

WOMEN

Page 8 The Guardian Monday, Nov. 29, 1954

LET'S EAT

Menu Features Eggs In Different Ways

By IDA BAILEY ALLEN

"How many eggs should a normal person eat each week, Madame?" asked the Chef.

"According to the 'Basic Seven Foods' for good nutrition, 5 eggs a week. By this, I mean breakfast eggs.

Eggs in Cooking

"Most people may think they eat only 5 eggs, or even one a day, when in reality they eat more, because they eat the eggs used in cooking. For instance, baked custards, bread pudding or a custard pie all contain about 3 eggs each. Eggs are also used in making chiffon, pumpkin and squash pies; in puddings, cookies, muffins, salad dressings and many sauces.

"Altogether, the average home-maker uses about a dozen eggs each week in cooking, and no matter whether the egg is visible or not, the nutritive value is there.

White Contains Protein

"And by the way, it's the white of the egg that contains the protein. So in using eggs to round out the protein balance of vegetable meals, the egg whites should be included."

In our menu of today, we have used eggs "visibly" in the stuffed egg and pimiento saladettes, and "invisibly" by adding them to the spinach ring. If six persons were to eat this meal, they would eat 1 1/2 eggs apiece.

TOMORROW'S DINNER

Stuffed Egg and

Pimiento Saladettes
Choice of Brown Sauce

Meat Loaf or Spinach Mushroom Ring
Cheese Sauce

Whipped Potato Kohl-Rabi
Plantation Gingerbread

Coffee Tea Milk

Spinach Mushroom Ring: Drain 2 lbs. fine-chopped cooked spinach (or use 1 (12 oz.) pkg. cooked frozen chopped spinach). Add 2 tbs. butter or margarine, 1/2 tsp. salt, 1/4 tsp. monosodium glutamate, 1/4 tsp. pepper and 1 tsp. lemon juice.

Stir in 3 beaten egg yolks. Fold in the whites, whipped stiff. Spoon into an oiled 8-in. ring mold.

Set in a pan, surround with boiling water and bake 45 min. in moderate oven, 375 degrees F. Let stand 3 min.; then unmold.

Fill the center with sauteed mushrooms; serve with cheese sauce.

Plantation Gingerbread: Make up 1 pkg. gingerbread mix. Transfer the batter to 2 oiled 8" layer cake pans. Bake 25 min. in moderate oven, 375 degrees F, or until a toothpick when inserted in the center comes out clean.

Put together with 1/2 pkg. cooled cooked prepared lemon pie filling. Serve with lemon hard sauce.

TRICK OF THE CHEF
For extra zip, add a little ground mustard to cheese sauce.

ELLEN'S DIARY

by an Island Farmer's Wife

"Life seems to have become so uncertain these days that you never know when you're leaving a person, whether you're saying only a Good-bye or a farewell James offered tonight. He and his present 'right-hand' had come to the kitchen then to enjoy that nice spell toward days end which brings folks indoors to an easy chair by the fire. Their duties were over though the milking was still in progress. Presently Jamie would bring in our requirements of milk for the morning. Gaze shadowing him, rosy-cheeked from the nip and tang of the outdoors, full of personal plans and the wonders that belong to a little fellow not yet come to his eight birthday.

Soon, indeed, any day now, our helper will be leaving us to take up work of his own. And as always we shall be a bit sad, and for a while a little lonely for the nice days that had been. Going, do these men who come to give seasonal help on these farms take as much from their time spent with us, we wonder, as they leave behind? Down the years, many faces and names come to us now and we recall that they invariably enriched our living and left with us some pleasant memory of their stay.

We remember them for that quirk of character or manner which marks folks as individuals and different from their fellows, for their points of view on many a topic, their willingness to do, or in odd instances the lack of this, their solemnity, their chuckles.

