

WOMEN

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LET'S EAT

A Gourmet Looks For High Quality In Food

By Ida Bailey Allen

"The recognition given today," the height of good taste. "There was fresh black caviar, embedded in ice to be spread on finger-length toasts; a long fillet of Nova Scotia salmon temptingly pink, and of course, a substantial mold of pate de foie gras. The wine was champagne of course."

"No fancy canapes, Chef?" I asked. "No little sandwiches," she said. "No non-Madame. Only simple foods of the highest standard of perfection are enjoyed by true gourmets."

TOMORROW'S DINNER

Tossed Chef's Salad French Bread
Hot Chicken Pie
Green Peas Pickled Peaches
Pears Glaçée
Hot or Iced Coffee or Tea Milk

Pears Glaçée: Serve half-frozen canned pears on thin slices of sponge cake, sauced with chilled, sweetened puree red currants.

LIVER PATE MAISON FROM THE CHEF

Serve on lettuce as on hors d'oeuvre or slice and use as a sandwich filling.
Simmer-boil calf's liver until barely tender in salted water to half cover. Drain. Remove any tough portions.

Then put the liver, 3 slices uncooked fat bacon, 1 slice cooked lean ham, 2 sprigs parsley, 2 slices minced onion, and 1 (4 oz.) can mushrooms, through the medium blade of the food chopper twice. Add 1 tsp. each salt and monosodium glutamate, 1/2 tsp. pepper and gradually work in 1 well-beaten egg.

Generously butter an oblong of tinned baking dish, sprinkle thickly with fine soft enriched bread crumbs. Spoon in the liver mixture and pat down.

Cover, place in a baking pan-pour around boiling water to half the depth of the mold, and bake 1 hr. in a slow oven, 325 degrees F. Cool, unmold and cut in thin slices.

Condemn Leaving Children Alone

SAINT JOHN, N.B. (CP)—One of the most dangerous practices at present is leaving children alone at home, the Maritime Child Constables' Association was told Tuesday.

"Prosecution should be instituted in these cases where evidence can be found to sustain the charge," said Earl J. Sturgeon of Fredericton, deputy provincial fire marshal. "Police departments and fire departments have a mutual responsibility in the matter."

The two-day conference will conclude this afternoon. Mayor G.B. Peat, who welcomed the delegates, was thanked by Chief J. Strange of St. John's, Nfld., the association's second vice-president.

Put Tone In Girdle Muscles

By Ida Jean Kaim

Nature designed a most efficient invisible girdle, with four pairs of muscle bands ingeniously designed to brace the abdominal wall. These muscles, which run lengthwise across and on the bias, aid in keeping the internal organs in correct position and in holding the midsection firm and flat.

One of the best all-around exercises is the continual practice of good posture, pulling up-and-in firmly against your backbone. But what to do when the up-pull doesn't hold is the question.

A few daily exercises, graduated according to your strength will restore live tone to these important middle muscles. Exercise for this part of the figure is richly rewarding. Putting tone back into these interlacing middle muscles has a whole chain of good effects: it improves middle-rod effects; it improves middle-rod functioning; stimulates circulation; leads to upright posture.

To counteract gravity, it's a good plan to take at least part of the conditioner with feet elevated. The position itself is corrective as it tends to encourage the internal organs to assume a normal high position. Also, it is a safety position preventing strain.

Position: Lie on back on floor, with feet resting on low bench or on a chair seat. Have arms down on floor at sides. There you are, relaxed and at ease, with feet elevated.

Movement: Simply flex one knee to chest, and at the same time raise arms and stretch them back on floor overhead — stretch. As you do this, pull up-and-in snugly, starting with the lower abdominal muscles, and press small of back flat against floor. Hold. Remember that holding is toning, so hold for a slow count of six.

Flow through with this simple exercise which brings the bias muscles into action.

Position: Lying on back on floor, knees flexed toward chest, arms down at sides.

