

WOMEN

Page 8 The Guardian Wednesday, April 13, 1955

Garnishes Give Meals A Bright Spring Look

By Ida Bailey Allen

"Regardez, Madame!" exclaimed the Chef. "I have brought a whole basket of spring garnishes from the market. Each one I shall clean and refrigerate in a polyethylene bag or rigid container, so they will keep fresh and be ready to use to bring that appetizing spring look to our dishes this week."

"Let's see, Chef! You have radishes, chives, scallions, chervil, parsley, watercress, lemons, fresh tarragon and dill, tomatoes, new beans and carrots."

Colorful and Gay
"Oui, Madame, all colorful and gay! And here is fresh mint, also. You know how soon these delicate greens and herbs used to deteriorate? This is no longer so because refrigerated in polyethylene they keep fresh for days."

DINNER FOR HAPPY EATING

Cottage Cheese Ball Saladettes
Broiled Ham Corn Oysters
Mustard-Creamed Potatoes
Chocolate Mocha Cream
Coffee Tea Milk
Corn Oysters: In a qt. bowl, beat 1 egg frothy. Mix in 1 tbs. melted shortening, ½ c. fine enriched crumbs, 1 tsp. salt, ¼ tsp. pepper and 1½ c. cream-style corn.
Heat a heavy frying pan until a drop of water dances when dropped on it. Oil with shortening. Drop on corn mixture by heaping teaspoonfuls. Sauté on one side, turning with spatula to complete browning.

Chocolate Mocha Cream 3 Ways:
In a qt. saucepan, stir together 1 3/4 c. flour, ¼ tsp. salt, 1/3 c. dry cocoa and 6 1/2 tbs. sugar. When well mixed, blend in ¾ c. strong coffee beverage (or ¾ c. hot water and 2½ tsp. instant coffee) and 1½ c. milk. Stir and cook until boiling.
Slip an asbestos mat underneath; simmer 5 min., stirring often. Add ½ tsp. vanilla; cover and cool.

Serve in sherbet glasses, topping with sweetened whipped cream, or any whipped topping.
Chocolate Mocha Coconut Tart:
Fill baked tart shells with chocolate mocha cream. Thin-spread with whipped cream or a topping; garnish with toasted coconut.
Chocolate Mocha Cream Layer Cake:
Put 3 layers plain or devil's food cake together with chocolate mocha cream. Spread top layer with rich chocolate icing. Strew over chopped walnuts, filberts or pecans, and press in lightly. Let stand at least 2 hours in a cool place before serving.

THE CHEF'S MUSTARD CREAMED POTATOES
Roll a dozen hot cooked medium potatoes in mustard sauce; stew with minced chives or scallions.
Mustard Sauce: In a small saucepan, stir together ¼ c. real mayonnaise, ¼ c. whole milk, ¼ tsp. salt, 2 tbs. table-mustard-with-horseradish, 1 tsp. lemon juice and 1 tsp. sugar. Stir constantly until blended and very hot. Pour over potatoes. Complete as directed.

Wife Preservers
When you prepare apples for baking cut off a one-inch band of paring around the top, and the apples are not likely to crack.



It seems John is beginning to fall for Ruth's two-timing, double-dealing play for him. This is indicated in his taking her home, a few doors away, playing host to her when you are out for an evening, etc. Your sudden sharp impulse to blow your top and blast "all concerned" (meaning John and her) suggests that you've just waked to the danger she spells — which has been dogging John's heels for years. You are frightened — and outraged by this distress.

Enjoy **McLARENS** CRISPIE PICKLES
Everybody else does!
FAMILY FAVORITES FOR 70 YEARS

Courts Interest Neighbor's Husband

DEAR MARY HAWORTH: Tom and I have been happily married 15 years. We have three children and a nice little home. The problem is a neighbor, eight years my junior, who is also married and has six children.
Ruth and I have been friends for seven years and things went smoothly until this past year, since when she has spent most of her visiting-time in my house flirting with Tom. All conversation is directed to him and I am made to feel like the guest, the outsider.

At first I ignored this, but now I am quite annoyed, as she even goes so far as to invent reasons why Tom should walk her home, though she lives but a few doors away. Her latest trick was spending an entire evening with my husband in my house, when she knew full well I was to be out. You see her husband works two nights a week and she hires a baby-sitter and visits us, staying until the last show on TV sings off (though she has a TV set of her own).

Man Appears To Be Neutral
My husband seems not to notice what's going on. He doesn't lead her on but neither does he put her in her place. I've said nothing to him, for fear of appearing to be meanly jealous, but I know I can't take much more. What can I do? I've had all kinds of advice from girl friends — to bar her from the house, or flirt with her husband, or tell him the story (she seems unaware of it).

