

WOMEN

Page 8 The Guardian Wednesday, January 26, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

"Come!" Granddaughter called us from the sitting-room to the kitchen this afternoon. "Come quickly!" she begged, a twinkle in her voice. "You have company—a distinguished guest!"

And we put aside the mitten of sheep's gray we had been knitting for James and came at once in response to her call. Here he is, she chuckled happily. And there, surprising us, dark eyes sparkling, cheeks rosy from the out of doors, was...

"It's Gage!" Mack smiled from the couch beside him. "Did you expect to see some big strange man?" It was Gage, looking fit and happy. He had ridden to Alderlea on one of the loads of wood that James had been ferrying from the woodlands with the brown mare and sleigh in afternoon-trips. He could stay only briefly in this school period, with the night-shadows already touching gently the hills. So presently he was off again along the fields with his Grandfather, this little lad whom we would have mature too fast, toward that farm "in the road" which is his home.

It was the black dog's throaty and welcoming bark ringing out on the dusk and hush of this mild winter night that brought Jamie to visit us, a school-bag under an arm. A season of Tests is here and there were reviews of work we had done together to be made. What supplementary courses in the art of Teaching we have enjoyed with them since these children entered school—most interesting in that we can learn from their studies, the various modern methods employed by the teachers of their respective schools.

Mack came in from the lighted yards to display the sturdy snow-shovel his Dad had brought him yesterday from town. Then sat down close by us then, his cap on a knee. We returned to our reviewing. "I believe I know that chapter fairly well," Jamie offered. "I think we can leave it go on."

"I guess it's so long since she taught school, she forgets how it's done!" Mack commented. "Now, my Mother hasn't forgotten one thing! When you're getting old," he made nice allowance for us. "You sometimes just don't remember!" Jamie continues to be a good student, a conscientious lad, blessed with that rare insight into schooling which dispenses other attractions, and naturally of his own accord lets no school-day catch him with his lessons unprepared.

"Hurry with the schooling!" James looked in to smile at him, "you and I have a lot of farming to do, once the schooldays are done! And Mack... why are you sitting here idle! Didn't we send for two currys combs yesterday? And of what use are they, if we sit in the house? Let's go and have a spell cleaning the farm cattle. Don't you know that's as good for them as an extra feed?"

"I see the lights of the village!"—something from Jamie's homework comes to mind now. We see in fancy a lighted window and the shadow of the arm-chair there. And we recall that if yesterday returned the Anniversary of a Scotsman's birth, it was also that of another's burial, one who left to his children the nice heritage of having had a father "who read to me."

Until tomorrow ———— Diary
Good-night

LET'S EAT

A Prepared Stuffing Is Handy To Have

By IDA BAILEY ALLEN

"It is very gratifying, Madame," said the Chef, "to find how many time-saving ideas of professional chefs are being used in home kitchens through packaged foods; for example, the herb-seasoning stuffing mixture that chefs make in quantity to use as needed. This is now on sale in a household version."

Prepared Stuffing
"It is made from irregular-sized crumbs of fine quality bread dried with sage, thyme and a little onion, and seasoned with salt and pepper. One package contains 8 ounces, or enough to stuff a 5-pound chicken or duck. For a dry, crumbly stuffing, add 1 cup water and 1/2 cup melted butter or margarine. For moist stuffing, use 1 1/2 cups water, and add 1 beaten egg."

Some New Ways
"Everybody likes the appetizing flavor of a good stuffing. Chef Let's work out some new ways to use it. As a result, we recommend the following uses for herb-seasoning stuffing crumbs:
Butter-fry as a garnish for cooked vegetables, or to top cream, tomato or onion soups.

Good Substitute
Use instead of bread or cracker crumbs in burgers or meat or fish loaves.
Substitute for plain bread crumbs in scalloping tomatoes, corn, cabbage, Brussels sprouts and oysters. Make a layer of moist stuffing in a baking dish, top with creamed meat, poultry or fish and a dusting of dry herb-bread crumbs, and bake.

TOMORROW'S DINNER

- Tossed Lettuce Bowl
- Cheese Dressing
- Meat Loaf
- Green Lima Beans
- Herb-Scalloped Tomato
- Apple Roll
- Lemon Nutmeg Sauce
- Coffee
- Tea
- Milk

HOUSEHOLD HINT

Never leave an electric iron with the current on. Use an automatic cut-off type iron, if possible, and always put the iron in a safe place to cool, to avoid any chance of fire.

