

WOMEN

Page 8 The Guardian Thursday, Nov. 11, 1954

Discouraged Overweight Needs To Start Afresh

By Ida Jean Kain

Reducing by oneself can be a lonely business and vastly discouraging at times, as evidenced in today's letter:

"On January 1st, I weighed 204 pounds. Staying on a 1200 calorie diet and eating down everything I ate, I lost 12 pounds that month. Then, early in February, I went to the hospital for minor surgery. It was some time before I attempted to lose again. However, I am, or rather was, down another 13 pounds, making 25 pounds in all. My doctor was very, very pleased. I had exercised too, and found that I could wear dresses two sizes smaller. The doctor told me that if I lose only one-half pound a week, but keep going in the right direction, that will be fine.

"But alas, I am beginning to gain. I seem to be hungry all the time, particularly between meals. In the past, I had a number of things that could boost my morale — studying the clothes in a fashion magazine, thumbing through my reducing scrapbook with your clippings and other inspirational stories of reducers. Now they have no effect. I seem to have lost my will to be normal weight or look young again. I have lost confidence in myself.

"All the things you write in your

column about the comments of friends and acquaintances are true. They say: How thin you are getting — are you feeling all right? Or: You'll probably just gain it all back again anyway. Encouraging comments or compliments are few and far between.

"Is what my friends say true — will I just gain it all back again? I feel a slight panic within me, afraid I can't lose and knowing I must. What is wrong with me?"

You need to start afresh on your reducing program and visualize yourself slimming down. Best of all would be for you to join a reducing club so you can talk over your problems with other dieters. Your hunger stems from boredom and frustration, and it cannot be satisfied with food.

If you join with other overweight, the camaraderie and spirit of challenge will give you a completely new perspective.

Because of the chance remarks of some of your friends, coupled with your own negative attitude, you are actually visualizing yourself regaining the pounds. A complete change of mental attitude can re-activate your will to slim down and you'll be happily on your way to losing another twenty-five pounds. Most important of all, you'll get a new lease on life.

MARY HAWORTH'S MAIL

All Woman asks Is True Love

DEAR MARY HAWORTH: After years of humiliation and heartache, I divorced my husband because of his flagrant association with other women. He never showed regret for his actions and even refused to pay alimony ordered by the court for child support.

Life has been very difficult for me since the divorce and I often wonder if I made a mistake — although I remember how impossible it was to stay with Bob in the circumstances he created. I have been criticized for the divorce, by people who say the double standard exists, and women should overlook infidelity in a husband.

To add to this I have fallen in love with a man I'll call him Steve who was, I thought, everything I had ever dreamed of. But recently he told me that although he still loves me, he never could be true to me and, knowing my attitude on infidelity, he felt we shouldn't go on, because he didn't want me to be hurt again.

HER MORALE NEVER LOWER

All this has crushed me to such an extent that I simply don't know if I will be able to bear up. My morale has never been lower. I try to find solace in religion but it hasn't assuaged the grief and loneliness. All I can feel now is pain and fear for the future.

Why have I failed so terribly in these personal relationships? What is wrong with me, that the men I have loved and I don't fall easily can't be true to me? When I love someone, nobody else attracts me in the least — and all I ask in return is true love. And I to have encountered infidelity twice is about to be the end of me. Please advise. R. T.

SHE'S DEPENDENT AND POSSESSIVE

DEAR R. T.: In your long letter, here condensed, you say you are "not at all the driving, demanding type of woman." As I get the picture, you are extremely dependent in attitude, therefore proportionately, possessive emotionally. There is a helpless sort of passivity in your nature — an unconscious demand to be specially cherished, that goes with grossly inadequate self-assurance.

This childish cast of character is linked to basic discouragement and unconscious self-rejection — handicapping trends ingrained by early defeats in one's instinctive search for love-security. It probably explains why you give your

heart to the philandering type of man — and why the Lotherio who is cordially and indiscriminately on the make includes you in his repertory, too.

"You don't fall easily," you say — attracts you in the least. Which means, of course, that you aren't sunny, sociable, outgoing, warmly disposed to see winsomeness in all sorts of people. Rather, you are anxious, defensive, nearsighted and self-enclosed in your conduct in life. You haven't the valor to scout the field of worthy men, to search out those you'd like to marry, and then go after Tom, Dick and Harry, until you corral a mate who is content to be captured by you.

WEAK WAITING BETRAYS HOPES

It is possible that as recently as the 19th century, good men were aggressive in courtship; but nowadays the pattern is different. In the present century, it is the self-confident woman, alert to her opportunities, who takes home the sterling husband. And you are missing the potential prizes, getting wolves instead, largely due to waiting weakly for fate (you hope) to find you. To use your phrase, this is "what's wrong" with you — a frightened sit-in-the-corner attitude.