"Tell James I'm coming to call," a one-time hired man at Alderlea, home on a visit from a distant city, said, when we chanced to meet him on the street in town, not long ago. "How's he keeping? I suppose he's a little old fellow in by the fire?" he laughed at the thought. "I guess it wouldn't take much of an effort to wrestle him now! Remember when I was a youngster, I

used to be trying to throw him, and when I couldn't, I'd promise myself, 'Well, next year I'll be able to.' You tell him, Ellen that it will be no trouble now!" he chuckled obviously happy in the memory of those days spent with us on the farm.

"Yes, that's the way of it!" our helper of these days nodded. "We're here today and gone tomorrow. And there's nothing we can do about it. Only while we're here, we should remember to be kind. That will brighten our Heavenly crown," he offered. "I guess none of them will be over-bright! . . . They'll be fairly dull, I'm thinking." He paused to consider this, deep in sober reflection. "I'll have to be good to you," he chuckled now to James. "For one, day, the Lord will perhaps say to me: 'Did you know this man?' And I'll say: 'Yes.' And He'll say: 'Were you kind to him when he was a poor forlorn mortal on the earth below?' And I'll say: 'I'm not sure. But I always tried to be.' And He'll say: 'As long as you tried to be—and never set him a careless example or put a stumbling block in his way, you did the best you knew' and He'll say, . . ."

"We will wait until she comes in to verify that," we smiled continuing his fancies. "She should have been here by this but" (and it came to mind how understanding and compassionate His smile would be) "he tells me, she always was a little slow in reading herself to go into places on earth."

This we shall miss presently—this mingling of truth and whimsy, when this man who once was a little boy in a class-room where we taught, goes out to interests of his own.

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

Married women in Colombia since 1932 have been entitled to a share of property jointly acquired since marriage.

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WEEK'S SEW-THRIFTY!

Practical! Thrifty! Beginner-simple-to-sew! Wear it full cover-all length for kitchen duty in a jiffy whisk off its button-on bib for hostessing! So pretty—the ruffled, scalloped hem and gently curving midriff detail.

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L-40-42
by Anne Adams

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MARY HAWORTH'S MAIL

Divorced Man Wants To Wed A Girl Of 17

DEAR MARY HAWORTH: I am a divorced man, 33, and have three children. Recently I took a trip to Europe to visit my sister, and while there I met a girl 17 with whom I fell in love.

I courted Josette for a few weeks and met her parents, and I felt she would make a good wife for me. I discussed my feelings with them, and the parents said if she loved me and wished to get married, we had their blessing.

Everything was set for marriage until I called on the American consul, who told me that the laws of my New England state wouldn't permit immediate marriage. I had to wait 18 months. When I explained the situation to Josette and her family, they said if my intention was honorable, she would wait the required time.

Girl's Love Is Confident

I promised to return for Josette when the time was up and I really want to do this. But the trouble is now that everyone, including my family, tells me Josette is too young. They say she wants to marry me to come to this country and, once here, she will realize the great difference in our ages. This talk bothers me, as I had trouble in marriage before. I am much afraid trouble may repeat itself.

I have reported this talk to Josette, who says our age doesn't matter because she loves me. She writes wonderful letters and says the day I come back to marry her can't arrive too soon. If I marry her and bring her here, do you think she will give me trouble? Is she too young for me? I would much appreciate your views and advice.

—C. C.

Age Difference Is Significant

DEAR C. C.: More than 10 years ago, to educators, Ernest W. Burgess and L. S. Cottrell, did a month study titled "Predicting Success or Failure in Marriage." It was published by Prentice-Hall, Inc., and has been out of print in recent years, although a new revised edition may be available presently.

Relevant to your question—"Is Josette too young?"—Professors Burgess and Cottrell concluded, on the basis of careful surveys covering hundreds of divorces, that broken relationships, that marriages made between girls less than 19 and men over 25 (or thereabouts) usually weren't happy or durable.

As I recall, the inference was that such an age-difference, at those particular ages, meant that the man was making an immature (or regressive) choice—indicative of his unconscious desire to go back to being "one of the kids" as it were. It is linked to psychological aversion to grown-up disciplines of living.