ANNE ADAMS PATTERNS

WEEK'S SEW THRIFTY!

It's so thrifty, sew-easy to make this new, side-button, wrap weskit! Just look at the DIAGRAM! Weskits are so smart this year—you'll want several of the classic, button-front type, too! Choose wool tweeds, corduroy, cotton!

Pattern 4529: Misses' Sizes 12, 14, 16, 18, 20. Size 16 upper version, 3/4 yard 54-inch; lower, 1 1/4 yards 39-inch fabric.

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 Size, Name, Address, Style Number.

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

READER'S CALORIE COUNT

A reader asks for the calorie count on the following breakfast, luncheon and dinner. The menu is, of course, inadequate, being without vitamin C and generally falling to conform to the Canada Food Rules. It is, however, as follows:

1 slice bread lightly buttered 80
1 egg 70
tea with milk 15
1 slice sirloin roast 5x2 1-2x4 100
bread, butter and tea as above.
1 slice white fish steamed 70
3x2 1/2x4 100
bread, butter and tea as above.
Total calories 555



Look Gala in Lace

Lace and net, two airy fabrics, combine beautifully in a gown designed for gala occasions, be the setting north or south. Shirred bands of Chantilly-type lace are set painstakingly, row on row, for the skirt, which is under-scored with toast-colored net and taffeta petticoats. A wider band of lace is used for the molded strapless bodice. Toast net also makes the pleated inset and attached stole.



Cook's Corner

EGGS can be baked and used in various casserole dishes. Try them in a medium thick cream sauce, with cheese or tomato sauce seasoned with onion or a little cury. Pour it into a greased casserole and let stand a few minutes until depressions can be made in it with a spoon. Now break the whole eggs into the depressions and top with buttered crumbs. Bake this in a moderate oven just long enough to allow the eggs to become firm.

SALMON SUPPER PATTIES

1 lb. can pink salmon
1/4 c. chopped celery
1/2 c. soft bread crumbs
2 eggs, well beaten
1 t. melted butter
1 c. condensed mushroom soup
1 t. chopped onion
1 t. chopped parsley
Drain salmon, setting liquid to one side. Mash the salmon, and add the chopped onion, chopped parsley, bread crumbs and chopped celery. Mix well. Add beaten eggs to salmon mixture and mix thoroughly. Shape into patties. Melt butter in skillet, then brown patties on both sides. Combine the salmon liquid and mushroom soup in separate saucepan. Heat to serving temperature and serve with patties as sauce. Serves 6.

GINGER FLAKE CAKE

1/4 c. shortening
1/4 c. sugar
1 egg
1/2 c. molasses
2 cups corn flakes
1 c. sifted flour
1/2 tsp. soda
1/2 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 c. hot water
Blend shortening and sugar thoroughly. Add egg and molasses; beat well. Stir in corn flakes which have been crushed into fine crumbs and sifted dry ingredients. Add water and beat until smooth. Pour into greased baking pan and bake in moderate oven (350 deg. F.) 30 to 35 minutes. Yield: 9 servings (8 x 8" pan).

polio viruses affect you and what medical science is doing to control this disease.

QUESTION AND ANSWER

V. W.: I had a blood test and was told that I had blood type "A". Is this anemic blood?

Answer: The blood type has nothing to do with anemia. Anemia is a lack of coloring and red cells in the blood. Anemia may occur in persons with any of the various blood types.

HEALTHY SPORT

HALIFAX (CP)—Group games, especially tumbling, are a big feature among the girls of the Halifax Colored Citizens Improvement League.

ALICE BROOKS DESIGNS

EXTRA-EASY!

Skirt of the season—rows and rows of pineapples, baby-size at the waist growing bigger toward the hem! Crochet scooped blouse and skirt of straw yarn or wool.

Crochet Pattern 7360: Skirt, Waist 20-22; 24-26; 28-30. Blouse, 32-34; 36-38. All sizes included.

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, irresistible — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — right NOW! You'll want to order every wonderful design in it!

MORNING SMILE

"Why did you leave your girl's house so early last night?" asked one youth of another.

"Well," replied the other, "it was like this. We were sitting on the sofa and after we had talked for some time, she turned out the light. Guess I can take a hint."