You don't "fall terribly" in your romantic exchanges. Rather you accept poor material to start, then try to make a silk purse out of a sow's ear. All you ask in return for this misguided effort is "true love," you say — yet you feel you're not demanding!

The cure for your misery is to grow up psychologically and become a realist in adult relationships; this is the only way to get on the beam of wholesome experience. To gain insight into your self-defeating bias, read "Divorce Won't Help" by Dr. Edmund Bergher (Harper & Brothers).

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Wife Preservers

1 lb. flour
1 level tsp. baking powder
2 3-oz. margarine or butter
1 egg and little jam

Sift flour with baking powder and rub 2 1/2 oz. or margarine or butter in. Beat up and stir in the egg. Mix well, spread in deep shallow tin. Spread top with thin layer of jam.

3 ozs. coconut
3 ozs. sugar
1 egg
1/2 tsp. vanilla
1/2 oz. margarine or butter

Rub one-quarter oz. margarine or butter into coconut and mix in sugar. Beat the egg and add to the mixture with vanilla flavoring. Mix all together. Spread evenly on top of jam and bake in a very moderate oven until a pale golden brown. About 30 minutes. Cut into slices while hot, lift out when cool.

Exchange Vows



Leading Seaman and Mrs. Victor MacFadyen were married on October 23 at Clyde River Presbyterian Manse. Before her marriage the bride was Rene Isabel MacNevin and both the bride and groom are from Canoe Cove. Their wedding attendants were Mrs. Alexander MacNeill as bridesmaid and Mr. Rowan Ferguson as groomsman. (Photo by Meyers Studios).

ELLEN'S DIAFY

by an Island Farmer's Wife

"From little towns in a far land we came To save our honor in a world aflame; By little towns in a far land we sleep, And trust those things we won to you to keep."

The memory of these we honor now, on this Day of Remembrance — the lads from little towns, from village and farm, who one day left home and loved ones and marched away to the service of their country and Nation. Pridetully we re-

Herman N. Bundesen, M. D.

New Remedy For Black Eyes

When Junior comes home with a black eye, don't run for the beefsteak. That remedy is now passe. Medical science has come up with something which two Philadelphia eye specialists say is much better.

Drs. Francis N. Campagna and Joseph M. Hopewell of Philadelphia General Hospital have been using trypsin, a digestive enzyme, to treat black eyes.

They report it worked successfully in five cases. In seven cases of other eye conditions, including hemorrhage of the retina and resulting loss of vision, they had "impressive" results.

One of their patients was a 45-year-old man who had been beaten badly on the face. Both eyes were swollen shut.

Twenty-four hours after the doctors began their treatment, they said improvement was clearly noted, and within 48 hours, one eye was fully open.

The trypsin solution, called Par-enzyme, is not injected into the face, but is given in the buttock incidentally. Par-enzyme is related to beefsteak after all. The purified crystalline trypsin comes from beef pancreas.

QUESTION AND ANSWER

Miss J. B. Is honey fattening? If so, how many calories does a tablespoon contain?

Answer: Honey contains 100 calories per tablespoonful. Since it is almost a pure carbohydrate, the use of large quantities might tend to produce a gain in weight.

These men of ours, who answered duty's call, And came not back were listed as if dead; Yet we well know, these spirits "Carry on" — They live! They live! They have but gone ahead."

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

LET'S EAT

Cooking The Venison Hunter Brings Home

By IDA BAILEY ALLEN

The Chef and I decided to give a gay game dinner party at Luchow's restaurant in New York during the venison festival.

Mr. Leonard Jan Mitchell, the manager, planned our menu. The German band played its loudest; the Chef sang at the top of his lungs; everybody wore an amusing hat.

With the game season on, many a proud hunter will come home with a dressed deer to be cut up like beef and frozen in the home freezer.

Between courses, Mr. Mitchell gave me these interesting points on cooking it.

Preparing Frozen Game

Choose a method that will save the natural fat and juices, and be sure to add enough extra fat to insure tenderness, for game is lean. Thaw frozen game before cooking, either plain, or marinated in a suitable sauce 24-48 hours in advance, to tenderize the meat. Choose a simple sauce that will accentuate or blend with the natural flavors, rather than mask them.

VENISON DINNER PARTY

Herring in Dill Sauce
Venison Soup Partridge Toasts
Broiled Venison Hunter Style
Lentil Purée
Red Cabbage in Pastry Shells
Chicory-Celery Knob Salad
Lingonberry Pancakes Coffee

SUNDAY DINNER

This party menu can be adapted, without venison, to a Sunday dinner for guests, by substituting beefsteak, and serving cranberry-filled pancakes with cranberry hard sauce.