As to why an adolescent girl marries a much older man, in the majority of cases it is because she is out of touch with her own age-group—due to circumstantial isolation; or to neurotic lack of the hardy self-confidence necessary to win in brisk competition with contemporaries.

Better Wait On "All Clear" Mood

As a rule, healthy normally maturing individuals tend to affiliate, for intimacy and sociability, with persons about the same age. And this is just as true of children and adolescents, as it is of young adults and older folk. Thus, instead of challenging Josette's suitability for you, it is equally pertinent to ask: How come you "fall in love with" and want to marry a girl half your age?

Your lurking fear of leading with your chin into more marital trouble is probably sparked by innate awareness that you aren't "on the beam" in the field of personal relations—that you need to be deeply re-educated for marriage and family life, in order to succeed with a wife. My advice is to review your uncertainties with a good psychologist or spiritual director; and don't marry Josette unless and until you have an "all clear" feeling in your soul, about the wisdom of going ahead.

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

Cook's Corner

A new cake recipe is something that any alert housewife likes to add to her collection. This cake recipe sent to us from MacNeill's Mills W. I. could be served with after-dinner coffee.

CRUMB CAKE

2 cups flour
1 cup butter
1 cup sugar
Rub flour, butter, sugar to crumbs. Take out 1 cup of crumbs and mix the remainder with:

1 egg
1 cup sour milk
1/2 tsp. soda
2 tsp. baking powder
1 tsp. cloves
1 tsp. cinnamon
1 cup raisins
1 cup currants

Four mixture into a greased pan, cover with cup of crumbs. Bake in a moderate oven.

—Mrs. Orrin MacDonald, MacNeill's Mills W. I.

Islanders Marry in Hamilton, Ont.



Shown above with their wedding attendants are Mr. and Mrs. Alex G. MacDonald, both from Prince Edward Island. From left to right are: Mr. Everett Thompson, Mr. Daniel MacDonald, Mr. George MacDonald, Mr. and Mrs. Alex G. MacDonald, Mrs. Aelred McHugh, Miss Helen MacDonald and Mrs. William Lyssay. In the front row are Master Larry Read and Miss Shirley MacDonald.—(Photo by Malcolm Studio).

St. Ann's Church, Hamilton, Ont., was the scene of an autumn wedding on Saturday, October 30, when Catherine Frances, daughter of Mr. and Mrs. Andrew MacDonald, Souris, P. E. I., and Alex George, son of the late Mr. and Mrs. John Rev. V. H. Culliton during which appropriate music was rendered.

The bride was given in marriage by her brother-in-law, Mr. Aelred McHugh, Toronto, and was gowned in a traditional floor-length wedding gown of white lace and net over satin. She wore a fingertip veil which was held in place by a sequin trimmed headband and carried a bouquet of red roses with white 'mums and stephanotis.

Her attendants were her sister, Mrs. Aelred McHugh, as maid of honor and as bridesmaids, her sisters, Helen and Mrs. William Lyssay, Miss Shirley MacDonald, niece of the groom, was flower girl. Master Larry Read acted as ringbearer and carried the rings on a white satin cushion trimmed with white bridal cord.

The made of honor and bridesmaids were similarly dressed in floor-length gowns of net over taffeta in colors yellow, green and mauve with matching 'mums. The little flower girl wore a floor-length dress of dusty rose nylon organza with matching headband and mits and carried a small basket of flowers.

The groom was attended by his brother, George, as groomsmen, Daniel MacDonald and Everett Thompson were ushers.

After the marriage ceremony a reception was held in the Saddle Room of the Jockey Club Tavern, which was attended by approximately 135 guests.

Later in the evening Mr. and Mrs. MacDonald left on a honeymoon trip to Detroit, Michigan. The bride wore a green taffeta dress with grey accessories. The young couple were recipients of many beautiful gifts from friends in Hamilton, Toronto and P. E. I.