You advise others so wisely that I am willing to follow your guidance; but please answer soon, before I lose patience with all concerned and blow my top, thus ruining, a perfectly wonderful marriage.
K. R.

Wife Neglects Her Prerogatives
DEAR K. R.: Ruth is walking over you, in your own house, largely through default on your part. You aren't exercising the authority of your status as Tom's wife and hostess. If Ruth's flirtatious actions are such that you don't want her hanging around, trying to steal your husband's interest, then you simply ought to roll up your sleeves (figuratively speaking), and give her the bum's rush.
As things are going, Ruth is becoming progressively more infatuated; also bolder, on the theory that she is beginning to make headway with John. And your erstwhile failure to take preventive measures on behalf of your marriage has left him pretty vulnerable to the snake in the grass, since after all she is your friend (so-called). Who is he to put her in her place, he may ask himself, if you don't mind her encroachment with him? — and your feigned tolerance makes like you don't.

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Outline Terms Of Hospitality
What to do about her? Well, there are a million things to do, depending upon your temperament and the situations she creates from day to day. But first of all, firmly grasp the fact that you aren't on the defensive with her, if she and not John is doing the chasing. She is skating on thin ice, socially speaking, as she knows. She is the trespasser on forbidden ground, from the moral

Ruhamah Scheinfeld Frank We And Our Neighbors

SCHOOLMARM'S PSYCHOLOGISTS, SPARROWS
First, my salute to the Island teachers gathered here for Convention Week! May there be plenty of pleasant doings for them as well as constructive ideas. To my way of thinking, if teachers can't have both, kindness, patience and humor — far more than thorough knowledge of subject matter or formal methods of teaching, bring the best results. And time and opportunity for relaxation are indispensable in maintaining these qualities.

Now, still speaking of schoolmarm's, how different is the popular conception of a school teacher now from what it was only twenty or thirty years ago! Then the phrase, "an old-maid school teacher" was quite common. Schoolmarm's were generally pictured as spinsters, prim and angular. Nowadays, however, being more apt to be good-looking, gay and frankly interested in marriage, the school teacher is no more suggestive of spinsterhood than the woman following any other profession.

Indeed, our own observation bears out an item from a monthly magazine (Cosmopolitan) feature, "Looking into People" by Amram Scheinfeld. It states: "Once the highroad to spinsterhood, school teaching is being regarded more and more as a married woman's job." reports Professor Chester M. Stephenson. Of 400 co-eds in teacher training at Ohio's Miami University, almost 85% planned on marriage and teaching as joint careers. Some 15 percent expected eventually to be just wives; only two girls didn't expect to marry. Diminished

view, which gives you a solid advantage in calling her hand. Now for suggestions: 1. Get it across to Ruth bluntly and insistently if necessary, that she's not to drop in evenings, except on invitation from you; that her past policy of taking welcome for granted won't do any longer. 2. If John asks what's up, tell him only (enigmatically) that Ruth has sort of cut her throat with you — and you'll feel better the less you see of her. If he's been tempted, he'll see your point, and I hope sidestep her too. But don't labor the idea; just stick to your guns. 3. As overall insurance, get out socially with John, amongst new friends and new activities, as much as possible. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Household Hint
Any kitchen tool with a wooden handle should never be soaked in water.

CENTRAL SCHOOL
"March report:—
Grade V (a)—1. Alder Gallant; 2. Kenneth Arsenault.
Grade V (b)—1. Robert Johnston; 2. Billy Bagnall; 3. Bernard MacKenna.
Grade IV—1. Edwin Rayner; 2. Kenneth Clark; 3. Leo Smith.
Grade III—1. Earl Smith; 2. Eva Poirier, Ronald Rayner; 3. Arlene Slavin.
Grade II—1. Gordon Clark; 2. Hazen Slavin; 3. Barry Green.
Grade I (a)—1. Dianne Rayner; 2. Sharon Gallant.
Grade I (b)—1. David McKenna; 2. Ann McKenna; 3. Joseph McKenna.
Grade I (c)—1. Dianne Poirier; 2. Wayne Crossman.
Alexander Green, Teacher.

