

WOMEN

Page 8 The Guardian Tuesday, April 5, 1955

LET'S EAT

Canned Salmon Makes A Tempting Main Dish

By Ida Bailey Allen

Not many years ago, many of us looked down the nose at canned salmon. It was often considered a food to be used at the end of the week when the budget was low. But now, what a difference!

Gourmet Curtain-Raiser

Fine quality cold canned salmon, flaked coarse, and mixed with sliced scallions, topped with black pepper and served on lettuce is a good gourmet curtain-raiser for dinner. Frozen potatochowder, heated with coarse flaked canned salmon, and snipped

Beans: Heat 1 (No. 2) can lima beans, or cook 1 (12 oz.) pkg. frozen lima beans; in either case, save liquid. Drain liquid from 1 (8 oz.) can salmon into measuring cup. Add liquid from lima beans; fill cup with milk. Melt 4 tbs. butter. Blend in ¼ c. flour, 1 tsp. salt, ½ tsp. pepper and ½ tsp. monosodium glutamate. Gradually stir in liquid in measuring cup. Cook and stir 3 min. Remove bones from salmon. Flake fish medium-fine. Combine with lima beans and sauce. Turn into oiled 1 qt. casserole.



chives added, becomes a dish most hearty and appetizing. Canned salmon contains proteins not only comparable to meat, but in the liquid there is a high percentage of vitamin D, that precious element essential to sound teeth and supple bones in both children and adults, because it controls the distribution of phosphorus and calcium in the body, and plays a vital part in the body chemistry.

TOMORROW'S DINNER

- Chilled Vegetable Juice
- Celery Sticks
- Salmon Escallop with Lima Beans
- Whip Potatoes
- Spring Cole Slaw
- Bread-Taisin Custard
- Coffee
- Tea
- Milk
- Salmon Escallop with Lima

Border with 1 c. buttered medium-fine enriched bread crumbs. Bake 15-20 min. in moderate oven, 375 degrees F., or until crumbs are brown.

Spring Cole Slaw: To 1 lb. crisp fine-shredded tender green cabbage, add 2 tbs. snipped chives or ¼ c. sliced scallions with a little of the green top; ¼ c. sliced radishes, and 1 grated peeled small carrot. Toss with 2 tbs. not-sweet French dressing. Chill. Blend in ¼ c. sour cream dressing.

Sour Cream Dressing: Combine ¼ c. commercial sour cream, 1 tsp. vinegar, ½ tsp. sugar, ¼ tsp. salt and ½ tsp. pepper.

TRICK OF THE CHEF

To chilled canned vegetable juice add 4 drops tabasco and 1 tbs. lemon juice.

Care For Good Luggage If You Want It To Last

It's wise to be ready for any travel eventuality with good luggage of your own; keep it in good condition and properly stored between trips.

Care Depends on Material

First of all, the care given any piece of luggage must depend on the material with which it is covered. No one type of cleaning is best for every type of material. In leather, rawhide is the choice of many shoppers. It is usually white or eggshell, has brush-like markings at regular intervals. Rawhide can be cleaned easily with fine scouring powder, using steel wool for stubborn spots, working gently, of course. Re-seal pores of leather with several coats of clear shellac or spar varnish, allowing each coat to dry thoroughly.

Easily Damaged

Unprotected rawhide is candy to rodents, will mold or mildew quickly. To take care of smooth leather and pigskin in the tan or brown family, clean and replenish oils at the same time with saddle soap, according to directions on the container. Lighten the color of travel-

wear leathers in this category with the juice of half a lemon in a glass of water. For large stains, such as those caused by water, darken the entire case with thick coats of lemon oil, applied for two or three days until the leather is all of the same color.

To finish and protect after cleaning, use paste wax or neudeer. In leather, rawhide is the choice of many shoppers. It is usually white or eggshell, has brush-like markings at regular intervals. Rawhide can be cleaned easily with fine scouring powder, using steel wool for stubborn spots, working gently, of course. Re-seal pores of leather with several coats of clear shellac or spar varnish, allowing each coat to dry thoroughly.