Herring in Dill Sauce: Clean 8 fresh herring; remove the skin. Cut out the fillets from the bones, rinse, dry, and sprinkle with 1 tsp. salt. Place in a small casserole.

Beat together 3/4 c. each table mustard and olive oil until the thickness of mayonnaise. Gradually add 3 tbs. vinegar, 1 1/2 tbs. lemon juice, 1/2 c. coarse-chopped fresh dill, 1 tsp. coarse-ground black pepper, 1 tsp. salt, 1 tsp. whole allspice and 1 1/2 tsp. sugar. Pour this sauce over the fillets. Cover and refrigerate 3 days.

To serve, garnish with thin-sliced peeled red onions and minced fresh dill. No cooking is required. If fresh dill is not available, use 1/4 c. dried dill allowed to stand 20 min. in 2 1/2 tbs. water.

Venison Soup: Use your favorite beef and vegetable soup recipe, substituting venison for beef, and adding 1/4 c. diced German sausage meat.

If you are lucky enough to have a partridge to cook in the soup, clean, dress and stuff it. Brown with the meat and simmer 2 hrs. in the soup pot. If you don't have partridge, use a small broiling chicken.

Partridge or Chicken Toasts: Chop or grind the cooked partridge or chicken meat and mix with the stuffing. Season to taste with salt and pepper. Blend until smooth; spread on toast triangles.

Broiled Marinated Venison: Use leg or loin of venison cut in steaks about 3" thick (1 1/2 lb. portion for each person). Season with 1 tsp. salt, and place in a bowl.

To make the marinade, add 4 whole peppercorns, 1 sliced peeled onion, 1 sliced peeled carrot, 4 sprigs parsley, 1/2 tsp. thyme, 1 bay leaf, 5 tbs. olive oil and 1/4 c. lemon juice mixed with 1/4 c. water, (Mr.

Mitchell uses white wine.) Cover and refrigerate 24 hrs. Turn several times.

To cook, drain and pat dry. Sauté in olive oil allowing 3 min. to each side, longer for well done.

Serve with soured cream sauce. Soured Cream Sauce: Pour off excess fat from the pan in which the venison was cooked. Add 2 tbs. flour, 1/4 tsp. salt, 2 chopped peeled shallots (or 1/2 tbs. minced onion), and 2 peppercorns crushed fine.

Gradually stir in 1 1/4 c. commercially soured cream; stir until thickened. Add the juice 1/2 lemon.

Lingonberry or Cranberry Pancakes: Make very thin French pancakes, 3 to a person, following the recipe often given in this column. Put together with stewed lingonberries or canned cranberry sauce. For a gala touch, flame with brandy.

TOMORROW'S DINNER

Tomato Juice Cocktail
Celery Pickles
Oven-Fried Fish Filets with Lemon Butter
Baked Halved Potatoes
Casserole Onions
Deep-Dish Apple Pie

Coffee Tea Milk

Here is a menu that can be oven-cooked in 35 minutes with a little know-how.

Route: — Rub halved baking potatoes with fat, and put to bake at 400 degrees F. Peel and slice enough onions to make 4 c. Add 1 tbs. each flour and butter, 1 tsp. salt and 1/2 tsp. pepper. Pour in 1 c. heated milk and 1/2 c. hot water, and put in the oven. Next, start the pie to bake, and last, put in the fish filets to oven-try.

TRICK OF THE CHEF

Add 1 tsp. oven-toasted crushed caraway seed when cooking red cabbage.



CUP CAKES

1/2 cups pastry flour
1/2 tsp. salt
1/2 cup sugar
2 tbs. shortening
3 tbs. peanut butter
2 squares chocolate or 1/2 cup cocoa
1 cup cold strong coffee

Method: — Mix and sift flour, salt and soda together. Cream sugar and peanut butter. Add melted shortening. Mix cocoa with little of coffee. Add coffee and flour alternately. Bake about 20 minutes.

—Mrs. James Paynter, Carleton Siding W. I.



TO make the marinade, add 4 whole peppercorns, 1 sliced peeled onion, 1 sliced peeled carrot, 4 sprigs parsley, 1/2 tsp. thyme, 1 bay leaf, 5 tbs. olive oil and 1/4 c. lemon juice mixed with 1/4 c. water, (Mr.

AIRLINE STEWARDESS WANTED

TCA invites applications for the position of Airline Stewardess. Qualifications: Age 21 to 26 years, height 60" to 67", weight in proportion to height, and in good physical condition. Successful applicants must be in possession of Registered Nurse's Certificate and will be required to pass Company medical examination. This position offers an excellent career and Company benefits, including pass privileges with attractive salary. Applications should be addressed to Mr. P. Arnsby, Steward-in-Charge, Trans-Canada Air Lines, Moncton, N. B.