Movement: First, get a snug feeling through middle muscles, pulling up-and-in, small of back flat against floor. Then, forcing the middle muscles to take the action, slowly separate the knees. It's the abdominal muscles that work to move the knees. Do this exercise three times, very slowly, holding the knees apart for a slow count of six.

Live tone in invisible girdle muscles not only streamlines your figure, but adds zest to living.



Moonstone Magic

By ALICE ALDEN

Now comes the time when accessories really get working to do right by the midsummer fashion scene. Clothes that seemed picture-perfect a month or so ago are sort of weary now. So that's the time to get busy with a pretty stole, a new hat, or, best of all, a few bits of good costume jewelry that are not roses or bibs, but, rather, quite elegant pieces.

Trifari suggests light, romantic, airy but glamorous jewelry. Moonstones, simulated of course, but carved with elegance and set with pretend-sapphires and rhinestones, are a good idea, we opine. And how about a moonstone spray pin to set off the current long-torso line? Very new and important!

ELLEN'S DIARY

By An Island Farmer's Wife

"We go tomorrow morning," an annual summer visitor to the Island, who had come in to say, "Good-bye" offered this morning.

"It's not that we wouldn't much like to remain longer but our vacation-time is over — the work calls us home."

"You happened to come in a lovely time of year," we said. "It would be nice if every visitor could see the Island as it is now."

"It's certainly beautiful," he agreed. "I've enjoyed this holiday so much — seems they get better and better." He smiled. "Do you know how I've come to regard it? Why to me as to my wife, a native daughter, it's always 'Down home'."

And enchanting we find it — this early summertime of the year, how pretty now the white of the clover on the lanesides and pastures! The rambling red roses on the lawn and the neat Scotch ones intermingling were never more lovely. And now bright-hued flowerings in the border take the place of the more sober spring shades. Perhaps it is because we were absent from the place in recent years that we now enjoy everything so much. It is likely that Providence plans it thus for the often-careless and thoughtless of earth. He withdraws... but may give again so to prove to us its worth.

At Rob's too, on the farm in the road red roses bloom in profusion. And there the perennial border red-leaf plants lifted and reset last year now make their growth and bloom. And Jamie and Gage, their miserable meastime over and past, are back happy and content to the pleasant mixture of work and play which goes to make up their holiday round.

Three Babies Die From Infection

SIoux LOOKOUT, Ont. (CP)—Three babies have died, two others are ill in hospital and several are ill at home from a bacterial infection which has recurred in this town of 800, about 200 miles northwest of Port Arthur.

Dr. G. L. Bell, local medical authority, said the sickness has not reached epidemic proportions. He said he believes the infection is caused by a strain of bacteria which troubles the community every summer, but which is not restricted to Sioux Lookout.

"We do not know too much about it, except that it is an intestinal infection," Dr. Bell said. "Two white children and an Indian child have died from the infection in the last three months. The two children in hospital are 'doing well.'" Dr. Bell said.

Words Of The Wise

Nothing is cheap which is superfluous, for what one does not need is dear as a penny.—(Plutarch).

Thians 13. It nearly always miraculously dissolves resentments.

HURT FEELINGS ARE EXCESSIVE

The gist of your relations with your husband's family is unfortunate; and you seem to regard it as more your misfortune than your fault. But I wonder if you brought to marriage a private handicap or inferiority feelings and raw sensitivity to slights (real or fancied), that robs you of emotional resiliency, maladjusts you to difficult people, and gives you a chip-on-shoulder attitude towards persons who with hold approval of this kind as if plain the hysterical quality of your outrage and unforbearing fury, in recounting the latest "insult" from in-laws.

If your husband felt obliged to put distance between his family and his marriage, to give the marriage a chance, it signifies that his kin are a negative breed, psychologically. They tend to tear down rather than build up — and to interfere and fomentize and un-nify. That being the case, if you are unrealistic fog you to have a fit, when once again one of them happens to act in character. Let it go; let it pass; don't fan a fuss with your husband about it.