Professional Job Needed If scratches on leather are very deep, home care is not the answer. Take the case to a good luggage repair place for a professional job.

Alligator usually wipes clean with saddle soap-paste. Wax or car wax will restore the sheen. Colored leathers, grained or smooth, may fade, as do fabrics. Use mild soapsuds and a nearly dry sponge or soft nap cloth, rubbing very gently. Neutral shoe cream is the best polish.

Coated fabrics of the type that usually look like cotton, linen or other fabric which have been varnished, need their own special care. Some all-plastic material resembles coated fabric, so be careful before you begin.

ANNE ADAMS PATTERNS

TWO-WAYS SMART!

TWO dresses or a dress and coat! Either way she wears them—these are the prettiest fashions your little girl could own! Have the dress in colorful cotton—the coat-dress in rich contrasting pique or faille. Quick to cut out, put together. Joy to sew!

Pattern 4594: Girls' Sizes 6, 8, 10, 12, 14. Size 10 dress, 2 ½ yards; 35-inch; coat 3 ½ 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 NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

Enjoy **McLARENS OLIVES** Everybody else does

MARY HAWORTH'S MAIL

Advises Wives On How She Retained Wandering Husband

DEAR MARY HAWORTH: Since coming here, I am delighted to read your articles telling wives not to give up their husbands to snatching marauders. I have a few practical hints to pass on from personal experience.

About 18 months ago out of a clear sky my husband asked me for a divorce. We had been happily married, so far as I knew, for 15 years. I am a good housekeeper and hostess, dance and play bridge well and we like the same pastimes. I simply refused to discuss divorce and set about learning what sparked the idea. It turned out, of course, to be a woman with whom he worked—she wasn't much younger than I. Meanwhile Hank went off on a business trip and on his return I mentioned the fact that I had been seeing a doctor about a condition that might be cancer. Believe me, this set him back and he hasn't mentioned divorce since. During several weeks of diagnostic tests, I was really using my wits; and by the time the medical report came through, showing nothing wrong, I had the triangle under control.

Used Slander As a Weapon

First I found out all I could about the woman, also her traits that appealed to Hank, and whenever possible I either imitated or burlesqued her. Second, I bought a new bouidior trowsers, knowing a man always finds these things alluring, and soon or later will break down and be won back. Third, never a word of reproach— or just enough to give spite—and always a forgiving goodnight kiss.

I went with him everywhere, advertising myself his ever-loving wife, not hesitating to show he was bought and paid for. Talking to other wives, I would drop hints as to how this woman was out to get some other woman's husband. I did this just for insurance, so she would really be taught a lesson. But the high point came by accident. I met her outside a restaurant one rainy night, and persuaded her as she was walking away from our conversation. She hit the pavement just as my husband came up, and I ran to him and said she had attacked me. Naturally he took care of me as I was nervous wreck, and this must have proved to her, once and for all, that his loyalty was mine.

My point is—to make a long story short—stop at nothing to hold your husband. Hank has learned his lesson and things are just as they were before. The woman has moved to another town and I hope she has learned her lesson too. As philosophy teaches, society is better for what I've worked so hard to keep. I am glad I persevered, and glad to be just a wife.

Wife's Behavior Is Self-Damning

DEAR F. E.: If this is the price of holding a husband, I imagine most really moral, self-respecting wives would make the highest choice of letting him go—of letting God solve the problem His way.

Your bloodcurdling recital of "practical hints" for blitzing a rival sounds like a drama played in hell. Never have I had a confession from a wife more satanic in its pitiless, unscrupulous selfishness.

Very likely the other woman

Continued on page 14

Household Hint

Have enough electrical outlets so that lights and appliances need no makeshift wiring. Extension cords strung over the rugs, along baseboards for considerable distances, and over windows or doors, not only cut down the electric current for which you pay, but are also fire and accident hazards. The necessity for connecting more than two plugs to a duplex outlet shows you need more outlets.