For Better Fit And Health—Alter Middle Measurement

The typically feminine phrase "I have nothing fit to wear" really means your present wardrobe no longer fits. Alas, the middle measurement has spread. What happens to the fine network of muscles designed to brace the front and hug the waist at the side boundaries? As time goes along they lose their gimp their tone.
The muscles that form the abdominal wall are probably the most neglected in the body. Every-

day activities do not provide sufficient exercise to keep these important muscles toned. Consequently they become soft, lax and fat infiltrated. The spread is on . . . worse, you feel dragged down.
Specific conditioning exercises are needed to restore tone to the long front muscles and the side front abdominals.
Position: Sit on floor, with feet wide apart. Lean back as far as you can without losing balance, then place palms of hands flat on floor, side back.
Movement: Without shifting position of the body, place hands on hips — the stomach muscles act as bracers. Hold for a 1-0-w count of six, holding in tension. Return to position and repeat three times.

slightly off floor, tilt hips toward right, pulling up and in firmly with side-front muscles . . . hold. Relax, tilt hips to opposite side, again pull firmly up and in . . . hold. Repeat eight times, later more.
Here's an exercise to restore gimp to waist and to the muscles bounding the sides of the silhouette.
Position: Kneel, then sit back on heels, holding arms out at sides, shoulder level.
Movement: Get a good grip on the abdominal muscles, bend slowly to the right, aiming to touch right fingers to floor at right side, while reaching up with the left hand . . . hold. Bend to the other side and repeat 8 times. In two short weeks you'll be pleased with the fit of your clothes.

Apel - Oliver Wedding
A quiet wedding took place at Brunswick St. United Church, Halifax on Feb. 26, when Rev. H. E. Campbell united in marriage, Esther Eva, eldest daughter of Mr. and Mrs. Frederick Oliver, Alberton, P. E. I., and Clifton Leroy, son of Mr. and Mrs. Edwin Apel, Stratford, Ontario.
Given in marriage by Mr. Stanley Brown, the bride chose a pale blue tailored suit with pink accessories. Her corsage was of pink roses.
The bridesmaid, Mrs. Gerda Brown, wore a navy blue tailored suit with white accessories and a corsage of red roses.
Best man was Mr. William Verge R. C. N., of Glace Bay, N.S.
A reception was held at the home of Mr. and Mrs. Stanley Brown, 966 Barrington St. The bride's table was centered with a two-tier wedding cake. The room was in pink and white. A buffet lunch was served by Mrs. Elizabeth Roberts, Mrs. Gerda Brown, Mrs. Helen McDonald, and Mrs. Dorothy Hart.
The bridal couple left on a honeymoon through the Maritime Provinces and the bride's home in Alberton, P. E. I.
They are residing at 999 Barrington St., Halifax, where the groom is stationed with the Royal Canadian Navy at H. M. C. S. Shearwater, Dartmouth.

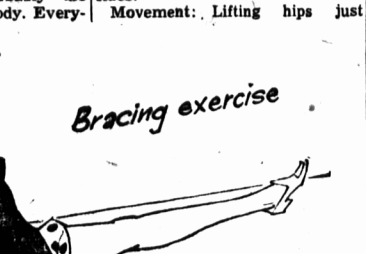
Cook's Corner
SALMON OMELETTES
1 lb. can of salmon
4 or 5 eggs
¼ tsp. salt
Dash of pepper
Beat eggs. Add salt and pepper. Shred salmon, add to egg mixture and stir together. Drop by tablespoon in hot fat and fry until golden brown.

COCONUT DROPS
½ c. sweetened condensed milk
2 c. shredded coconut
¼ c. raisins
few grains of salt
1 tsp. vanilla.
Combine the milk, coconut, raisins, salt and vanilla and mix well. Drop from teaspoon on greased baking sheet. Bake in a moderate oven (350 deg. F.) for 10 minutes. Yield, 1½ doz. cookies. Raisins may be omitted.

MORNING SMILE
A prominent business man, in an interview, was asked to give his definition of an expert.
His answer was succinct and definite: "An expert is one who can complicate simplicity."

KEEP IN TRIM

To progress with this bracing exercise . . . from the same leaning back starting position, place hands behind head (instead of on hips). Again hold for slow count of six. Repeat three times.
The "Hammock Swing" is designed to tone the side-front abdominals.
Position: Lying on back on floor, with knees flexed, soles of feet flat on floor, arms down at sides.
Movement: Lifting hips just



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For Scalds and Burns use 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

APPLE JELLO
Here's the only APPLE jelly powder on the Canadian market — the first new JELLO flavor since 1935 — and well worth waiting for!
New APPLE JELLO has everything! sparkling, golden color! bright, tangy, apple flavor! it's perfect for desserts — wonderful for salads, too!

So MANY desserts and salads with

JELLO
BRAND OF JELLY POWDER
FOR SALADS TOO! APPLE

SPICY COCKTAIL DELIGHT
1 package Apple Jello
¼ teaspoon salt
¼ teaspoon cayenne
1 cup cold water
½ cup cold water
2 teaspoons lemon juice
1½ cups drained, diced fruit cocktail
¼ cup pecans
Sweetened whipped cream
Stirring
Mix Jell-O, salt, and cinnamon. Add HOT water and stir until Jell-O dissolves. Add cold water and lemon juice. Chill until slightly thickened. Then fold in fruit and pecans. Pour into mould. Chill until firm. Unmould. Serve with sweetened whipped cream. Sprinkle lightly with nutmeg. Makes 6 servings.