If your in-laws' behaviour is low grade, in your opinion, does it follow that you should behave as poorly? Why bolt the door in their face? Be true to yourself, your better self; and be hospitable and gracious always. If only as an exercise in personal grace. — M.H. Mary Haworth counsels through her column, not by mail or personal interview.

Woman is Insulted Because In-Laws Sent Gift to Husband

DEAR MARY HAWORTH My husband has a sister who is a member of a religious order. Recently she spent a weekend with us. My mother and I exerted ourselves to prepare meals, the home, etc., so that all would be well and pleasant.

After returning to her home in another city, the sister wrote a thank-you letter, which was followed by a gift addressed to my husband only. It was a pen-and-pencil set. I feel this was an outright insult to my mother and me, as the home is mine as well as my husband's, and the gift should have been addressed to both of us.

To make matters worse, my husband is siding with his sister, saying it is nobody's concern that he received the gift. I can't forget this incident or my husband's attitude. I feel that our marriage isn't a true one, since when two people marry they are considered one, and should be treated as such.

ONLY THE LATEST OF MANY INSULTS

I feel therefore that his sister will not be welcomed in our home in future. This isn't the first insult I have received from my husband's family; there were many others from his other sisters.

My family goes all out to be nice to my husband; and if his family doesn't treat me with respect and decency, I feel there is no need to associate with them. When we married we moved from my husband's town so that our marriage would have a chance to survive — as from the start they made my husband miserable and treated me as an outsider — in fact, as if I didn't exist. I will appreciate your comment on the situation. — V.R.

DOES SISTER-IN-LAW KNOW ANY BETTER?

Dear V. R.: Maybe your sister-in-law just doesn't know any better. Or maybe she is too immature emotionally to be properly courteous to a person she dislikes.

By ordinary standards of civility, she was discourteous in sending a gift to your husband and none to you or your mother in the wake of her recent visit. Unless, of course, she had brought you something, for yourself or the house, when she arrived for the weekend. This is a possibility; perhaps you forgot to mention it. If so, she may feel (rather justifiably) that this advance offering plus the thank-you letter, takes adequate notice of your status as hostess.

However, supposing she hasn't given you a thing, and was vulgarly partisan and indifferent to your feelings in sending her brother the present, still I think you are overreacting to what she did — or didn't do. Even if her motives were the meanest, the healthy rejoinder on your part would be to rise above the incident, by forgiving and forgetting the hurt you felt, as quickly as you could manage. For help in this, read St. Paul's dissertation on charity — 1 Corin-

COOK'S CORNER



JELLIED PINEAPPLE SALAD

1 pkg. lime jello, 1 cup crushed pineapple, 1 cup cottage cheese, 1/2 cup walnuts (chopped fine).

Dissolve jello in 1 1/2 cups hot water, let cool until starting to set. Stir in cottage cheese, pineapple and nuts. Let set until firm. Unmold on lettuce.

ALICE BROOKS DESIGNS

LIFELIKE ROSES
Crochet roses in color — to decorate this most unusual doily! They stand up in lifelike form against their lovely background.



Canadian News Women Complete Tour Of Europe
By RON EVANS
Canadian Press Staff Writer
LONDON (CP) — Seventy-two foot-wear Canadian newspaper women Monday night fled through London airport, crowded aboard a British airliner and took off for Montreal after a European tour.

Most excited members of the party were the 11 who toured Russia for 11 days.

Will Write Of Trip
Most of the travellers were reluctant to discuss their journey — they planned to write or broadcast their own stories later — but they chattered happily about some fleeting impressions. They recalled a morning tour of the Kremlin and a meeting with former premier Georgi Malenkov; an evening ball at Moscow's Bolshoi theatre; tea served in bed aboard a crack express-train to Leningrad; and two-hour "victorian" meals served at 10 p.m.

"I guess we were really guinea pigs," said Miss Myers. "We were the first Canadian women to travel in Russia as individuals paying our own way — not as a delegation."