KEEP IN TRIM

Teeners, Don't Be Dietary Dubs

By Ida Jean Kain

All right, teen-agers, it's your turn again. You write that you could have so much more fun if you were not the short, bulgy type, and ask how to outgrow the fat. Here's the formula: Replace foods that are adding padding with foods that help you to grow!

The protective foods contain an abundance of growth-promoting nutrients for comparatively few calories. Many rich foods furnish a plethora of calories without providing the nutrients essential for growth. Without being aware of it, you may be skipping on the very foods that could help you grow taller, while overdoing on the foods that pile on pounds. Try this pattern on for size and shape. At breakfast you skip the growing foods, eggs, milk and cereal, and later eat a package of high calorie cookies. For lunch you like a hot dog or two, a soft drink and finish off with a candy bar. After school you're HUNGRY, and have a chocolate soda. At dinner you've been known to complain "Potatoes, Mother how could you, they're so fattening!" and then take seconds on dessert.

About face... stop being a dietary dub. Here are the growth promoting foods needed daily: Milk, eggs, lean meat, fish or fowl; dark green and yellow vegetables, potatoes or another choice; fruits including a citrus or juice, and whole grain or en-

riched cereal and bread, butter. Milk heads the list for it is the most nearly perfect food. Don't get the notion milk is fattening. A glass of whole milk has 160 calories. A soda contains 350, a chocolate bar 400, and a chocolate malted 450. A soft drink furnishes 75 to 100 calories. Add the lot and what have you got? Excess padding!

Eat breakfast, including an egg and a glass of milk, fruit or juice, and a slice of toast. Or choose whole grain cereal and milk. A good breakfast will stay by you until lunch time. Without breakfast you cannot concentrate.

Have an adequate lunch, but skip the rich dessert. After school choose fruit or a glass of milk or buttermilk. If you carry your lunch, take a sandwich—2 thin slices of bread with filling of cheese, hard cooked egg or lean meat. Use mustard instead of mayonnaise or butter. Wax wrap celery, carrot sticks or a tomato. Have a big piece of juicy fruit, and a glass of milk.

At dinner, eat whatever the family has, but do not take seconds, except on lean meat or low calorie vegetables. Skip gravy, go light on butter and limit bread to one slice. Restrict dessert to fruit, or small serving of family dessert.

If you wish special menus, send for "Teen-Age Slimming Menus." These furnish 1400 calories, all in the growing-up foods.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

EASTER

Once more the ancient wonder! O who can be a stranger To what has come to pass? The Pity of the Manger Is mighty in the grass!

Undaunted by Decembers The sap is faithful yet. The giving Earth remembers And only men forget!

—Neihardt.

The eternal miracle of Easter and the Spring! Another Easter is another reminder that men live by hope. It is a reminder of the continuing inner life, the indestructible memories, the dauntless faith in the future that underlies and overtop passing events and external crisis. These form the bedrock and skyline, so to speak, of human existence, and they emerge into view on the aged feasts when people turn away from the transitory, the joy of spring, the splendor of summer, the sunset colours of autumn, and the hope of immortality. The earth continues to renew itself and in gardens we see this every day.

Consider the seasons, the joy of spring, the splendor of summer, the sunset colours of autumn, the delicate and graceful bareness of winter trees, the beauty of snow, what the old Greeks called the unnumbered smiling of the sea. In the feeling for this beauty, if we have it, we possess a pearl of great price.

—Viscount Grey.

The gardener, and all who work in the good earth know the joy of the seasons and now in spring are happy walking around the garden even if others cannot see any beauty in these early springs days. The river runs clear again and every year it is a pleasant surprise to see after the wintry days. The garden seems to have wintered very well and many perennials are showing new growth. Daffodils and Tulips have pushed through the earth and mulch. It is wonderful the cold weather they seem to enjoy and grow in!

In the garden room some new bulbs are growing... Ferraria, a rare and unusual bulb from Africa, related to the Tigridas with creamy brown flowers sweetly scented. Also the Star of Bethlehem related to the Hyacinth and Scilla with the botanical name of Ornithogalum. Flowers are white with a black centre in a large cluster growing on stems twelve to fifteen inches tall. They have a pleasing fragrance and are very long lasting remaining in good condition for a month. I think they will become very popular when better known.