Household Hint

In washing light bulbs be sure not to let any water get on the metal screw. Dry before replacing bulb.

Morning Smile

There wasn't anything that John Henry Jones couldn't and wouldn't talk about. He took every conversation by the throat and choked it to death.

Finally Adam Smith couldn't stand any more. Adam—Do you realize that you and I know all there is to be known?

John Henry — Do you think so? (very pleased; for, after all, Adam was president of his class. How do you figure that?)

Adam—Easy. You know everything except that you are a darned idiot. And I know that.

HISTORIC SEA

Japan's inland sea dotted with islands, extends 250 miles from east to west.

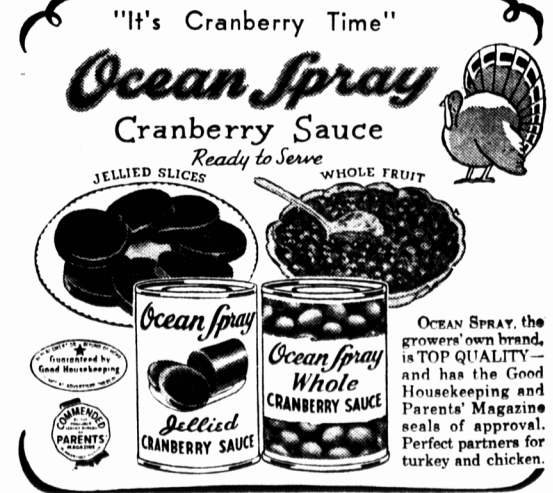
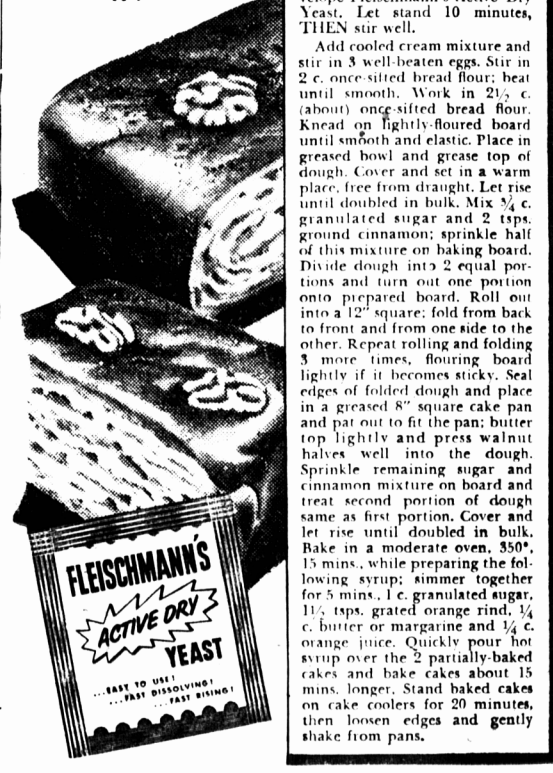
Flaky COFFEE CAKES

These toothsome Flaky Coffee Cakes are a sample of the superb results you get with new Fleischmann's Active Dry Yeast! No more anxiety about yeast cakes that stale and weaken! Fleischmann's Active Dry Yeast keeps full-strength, last-acting without refrigeration — get a month's supply!

FLAKY COFFEE CAKES

Scald 3/4 c. cream, 2 tbs. granulated sugar, 1 tsp. salt and 3/4 c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl 1/2 c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.

Add cooled cream mixture and stir in 3 well-beaten eggs. Stir in 2 c. once-sifted bread flour; beat until smooth. Work in 2 1/2 c. (about) once-sifted bread flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and set in a warm place, free from draft. Let rise until doubled in bulk. Mix 1/4 c. granulated sugar and 2 tbs. ground cinnamon; sprinkle half of this mixture on baking board. Divide dough into 2 equal portions and turn out one portion onto prepared board. Roll out into a 12" square; fold back from front and from one side to the other. Repeat rolling and folding 3 more times. Flouring board lightly if it becomes sticky. Seal edges of folded dough and place in a greased 8" square cake pan and pat out to fit the pan; butter top lightly and press walnut halves well into the dough. Sprinkle remaining sugar and cinnamon mixture on board and treat second portion of dough same as first portion. Cover and let rise until doubled in bulk. Bake in a moderate oven, 350°, 15 mins. while preparing the following syrup; simmer together for 5 mins. 1 c. granulated sugar, 1 1/2 tbs. grated orange rind, 1/4 c. butter or margarine and 1/4 c. orange juice. Quickly pour hot syrup over the 2 partially-baked cakes and bake 5 cakes about 15 mins. longer. Stand baked cakes on cake coolers for 20 minutes, then loosen edges and gently shake from pans.



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