Angela Burke of the Toronto Star stayed behind in Moscow. Her companions said she hoped to visit Siberia.

Some other club members were not as excited by their travels. Said Idabelle Melville-Ness, a freelance broadcaster from Saskatoon who travelled to southern France, Italy and Switzerland with 37 others:

"To give you an honest answer, it was an endurance test. But we'll go home with some happy memories."

French's MUSTARD

does something wonderful for outdoor eating!*



HOUSEHOLD HINT
A mattress pad needs no ironing. After washing, hang the pad lengthwise over parallel lines. During drying, reverse its position and shake it vigorously for extra fluffiness.

MORNING SMILE
"I haven't seen her for years. Did she marry that man with red hair and a lot of money?"
"Yes, dear, and he's still got the red hair."

For Scalds and Burns
1850 SODA
For soothing first-aid, apply a thick paste of baking soda and water. Keep in place with a sterile bandage. And here's a safety tip: baking soda extinguishes small fires instantly. Pour contents of package on fire.

COW BRAND BAKING SODA
PURE BICARBONATE OF SODA

Layer Cakes!
• white
• chocolate
• marble
• or combination

BRODIE'S
COMBINATION
CAKE MIX

*HERE'S THE SECRET!
FRENCHWISE HAMBURGERS:
1 1/2 lbs. ground chuck beef, 1/2 tsp. salt, 2 tbsps. minced onion, 2 tbsps. French's Mustard, 1 egg, 1/4 tsp. pepper, 1/2 tsp. French's Worcestershire Sauce. Knead ingredients together thoroughly, pat into cakes, grill or pan fry. Serves 5.

French's golden flavor adds extra zest to many other outdoor treats — hot dogs, sandwiches, cold cuts, salads. Let folks serve themselves right from the jar.

Canada's Golden Quality PREPARED MUSTARD - In the Red Pennant Jar



In The Swim

BY TRACY ADRIAN

Slim and trim in this white latex faille swimsuit with black corday scrolls across the bodice and on the side panels. The suit is designed to be worn strapless or with straps and has a fully boned bra.

Extra precautions are taken with hook and eye fastening up the back beneath the zipper and top button closing. Seen in white this style is also available in black, pink and aqua.

APPRECIATION

My thanks to those who voted for me in the Holman June Bride contest. Through your support a great many highly prized gifts were presented to me which will constantly remind me of such good friends.

Mrs. Jackie MacKenzie (nee Audrey Kitson)

PIN-WORMS MAY BE A FAMILY AFFAIR

Widening, nose-picking and a tormenting rectal itch are often tell-tale signs of Pin-Worms... only Jayne's medicinal Pin-Worms can get you out of every three persons examined. Entire families may be victims and not know it.

To get rid of Pin-Worms, these pills must not only be killed, but removed from the large intestine where they live and multiply. That's exactly what Jayne's P-W tablets do... and here's how the P-W works.

First — a scientific coating carries the tablets into the bowels before they dissolve. Then — Jayne's modern, medically-approved ingredient goes right to work — kills Pin-Worms quickly and easily.

Don't take chances with this dangerous, highly contagious condition. At the first signs of Pin-Worms, ask your druggist for genuine Jayne's P-W Worms... the small, easy-to-take pills, manufactured by famous Dr. D. Jayne & Son, specialists in worm remedies for over 100 years.

ANNE ADAMS PATTERNS

NEWEST FASHION!
They're siren-slim as fashion decrees! They're the new "skinny" pants — all the rage this summer! They hug you lightly from waist to ankle — show the figure in the most flattering way! Wonderful for vacation, leisure wear — with the gay companion shirt!

Pattern 4717: Misses' Sizes 10, 12, 14, 16, 18. Size 16 pants 2 1/2 yards 35-inch; shirt, 1 1/2 yards.

This pattern easy to use, simple to sew, is tested to 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 of The Guardian, 60 Front Street West, Toronto.



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