Jell-O is a registered trade mark owned in Canada by General Foods, Limited

ELLEN'S DIARY

Notwithstanding some apparent improvement in health today, we had not managed to recapture much buoyancy of spirit, either James or his wife. The younger farmer too was among those of the Family "tetched" with the misery we tried to analyze, though not yet laid aside from his cares.
"It's not altogether the cold I have," James offered, "I've been out about with one much worse."
"And it's not . . ." but how could we place the malady which in our usual good health and without warning had descended to restrict for a time the activities of our days?
And so we bore with it, not in continuing misery, for it had its better spells. Rises and declines in temperatures were noted with alternate apprehension and satisfaction, the former we laid to the fact. "It must have come from something we ate" the latter bringing us a yearning for a relief, at least to some of us, that at a testing-time the instrument slipped from the encircling lips to the hardwood floor and if it did not shatter to bits, it's days of usefulness were over.
"It's just as well" James said. "I believe my taste has been impaired with holding the thing so often under my tongue! At any rate there's something astray — nothing tastes as it did, and it could be from that . . ." Still he commented after a silence "I can give warning that it's high time to call the Doctor. They're not a bad rig to have around, after all. Ellen" he nodded "don't forget to tell 'em' to bring another home, the first day they go to town. Yes, they're kind of handy to have."

Miserable today? By turns and spells — and the day which sent the rose-glow of the sunrise so bright and promising in to the room above the kitchen this morning turned at length into April shadows, which bespoke falling weather — and snow!
"And so you're down! Not a leg left to stand on, forsaken, forlorn!" Aunt Kitty Mahoney used to say with a kindly chuckle in the long ago of one overtaken by some ill of body or spirit. "It's bad you are then, indeed! Time to put on your bonnet and go to call on some mortal who really has trouble — and I mean trouble! Or if you can't do that, just clear your mind of your own ailments a minute and consider: there's . . . hasn't been out of his bed for years; there's Mrs. . . . so crippled with the rheumatism she can't comb her own hair; and there's Mrs. . . . him dead and gone and her left with a houseful of youngsters to do for. And you have — what is it?"
An inertia it was, a laziness of body and spirit which found it a trial even to move to add a stick to the fire . . . Gently, thickly, the snowflakes fell, April snow

Bringing Up Baby
Hint Collected by Mrs. Ben Gerber (Mother of 5)
In the daily hustle-bustle of doing things for baby, few of us stop to think what baby does for us. A young friend of mine put it very well indeed when she said: "The most wonderful thing about babies is that they enrich your heart and expand your horizon without exacting any fee whatever." Nice thought.
Assorted values. No one food can provide adequate amounts of all vitamins, minerals and other vital food values. That's why a variety of foods for baby is so important. Because a daily balanced diet offers a dependable source of the nutritional elements needed for strength, growth and energy.
To further the cause of a well-balanced infant diet, Gerber gives you a choice of 31 Strained Fruits, Vegetables, Meats, Dinners and Desserts — all specially processed to preserve a higher degree of nutritive values than is possible in the usual methods of home cooking. All are famous for natural flavorful goodness and appetizing true-to-nature colors. Made by the people who specialize in baby foods — and nothing else.

Bootee bootie "No more bootie ribbons to iron or fuss with," claims the clever mother. "I simply run elastic thread through the tops of baby's booties. They cling like magic."
Fruitful idea. Ideal end-of-a-meal treat for your sugar-plum. Gerber's new Strained Fruit Dessert — a beautifully balanced blend of apricot, orange and pineapple — textured to a velvet-smoothness with a touch of tapioca. Seconds, anyone?
Keeping posted. Many of the best ideas in this column come from mothers just like you. Why not share your short cuts? Send to Mrs. Gerber-Ogilvie Baby Foods Limited, Box 68, Toronto 18, Canada.

NEW!
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MORE FLAVOUR
MORE CAKE
BRODIE'S
XXX
Double-Decker*
WHITE CAKE MIX
Home baked flavour you'd almost forgotten! Now available the easy way with Brodie's new XXX White Cake Mix.
*Two bigger than ever 8-inch cakes in each package, pre-measured in separate envelopes for an even layer cake.
Just add water, mix and bake for a new high in quality — a more delicious cake.
Up to ½ More Than Any Other Mix!
REACH FOR THE NEW YELLOW PACKAGE WITH THE BIG RED LETTERS
BRODIE'S XXX CAKE MIXES
Try these other famous Brodie's XXX Mixes . . .
Chocolate, Combination, Angel Food, Spice and Picquick



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