Many more tuberous begonias have been potted up for summer blooming and all tender plants such as Osteanders and Fuschias have been brought to the light.

House plants are in the process of hardening up for outside planting and so there is much carrying of pots and moving from place to place.

Three Roses have wintered here for several seasons but last fall I carried the one tree rose to the basement as it was difficult to cover where it had been growing. Today there are roses blooming on the back porch where it was placed in the sun giving us a taste of the fragrant red rose of summer days.

The spring is a happy hopeful time!

WHO LOVES THE EARTH

Who loves the earth learns all man ever knows: If doubts are hinting that the prophets erred He sees a severed slip produce a

ELLEN'S DIARY

by an Island Farmer's Wife

"Moonlight and roses bring memories, dear of... a radio soloist sings an intriguing old song, one which has had 'fair-good' last to it down many a year... And hearing, we remember that it was neither the molten silvery beams of the former, nor yet the inimitable form, color, and fragrance of the latter which caused our old memories to 'bless and burn' today.

It was the acrid scent from the burning coal in the portable furnace our handyman-of-neighbor had brought and set up in the yard to attend to an item of smithery for the farmers. Neither so big nor impressive but still a replica of that forge we remembered from the young days back home. That was an integral part of farm-living then, like the Church and manse, the school, the corner-store, the butter, (and cheese) factory down the hill by a brook.

Mack brought chips to help kindle the fire, and a match, and tried his hand at the bellows. And then watched spell-bound as did we, the coal catch and at length glow red-hot.

"I guess you never saw one of those before" he commented. But what child was there in and about the village close to home, in our day, toddler and older who had not stopped sometime at the open door of the smithy, or been drawn irresistibly within? To watch the magic of the smith's hammer... to see him, face grimy, leathern apron sadly black, heat and beat and shape and temper, sometimes again and again, a required piece of iron for a farmer.

What a treat it was too to be there when the old mare of the farm was being shod, she strangely out of place in the different surroundings. But as accustomed to having her "removes" or new shoes fitted as were many of the children of those days in the cobbler's home. Lifting her feet, one after another at the smith's gentle tug, while he proceeded to clean and spare and shape hoof—and shoes, and then with an expert rap and a tap hammer the heavy nails home.

"Oh yes," we smiled, "lots of times—long and ever ago." "Before I was born?" he queried, wonder in his eyes. "Yes indeed, long before that." "Gone for long years from earth is that smith of memory; the youngsters of those days now widely scattered—and aged. Gone too as we remember it, the smithy—and from the village the once familiar ring of the anvil and the scent of the smithy fire.

"I'll be able to catch them now!" Gage laughed happily to the younger farmer tonight when he told of the new fishing rod he had brought this afternoon with a new hair-cut from town, and they talked of the season of trout, now not far away.

"A fellow can't be too sure now!" Gage smiled. "The best fishermen I knew—he could land them when no one else could get as much as a bit!—always used a length of spruce sapling for a fishing pole!"

Mr. D. is at Alderlea these days. Today among other works of repair so good to have done he replaced a worn rocker in Great-grandmother-to-Granddaughter's old rocking chair.

Until tomorrow... Diary

Good-night...

Wife Preservers



After washing a shag rug, hang it completely wet, don't run it through a wringer. When the rug stops dripping, double it over the line inside out.

YOU CAN TELL ... BEFORE YOU GET THEM HOME



The nice thing about Harvey Woods hosiery is that you can tell, before you get them home, they will fit superbly, look delightful and last longer than you'd think such sheer nylons ever could! They're so flattering, so sheer... millions of tiny threads, for greater elasticity, smoother fit and stronger resistance to snags.

You can always tell—about Harvey Woods!

S. A. MacDONALD

129 QUEEN ST. PHONE 6523

SUNTER'S LADIES' WEAR

162 GT. GEORGE ST. PHONE 6831

ALICE BROOKS DESIGNS

CROCHETED TV COVER

Easy-crochet this attractive cover for any size TV set—in your very favorite spider design!

