

# WOMEN

Page 8 The Guardian Friday, December 10, 1954

## LET'S EAT

### Substantial Luncheon Stars Potato Recipe

By IDA BAILEY ALLEN

For a substantial, satisfying dish, for luncheon or dinner these cold days, I nominate your new steam-fried potatoes, Madam. Plain, they are good to serve with meat or fish. With additional ingredients, they make quick and easy complete main dishes.

Very clever how they combine the good flavors of potatoes Anna and fried potatoes. Yet in preparing them, I notice you use much less fat than when potatoes are plain fried. This is very good for all the people who like potatoes, but need to reduce the fat in the diet.

**Steam-Fried Potatoes:** White potatoes of any kind may be used for this dish. Peel 8 good-sized potatoes, cut crosswise in slices  $\frac{1}{4}$  inch thick. Add 1 chopped, peeled onion if desired.

In a large skillet that can go to the table, melt 2  $\frac{1}{2}$  tbs. butter or margarine, shortening, bacon or sausage fat. In it overlap a layer of potatoes, but do not heap. Add  $\frac{1}{2}$  boiling water, 1 tsp. salt, and  $\frac{1}{4}$  tsp. each pepper and monosodium glutamate.

Cover and simmer-steam 10 min. or until the water evaporates. Then uncover and steam-fry, without adding any extra fat, until brown on the bottom. Brush with 1 tbs. extra melted butter or margarine, and brown in a hot oven or under the broiler.

**East Indian Steam-Fried Potatoes:** Prepare as above, but add to the potatoes  $\frac{1}{2}$  a small green pepper cut in bits,  $\frac{1}{2}$  a chopped peeled onion and  $\frac{1}{2}$  tsp. cumin seeds.

**Steam-Fried Potatoes with Luncheon Meat:** When steam-frying potatoes, add 1 small-chopped peeled onion. After simmer-steam 10 min., add the diced contents of 1  $\frac{1}{2}$  lb. can of luncheon meat, and finish cooking.

**Steam-Fried Potatoes with Mince-Clams:** Follow the preceding directions with this exception: Drain the liquid from a 7  $\frac{1}{2}$  oz. can minced clams into the potatoes. Add the minced clams after simmer-steam 10 min.

#### Tomorrow's Dinner

Corn Cream Soup  
Baked Fish Sticks with Onions  
Steam-Fried Potatoes  
Eggplant Neapolitan  
Mince-Apple Pie  
Coffee  
Tea  
Milk

**Frozen Fish Sticks Three Ways:** For 6 persons use 2 (10 oz.) pkgs. frozen fish sticks. Dust lightly with flour, monosodium glutamate. Place in a pan, not touching each other. Bake 25 min. until very hot and crisp in an oven, 425 degrees F.

1. Prepare as directed above. Team with generous servings of steam-fried onions.

2. Prepare fish sticks as directed above, with tomato-horseshoe sauce.

3. Prepare fish sticks as directed, dusting also with 1 tsp. curry powder. Serve with buttered flaky rice.

#### THE CHEF'S NEAPOLITAN STYLE EGGPLANT

Wash a medium-sized egg-plant, cut crosswise in  $\frac{1}{2}$  slices. Do not peel. Brush with cooking oil. Dust with 1 tsp. each salt and monosodium glutamate mixed with  $\frac{1}{4}$  tsp. pepper and 2 tbs. flour. Place in a well-oiled pan; bake 20 min. in a hot oven, 450 degrees F., or until fork-tender and browned.

Arrange layers in a baking dish with 1 (1 lb.) can heated Neapolitan sauce, a new arrival on the market. Dust with grated cheese and slide under the broiler until it melts.

## MARY HAWORTH'S MAIL

### Young Sons "In Dutch" With Neighborhood

DEAR MARY HAWORTH: My friend Alice (Mrs. Doe, I'll call her) has two sons, ages 5 and 8, who are in disfavor with the neighbors and their children. Alice is a very warm, friendly, sincere person, fair and square in every way—even concerning the battles that occur between her children and the neighborhood children.

They live in a small house in the suburbs, on a street where every household is a home owner of average income. When the Doe's first moved there, the neighbors all were friendly. But now for one reason or another (some of it being the children's arguing, as children will), they have one by one dropped Alice, to the extent of not speaking to her. And each mother has forbidden her children to play with Alice's boys.

I know the boys are a little wild, as boys will be, but I also know they are all right when they play with my daughter, who is 8. I think it is the moron neighbors' propaganda—that they say to their children, who then say to the boys, "We aren't allowed to play with you"—that makes the boys so rebellious; ready to start a spat at the drop of a hat.