Out-of-town guests attending the wedding were Mrs. Alex. Fisher, Bay Fortuna, P. E. I.; Mrs. Raymond MacDonald, Howe Bay, P. E. I.; Miss Mary C. MacDonald, New York; Mr. and Mrs. Walter Fisher and daughter, Mary, Boston, Mass.; Mr. and Mrs. Jack Holmes and daughter, Sharon, Owen Sound, Ont.; Mr. Cairns Blackett, London, Ont.; Mr. Francis Walsh, Thorold, Ont.

Mr. and Mrs. MacDonald will reside in Hamilton, Ontario.

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Give Advice On Training Of Children

Although Dr. Bundesen has for years devoted his column almost exclusively to medical matters, he has received hundreds of letters from parents requesting advice on raising children. Many of them specifically ask how to make children behave.

Hence, drawing on years of practical experience with both parents and children, Dr. Bundesen this week steps out of his role as strictly a medical man to discuss this problem, in which he is vitally interested as both doctor and father.

Herman N. Bundesen, M. D.

Just about any normal child, yours included, will try to get away with as much as he can. It's human nature.

Many parents, however, not fail to curb this tendency, but actually encourage it. You may be one of these without even realizing it.

Problem Parents

There is no such thing as a problem child. Usually, it's problem parents who are at fault for a misbehaving youngster.

There is no one simple method of making a child behave. I'm not going to advise you to use spanking as a cure-all. It just won't work. But if you use your head, instead of a strap, you'll get pretty good results. Just remember, a child obeys only when you tell him "No!"

Now, how can you make your child behave?

The ideal time to begin teaching him, of course, is when he is an infant. And that is often when many parents make their first mistakes.

First of all, you must set an example for your child. You can best teach him what is proper or improper by what you do in his presence. Good habits are more easily caught than taught.

For instance, never tell your youngster to "Go brush your teeth." Instead, say, "Come, let's brush your teeth."

Don't tell him to "Go pick up your toys." Tell him to "Come pick up your toys."

If he sees you doing these things with him, he'll soon learn that this is the correct way of doing them, and before long, he'll do them

without being told.

Better Be Careful

You must, however, be careful not to give your child the idea that he does things just to please you. If you do, he'll only use this power to get more attention.

Don't coax him, either. He should learn that he must do certain things simply because it's the right thing to do. Usually, you can explain why you want something done if the child thinks an explanation is necessary. Most of the time he won't.

Don't Force Child

It's not wise to force a child to do anything, as many of you have probably found out. The more you try to force him, the more he will resist, and the more contrary he is likely to become. All children have a contrary streak anyway, some more than others.

You should be calm and thoughtful, and your home should be pleasant and peaceful. If you get excited and angry and shout, it's likely your child will become noisy and easily angered.

Nervous Parent, Nervous Child

When his parents are nervous, a child is nervous. A youngster needs a feeling of security. A mother and father give him this if they are calm and self-confident.

Many times, aggressive behavior is merely a mask for insecurity. The braggart or bully in your neighborhood—I hope he's not your child—in all probability is a youngster who is insecure and unhappy.

His bluster is only an attempt to conceal his fears, not only from others, but from himself as well.

QUESTION AND ANSWER

Mr. P. R.: What causes a bone infection?

Answer: An infection of the bone, or osteomyelitis, most commonly occurs in children as a result of the spread of a bacterial infection from the throat to the bone.

In adults, the infection usually follows some form of injury to the bone, such as a fracture or a gunshot wound.

Take 40 Eggs

One of the interesting sidelights of the visit to America by Queen Elizabeth, the Queen Mother of England, is the cake recipe she ran into on her visit to Woodlawn Plantation in Virginia. The recipe, attributed to Martha Washington, is entitled "To Make a Great Cake" and it begins: "Take 40 eggs and divide the whites from the yolks and beat them to a froth."

Cakes, of course, were different in those days, when large families gathered around the festive board and the local bakery didn't deliver. Just the same, there is a gargantuan quality to this mighty recipe, which involves such other ingredients as four pounds of powdered sugar, five pounds of fruit, half a pint of wine and a good dose of French brandy.