Timely Suggestions

from Canada's Kitchen

By Consumer Section Marketing Service, Canada Department of Agriculture

Did you know that eggs are one of our most valuable foods? They are considered valuable, not only from the standpoint of food value, but for economical reasons as well. With eggs so plentiful and so reasonably priced on the market today, the budget-wise homemaker will do well to feature eggs regularly on her menu. Eggs may not be the answer to every meal problem but they certainly come close to it. They can be used in some way in almost every course and in almost every meal. They not only taste good, but they are easy to cook as well. The home economist of the Consumer Section, Canada Department of Agriculture suggests some ideas for egg dishes to satisfy January appetites.

It is a well known fact that a breakfast containing protein is a satisfying one and makes one feel better and less tired after a long morning's work. Eggs can highlight these winter days and there are ways to cook them that will please everyone in the family. Breakfast eggs can be served soft, medium or hard cooked, shirred, poached, scrambled or fried. For Sunday Morning breakfast, French toast or a fluffy omelet served with crisp bacon adds variety.

Eggs can be a great help in planning lunches or suppers. Egg sandwiches go well with a piping hot bowl of soup and, if there is a young cowboy in the family, be sure to serve him western sandwiches now and then. To make the filling, chop some onion, green pepper and ham and add to a well-beaten egg with a little milk and salt and pepper. Cook in a greased pan until egg is set on both sides or devilled and used to garnish salads or luncheon dishes. Waffles or omelets served with sausages or bacon are other suggestions for lunch. Then, for a party luncheon, try cheese soufflé.

Eggs may be baked and used in various casserole dishes. Try them in a medium thick cream sauce, with cheese or tomato sauce seasoned with onion or a little cury. Pour it into a greased casserole and let stand a few minutes until depressions can be made in it with a spoon. Now break the whole eggs into the depressions and top with buttered crumbs. Bake this in a moderate oven just long enough to allow the eggs to become firm.

Now we cannot forget egg desserts such as custard with all its variations. One of the most interesting ones is Floating Island and children love it. Instead of putting the egg whites into the custard itself, whip them up separately and add sugar to make a meringue. Put this topping on the cooked custard and brown in a moderately slow oven.

There are many other delicious desserts made with eggs such as fruit whip, eclairs and cream puffs with rich cream or custard fillings. We must remember, too, the great variety of pies which may be made with a custard filling as a base. Lemon pie is always popular but for variety use the same filling recipe for lemon tarts and top with a soft meringue.

Baked Alaska is one dessert that homemakers are often afraid to try. To make one place a brick of ice cream on a layer of sponge cake cut about an inch wider and an inch longer than the ice cream. Then prepare a meringue by beating egg whites and gradually adding sugar. Now cover the ice cream evenly with the meringue making sure that there is no ice cream showing. Bake on a board in a hot oven 450° F., until the meringue is slightly brown, about two or three minutes.

With eggs so plentiful, it is a good chance to make more of those delicious feathery-light sponge, angel or chiffon cakes. Left-over eggs will be used in a gold cake or sponge cake. A standard white cake may be topped with one of those fluffy egg-white frostings. For afternoon tea, place meringues and macarons made with egg whites high on the list and when making cookies for hungry youngsters, choose a recipe containing whole fresh eggs.

HEALTHY SPORT
HALIFAX (CP)—Group games, especially tumbling, are a big feature among the girls of the Halifax Colored Citizens Improvement League.

KEEP IN TRAIN

Toned Girdle Muscles Have Bearing on Health And Beauty

By Ida Jean Kain

Regardless of your weight, the most important muscles to keep toned are those that form the abdominal girdle. These middle muscles not only play the important role in figure control, but exert a vital influence on health.

Think of muscle tone as elasticity. Live tone in abdominal muscles supports the vital organs and holds them in their normal high position. Health is not in the muscle but in the support given the vital organs enabling them to function smoothly and efficiently.

Modern daily living fails to provide the exercise needed to keep these muscles sufficiently strong — the way nature intended them to be. It takes only a small amount of exercise to maintain muscle tone. Daily conditioning, backed up by good posture, can keep the muscular girdle in prime condition for a lifetime.

The first exercise helps to restore the vital organs to their rightful position.

MARY HAWORTH'S MAIL

Haunted by Horrible Fear, Wonders If Fiance Is Right Man

DEAF MARY HAWORTH: I am a girl 18, engaged to be married soon. I am drawn to my fiance because he builds up my ego. All my life I have lived with a horrible fear, not specific, but vague and continuous, due to early training, probably.

I was taught to be safe, and told that something dreadful would happen to me if I did forbidden things. Our whole family atmosphere has fostered in all of us an intense desire to excel, to overcome our background, I guess. We live in almost slum conditions; have barely enough to eat at home. There is nothing for me to do but marry, and Tom wants me very much.