Pattern 7391: Crocheted TV cover, 28 inches in No. 30 Cotton; smaller in No. 50 Cotton; larger in mercerized bedspread Cotton. Join 4 to make 56-inch cloth.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—NOW! You'll want to order every wonderful design in it!

Cook's Corner



There is a wholesome quality about freshly turned earth, just as there is loveliness in the trees and shrubs, showing in clear tracery of leafless branches against the light of a setting sun. With lengthening days there is that great stirring of living growth. The sun-warmed air gains a new quality, every living thing responds, and we are at the threshold of another year of light and warmth, of growth and colour, of musical sounds and fragrant scents. "Smells are surer than sounds or sights!"... That must be where the reason lies, too, for the happy little thrills that the very words

Continued on page 14

MORNING SMILE

"It says here," said one spinner, reading from the newspaper, "that a woman in Johannesburg has creamed her third husband." "Oh, isn't that just the way of things," cried the other spinner. "Some of us can't get one husband and other women have husbands to burn."

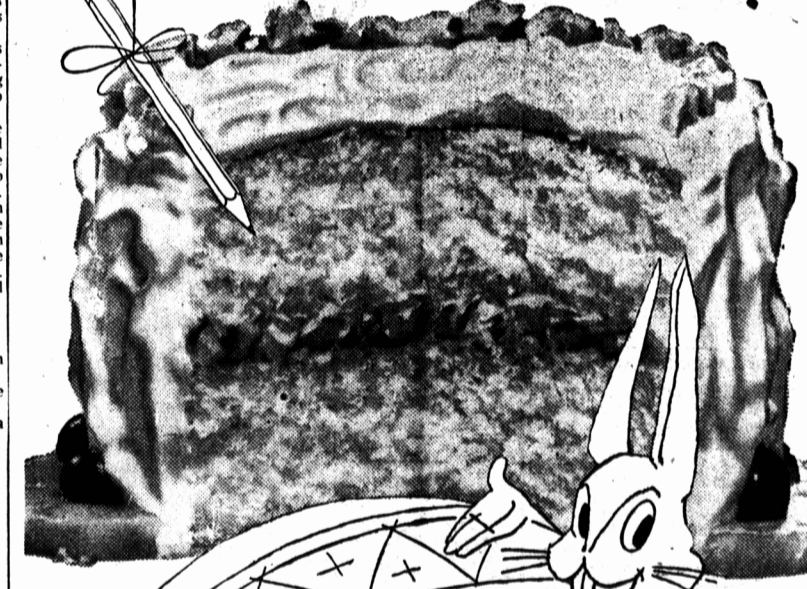
Worry of FALSE TEETH

Slipping or Irritating! Don't be embarrassed by loose teeth slipping, dropping or wobbling when you eat, talk or laugh. Just sprinkle a little PASTERIZED on your plates. This pleasant powder gives remarkable sense of added comfort and security by holding plates most firmly. No gummy, gooey, pasty taste. Feeling it's alkaline (non-acid). Get PASTERIZED at any drug counter.

APRIL Easter Sunday

Cake of the month

so high! so light! so fresh!



Easter Surprise

(quick like a bunny)

Here's easy Easter enchantment with a Shirriff's White Cake Mix. No eggs to hunt for with this Easter treat... their golden yolks are already blended into this mix. Fresh milk is all you add, because fresh milk is all you need for a fluffy-light, snowy-white, extra fresh Shirriff's White Cake.

It's a Spring Song, for sure! Shirriff's famous vanilla makes it sing with delicate flavour. Golden pineapple slices and green cherries make it sing with daffodil colour. Make it! The family will sing your praises for the best white cake you ever served.

We've iced our snowy-white extra light Shirriff's Easter Cake with 2-minute frosting. There's golden crushed pineapple (1 tin, drained) and Shirriff's delightful True Peppermint and Green Food Colouring (just a few drops of each) added to the part used for the filling and the decorative ruffle on top. The matching garnish is of pineapple rings and green maraschino cherries.

Shirriff's white cake mix