#### How Control The Problem?

When the brothers bring a new friend to the block, from another block, the neighbor children manage to lure the new playmate away. Thus the brothers are left to play together, which they do enjoy and like the same game.

Alice wouldn't mind the boycott for herself, but naturally it hurts any mother to see her children ostracized. The Doe's bought their home four years ago, but she is so unhappy about the situation that she thinks of selling the property and moving elsewhere. She asks my advice, but I don't feel qualified to give an opinion, and so we are turning to you for help. In your judgment, what is the wisest course for Alice to take? —AN

#### Mother Lacks Some Competence

DEAR A. N.: One can't escape the impression in Alice herself, is it not so? I am sure that her character in this matter. Not that she is a displeasing person; on the contrary, she is quite likeable by gentle standards. I take it.

But unfortunately she hasn't the social savvy and self-reliance to make a respectable place for herself in her own environment. At the consequence the block leaders drop her after a season's inspection and let her children become the butt of their children's imitative tactics—rejecting, like mama's.

It seems the neighboring parents, from you refer to as "moron parents," feel culturally inferior to the Doe's. This I gather from their group discourtesy in cutting Mrs. Doe and ostracizing her sons from their children's play—a very primitive way of asserting disapproval.

Recognition of a "class difference" between themselves and the Doe's. If the critics were on the superior side, by actuality of better heritage (socially), they would be trying intelligently to work out the children's problems in the play-area, and having some parity relations with Mrs. Doe as a matter of educated good neighbor policy, I should think.

#### Don't Run Away Without Insight

Even so, assuming that I do that Mrs. Doe is the inner woman, still I feel her difficulties go back to the fact that she lacks mature know-how in the matter of adjusting to changed conditions and people "as is." She is painfully less than adequate in this field of realism, as evident in her loss of face in the new community—a loss that she can't explain, couldn't prevent and shrinks from trying to remedy.

Her impulse is to run away; and my thought is she ought to know what is defeating her, before she makes a final decision. This advice to Mrs. Doe is to review the situation carefully with a Family Service Agency counsellor—who can probe the details at firsthand, get an objective picture of what goes on, and put her on the right track. It's possible she could overcome the problem on the spot, if she knew how to deal with the neighbors sensibly.

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

#### Household Hint

Do not use polish on brass or copper that has been lacquered.

#### Wife Preservers

When a child is convalescing from an illness, he may be amused while he is in bed by making a scrapbook. Magazines and catalogs are good materials for a scrapbook. Suggest that the child choose a special subject for such a book—dogs, cat babies, automobiles, airplanes, sports. He or she might be induced to make such a scrapbook for another child in a hospital.

## Newly - Weds



Mr. and Mrs. David Tweel

St. Paul's Anglican Church, Charlottetown, was the scene of a fall wedding on Wednesday, November 10, 1954 at 4:00 p.m., when Rev. N. S. and David Tweel, of Sydney, N. S. and David Tweel, of Charlottetown, in a double-ring ceremony. The church was decorated with baskets of yellow and white chrysanthemums. White bows marked the guest pews.

Mr. Elliot Brock was organist for the occasion, while the choir sang, "The Voice That Breathed O'er Earth," during the ceremony and "O Perfect Love," during the signing of the register.

The young bride entered the church on the arm of her father, who gave her in marriage. She chose for her wedding a gown of white satin, her sleeves tapering to pointed at the wrist. Her sweeping veil was held in place by a nylon net and she carried a cascade of red roses. The groom's gift to the bride was a three-strand pearl choker with matching earrings.

Miss Daisy Tweel, sister of the groom, was maid of honour. She wore a gown of tussia nylon net and lace over taffeta, with matching bolero and mitts. Her headband was of tussia nylon net. She carried a nosegay of Tawny Gold roses.

Mrs. Dan Tweel was bridesmaid. She wore a gown of pastel green tulle and lace over taffeta.

## Need Caution In Purchasing Painted Toys

YOUNG children will put almost anything in their mouths. And, as they begin teething, they will chew on almost anything.

These natural tendencies make it imperative that you do everything possible to protect your youngster from lead poisoning.

#### Points Without Lead

Most manufacturers of cribs, infants' beds and toys now use paints which do not contain any lead pigments. There is no law requiring this as yet but these manufacturers realize the harm lead paint might cause to young children.

I wish more of you parents would realize this, too. You can never tell when your child might take a fancy to that window sill, chair or table leg you just painted. Youngsters have pretty odd appetites sometimes.

#### Inviting Trouble

If you use paint containing lead pigments in your home, and you have a child, you might be inviting trouble. It's just as easy to buy interior paints without lead pigments. These paints are just as serviceable, too.

