness.

The longer I write this column, the more convinced I am that the only real solution to the overweight's problem is to learn to eat to reduce. The scientifically planned diet not only keeps the system running smoothly, but is

quate diets, and I was either reducing or going back up—and each time I went further up than before. I was completely fagged out after each reducing bout.

When I think of all the years of struggling with my weight and of all the other women who try to reduce on faddy diets, it makes me heart sick!

"On January 19, 1954, I started to reduce following your TAKE YOUR CHOICE DIET. On the 12th of October, I reached normal weight, having lost 80 pounds."

"The first two weeks on the diet, my stomach cried for food. But after that, it wasn't difficult to stick to the Choice pattern, except for an occasional day. During the time I was reducing, I ate nothing with sugar added except when I was invited out for a meal. Nor did I use artificial sweeteners. My idea was to train my appetite so that I could eat sweets within reasonable limits. The protein food at every meal plus the other strength giving foods in your diet kept up my energy."

"I have a feeling of well being now that I haven't experienced in 40 years. I don't look like a sixteen year old, but I feel like a different person. Folks stop me on the street and ask what I have been taking to reduce. I always explain I ate to reduce."

"I marvel at how much easier it has been to reduce on a rational plan."

There you are, overweight—eating to reduce is not so much a "diet" as it is a food pattern that meets the repair and regulating needs of the body and satisfies hunger while curbs calories. Why don't you try it?

Household Hint

A one-drawer wooden or steel office file is handy for home use. You can file bills to be paid, receipts, guarantees for appliances and other vital data there.

built around the foods which actively stimulate the body to burn excess fat.

You overweight who have tried diet after diet with little or no success seem to be unable to accept the fact that you can eat well and lose weight. Perhaps it sounds too good to be true. Or it may be that I do not sufficiently emphasize the absolute certainty of success of scientific eating for weight control.

The facts are these: You do not need to go hungry—you can eat three meals a day, lose two pounds a week and feel wonderfully fit. But let's hear this straight from a courageous reducer from Michigan who has at long last triumphed. She writes: "For years I went on inade-

quate diets, and I was either reducing or going back up—and each time I went further up than before. I was completely fagged out after each reducing bout.

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