It probably took a lot of time to bake this cake, and a lot of time to eat it, too. It could be approached in a leisurely fashion, and no child seated down at the end of the table had to feel apprehensive lest it be all gone by the time they got to him. Slices could be cut thick, with plenty remaining for second and even

third helpings, and the wine and brandy must have added quite a bit of body to the flavor. It is necessary to say that they don't make cakes like that any more? No wonder George Washington was a happy man and Martha has come down in history as a smiling woman.

Reflections Everywhere

One of the most useful cabinets features a center mirrored cabinet compartment, with flanking fluorescent light tubes and hinged side mirrors that flatten back against the wall to make a five-foot expanse of mirrored surface un-

broken save for the light tubes in the center section.

Another new cabinet that is finding great favor with home-owners is one that has a double mirrored storage compartment with sliding glass panel enclosures. There are also single-mirrored cabinets, with or without flanking or overhead fluorescent light tubes.

No bathroom is complete unless it has plenty of towel bars. Some bars are square, some are round and there are also those very attractive towel rings.

The latest in towel rods is a rod within a rod. The inner rod can be pulled out from its shell to serve as a hanger for drying hose and lingerie rinsed out and left overnight to dry. This takes care of that chronic and mostly justified gripe of the menfolk about the way women turn the bathroom into a second laundry, with damp articles dripping from the shower rod!

A New Approach

The most notable trend in new bathroom accessory design is towards recessing. Typical of this vogue is the highly popular com-

ing woman.

Success Of Other Dieters Can Spur You On

By Ida Jean Kain

Time and again, your letters reveal that it is the happy success of other dieters that lifts your spirits when you need it most. Today's letters will leave no doubt in your mind that reducing can make you feel like a new person.

"I read with interest about the dieter who weighed 172 pounds. I am 5'5", medium frame, and weighed 172 pounds. I love to cook and bake pride in my baking. But 8 years ago I became disgusted with my weight and reduced to 148 pounds.

Please continue to encourage overweights to cut down on foods. It makes a person feel wonderful to be told they look 10 years younger. I have more pep with less weight. Your diets encourage sner eating habits and help people to live longer. I would like to weigh 135 pounds which would be ideal for me."

Another 172 pound overweight has triumphed . . . "Three months ago when I stepped on the scales I found to my dismay I weighed 172 1-2 pounds — out of reason for 53". You might know what I looked like, even though only 29 years old. This morning I again stepped on that scale and I registered 146 pounds. I feel like a teenager.

"My doctor advised me to cut calories to 1000 a day. That was hard to do until I found your diets, and well — you know the results. With my new food habits I know I can get down to 130 pounds. You have made a happy girl of me."

With such a spirit that young lady will reach her perfect goal. The last letter will help the overweight whose family disapproves of dieting.

"On January 25th I started dieting on doctor's orders to reduce my blood pressure which was 220. I was shocked when I found I weighed 214 pounds. My family did not approve of my dieting, but I was the one carrying all the extra weight. I wear size 18. My neighbors remark about my pep and ask me all about my reducing. I am eating different foods, but I am eating Your 'Take Your Choice Diet' helped change my food habits."

It is always harder to carry on a reducing program when the family objects. How wonderfully proud her family must now be of this triumphant, healthy dieter.

Continued on page 12

Mothers

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Yes, Mothers, you are going to praise JACK and JILL RUB even more than you praised JACK and JILL COUGH SYRUP. So get it now — on this money-saving introductory offer.

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Every little girl loves to have a "dancing" partner! Doll is 44-inches tall — big as your little one! Elastic straps hold doll to child's feet. Easy, fun to make!

Pattern 7319: Pattern pieces, transfers, directions for 44-inch "dancing" doll. Dress chart.

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MUST VOTE
All women 18 years of age or older in Argentina must vote under the enfranchisement law of 1947.

Household Hint
Keep flowers fresh by cutting a little from the stems each day and adding water to the vase. Cut stems at an angle. Flowers stay freshest in rain water.