#### Now, what does lead poisoning do?

Sometimes Fatal It severely affects a child's brain, liver, blood, bones and other vital organs. Sometimes it is fatal.

In 14 cases studied by the Chicago Poisoning Control Committee this year, 12 of the young victims showed marked mental deterioration when they were examined six to nine months after the accidental poisonings.

If you suspect your youngster has been poisoned by lead paint or in some other manner, give him plenty of epsom salts and milk, and make him vomit in the method I described yesterday.

#### A Wise Precaution

Sometimes children get into trouble no matter what you do. But this is one instance where you parents can really protect your youngsters.

Insist that all toys, cribs and furniture bought for them are painted with lead-free paint or enamel. And use only paint which does not contain lead pigments when you decorate the interior of your home. It may save your child's life.

#### QUESTION AND ANSWER

F. M. B. Can anxiety and worry bring on a heart attack?

Answer: Anxiety and worry are thought by some to be contributing causes for the heart condition known as coronary thrombosis, a disorder in which the circulation to the heart muscle is blocked by a blood clot.

However, these things in themselves will not produce this disorder.

key and for that matter good with chicken too. Bread crumbs made from the side as comfort food, bending head sideways, too. Then stretch to the left side, clear to the finger-

tip. About six times will be sufficient. Now move with a slow, easy bend to the slow rhythm of "Lazy Bones" . . .

Position: Standing with feet together, arc arms overhead. Movement: Bend sideways to the right, back to position and bend to the left.

Position: Standing with feet well apart, arms outstretched at sides, shoulder level. Movement: S-t-r-e-t-c-h sideways, to the right, moving the upper trunk as far to the side as comfortable, bending head sideways, too. Then stretch to the left side, clear to the finger-

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## KEEP IN TRIM

### Keep Lithe, Limber and Young

By Ida Jean Kain

There are words which pair off together, such as "young and supple" and, conversely, "old and stiff." Which do you want to apply? Be what you want! If you will use your body in freeing movements, you'll never lose the ability to move easily, gracefully and joyously.

In every day movements, certain muscles are used over and over, and others scarcely at all. For example, what movements do you make which bend the body sideways? If you are unbending, then the muscles which bound the sides of the silhouette, the lateral muscles, lose tone, and the area from arm pits to hipbones become muscularly "dead."

These lateral muscles which span diagonally up from the abdominal girdle are used in such movements as twisting, turning and bending sideways. Keep supple and all these movements will be forever easy to make.

This trio of movements combines stretching with side-bending and side-stretching. They are ever so easy to do, even for those who are rusty on exercise. Come on . . . get into the act and come alive . . .

Position: Standing with feet together, arc arms overhead, elbows slightly bent. Movement: Reach upwards with right arm and stretch clear to the finger tips, but center the stretch along the lateral muscles at the sides of the body. Then reach high with the left arm. Reach and climb. Climb Jacob's ladder, rhythmically . . . every rung goes higher . . . higher. Repeat six, eight or twelve times . . . just until the body feels pleasantly stretched.

Flop over at waist and let arms dangle toward the floor . . . knees sagging, bob up and down, loose and limber. Then follow with a side-ward stretch . . .

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Aim high... Pull slim

through the lateral muscles. Bend six to twelve times, alternating sides. Again flop over at the waist, knees sagging, and bob up and down, arms dangling toward the floor. Shrug your shoulder to loosen all kinks.

These freeing movements help you to recapture the ease of movement and feel young!

## ELLEN'S DIARY

by an Island Farmer's Wife

"Hush!" the little boy of this household begged this evening. "Let's not talk until this program is over. I want to hear it."

"And who keeps so quiet when I want to listen to the news and weather?" his Grandfather questioned.

"Oh!" the youngster chuckled. "That's different! That's only that his is a Santa Claus program! It hasn't been on since last year. There he comes now," he smiled, holding a paper. "Last night you like his laugh! Though sometime during the year he has learned the difference between the flesh and the spirit of Christmas, nevertheless his eyes shone with the witchery of the program and he listened with sacred breath."

"It's not too far away now," he nodded presently turning to count the days on the calendar.

"To my mind it's not far enough away," James smiled. "Not when I think of winter coming down, and all the work we had hoped to do before that."

"There'll be no more plowing to the youngster commented. "Not for us anyway. We put away the plows today . . . and the carts too. And brought out the sleighs. I guess now, we'll let Winter come!"

And overhearing the old query came to mind. "If Winter comes, can Spring be far behind?" Only Christmas comes before, and a New Year, a stormy wind or two in the chimney and deepening drifts on the farmhands . . . and then one day a chinook-of-a-wind, this one from the south, and along a hill-

side a blessed pair of crows calling especially to James. "Is this what you've been a-hankerin' for? Then here it is! Now look to the selling of that fat ox to put toward buying 'the seeds.' For now, Spring is on the way."

And for us today, as always, the hours were wined, the passing day measured by the mealtimes and that pleasant time which brings home the two students from their classes, hungry and usually a little weary.

The sun was westering then, spreading a rose-tinted path on the white of the slopes for the homing little sunbeams to climb. Not on dancing feet as in summer do these now go, but soberly in a maturity of spirit which speaks wistfully of the passing of the year.

The boys added odd new traps to their collection recently to catch "that fox" to hold "that coon." But only if the latter chances to be a mature animal will he be dispatched, for as Jamie said of a young one caught and liberated not long ago, "Who would have the heart to kill a baby-coon?"

But next fall, that baby-coon will come up to your poultry-house and kill your chickens "someone reminded him not long ago." I know for I've seen the like happen.

"Even so," Jamie shrugged, "the little ones are so smart and cute they deserve to live."

Where now shall we put this day darkened with our errors and sins? Already it is floating away beneath the shadows of that bridge where runs the River of Time.

Until tomorrow . . . Diary  
Good-night

## Anne Adams Patterns

### WEEK'S SEW-THRIFTY

TRIPLE VALUE for your sewing time! It's a cotton wrap-on—it's a wool jerkin—also a terry-cloth coat for home chores, and the beach later! No fitting problems, it wraps. No ironing problems, it opens flat. Check that diagram—simple to sew!

Pattern 4669, Misses' Sizes 12, 14, 16, 18, 20, Size 16 takes 2  $\frac{1}{2}$  yards 35-inch fabric.

This pattern easy to use, simple to sew. It's 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 The Guardian, 60 Front Street, West, Toronto.

When a child is convalescing from an illness, he may be amused while he is in bed by making a scrapbook. Magazines and catalogs are good materials for a scrapbook. Suggest that the child choose a special subject for such a book—dogs, cat babies, automobiles, airplanes, sports. He or she might be induced to make such a scrapbook for another child in a hospital.



## Household Hint

Do not use polish on brass or copper that has been lacquered.

## The Christmas Turkey And Its Trimmings

By Consumer Section Marketing Service, Canada Department of Agriculture.

With the calendar reminding us that December days are slipping by it is high time to be making plans, definite plans, for Christmas dinner. After all this is the feast of the Christmas season and it is the festive table, the gladness and contentment should prevail. Careful planning will eliminate eleventh hour preparations—far as possible will have much to do with attaining the desired atmosphere, for the joy of the feast is then equally shared by mother, father, sister and brother and good friends or relatives invited to join the family Christmas dinner party.

The first matter that has to be settled is the main course because the turkey is the meal will be planned around this.

To some extent this will depend on the number there will be for dinner. The traditional turkey is by far the most popular choice, but goose, chicken and duck are also in the running for the place of honour on the Christmas dinner table. The home economist of the Consumer Section, Canada Department of Agriculture pass the word along that all kinds of poultry will be in good supply for Christmas, but if you are buying a turkey is a good idea, to order it well ahead of time then you will be sure of getting the size of bird you want. You will be sure too of getting the quality you want if you order a Canada Grade A turkey. There is no hard and fast rule as to the size to buy but you

will not go wrong if you figure one pound of turkey for each person to be served. This should serve everyone very generously with enough left over to enjoy at another meal or for holiday snacks.

Eviscerated, drawn, oven-ready are all terms used to describe a turkey, in fact any kind of poultry, that is ready to be stuffed and put in the oven. The demand for poultry sold this way shows that this is the way most home-makers like to buy it. They are prepared to pay a higher price per pound than they would for an undrawn bird because they know that about a fifth of the weight of an undrawn bird is waste to them.

WHAT STUFFING TO MAKE? There are a great many stuffings that are very good with tur-

Continued on page 9

## Morning Smile

He was very cantankerous and was being extremely difficult. He had found fault with every dish placed before him, and eventually said to the hostess, "I don't like any of this." "Have you any wild duck?" "No, sir," snapped the waiter. "But we can get a tame one and irritate it for you."

## Swedish Tea Cake

1-2 cup butter  
1-4 cup brown sugar  
1 egg (separated)  
1 cup flour  
1-2 cup flour  
1-2 tsp. salt  
1 cup ground nuts  
Cream butter and sugar. Add egg yolk and beat well. Add flour and salt, combined and mix. Form in balls and dip in slight-

## Evaporated Christmas Cake

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