I know I am not in love, though I seem to need Tom desperately. We have few topics in common, but he has a wonderful sense of humor and a lovely disposition and is respectful to be with — which does wonders for my anxiety. He is proud of me and thinks I am very clever, because my IQ is a very very high and I have intellectual curiosity, whereas he never finished school and didn't do well in studies.

He's Simple, But Resilient

His family is natural, friendly, socially at ease; they know how to enjoy each other and neighbors and friends — something I've never known. I am continually striving to achieve and always backtracking, due to a fearful feeling of not being equal — sure that eventually I shall fail. I have done many things that I might rightly feel proud of, but they don't add up, as I am always pulled back into vegetation.

There is no other boy, as it is almost impossible to meet anyone in our circumstances. Any way, I think I would be terrified of anyone who wasn't as comfortable and unpretentious as an old shoe — as Tom is. Though I sometimes ache for understanding, when I talk of a book or beautiful music. Judging by this report, can we be happy together? I feel I shall drown anyway, whether or not I marry; but I will be safer married. F. L.

Keep In Mind Man's Real Value

DEAR F. L.: Let's put it this way—you probably can have much happiness as Tom's wife, if you keep in mind his real value to you; and if you don't drift into the mistake of wanting him to be another person than he is. The fact that he hasn't your type of IQ, and hasn't a studious bias, doesn't automatically disqualify him to be a harmonious and constructive life companion for you.

To get down to brass tacks, you pose a special problem in the field of human relations—owing to the fears and tensions ground into your emotional make-up by a disturbed family history. But because of your intelligence and will-to-achieve, there is sound reason to think that you may gradually make a good recovery from early wounds—provided you don't wreck yourself henceforth, trying desperately to achieve a "superiority" rating socially, that God and nature hadn't put in the cards for you.

What you need above all, for normalcy, is solid assistance from a restful intimate associate, in be-

coming simply self-accepting. As is, without elaboration — and thereby relieved of the awful pressure that your past conditioning exudes, to be always striving in hopeless spirit for recognition by a class of society to which you feel inferior.

Saving Slant On The Arts

Thus, when you say of Tom and his family that they are natural, friendly, socially at ease, able to enjoy each other, etc., it sounds to me as if he may be heaven-sent to meet your specific needs of anchorage and sanctuary. Especially if he admires you enormously — without envy or servility — in a happy-hearted appreciative way.

It is less than idyllic, perhaps, that Tom doesn't comprehend your talk of music and books; but experts tell us that physical congeniality is more important to the success of marriage, than co-equality of intellect. Also, you can always talk your head off on cultural subjects to an outsider, if you have things of interest to say, that your husband doesn't savvy. However, the business of really living runs deeper than talk—and as a wife, you may outgrow past dependency upon "the arts" to feed your emotions. M. H.

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

BIG PROJECT

OSLO (CP) — Cornerstone of a 120-bed rheumatic hospital was laid at Haugestrand, start of an \$840,000 project by the Haugestrand branch of the Norwegian Women's Health Association.

HERE'S ANSWER TO COUGHS OF COLDS PROBLEM!

Here is a new, pleasant cough medicine — Vicks Medi-Trating Cough Syrup. It's different! A combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries the medicine to irritated crevices of the throat, where the medicating ingredient can go right to work.

That's why it's named Vicks Medi-Trating Cough Syrup. It medicates as it penetrates.

VICKS MEDI-TRATING COUGH SYRUP
It Medicates as it Penetrates

ness from the ground. With position. Relax and repeat the exercise, using the right leg. Do not attempt to sit up. The hands should slide toward the knees. Only one shoulder should be off the floor at one time. Repeat exercise three to six times, alternating sides.

Bringing Up Baby



Frequent queries come to this column for information on bottle-feeding of infants. Here are a few "tried and true" rules that may prove helpful to new mothers.

1. Make formula accurately. It is your doctor's recipe for meeting your baby's individual needs.
2. When heating bottle for feeding, test temperature of formula on wrist. If it feels comfortable (not hot), it's right for baby.
3. Always hold baby for feeding. It makes him feel wanted and secure.
4. Hold baby as upright as possible for comfort, since he is less apt to swallow air in this position.
5. Allow plenty of time for each bottle. 20 to 30 minutes is about average.

Strong point. More and more doctors are recommending meat early in the infant diet, for the complete proteins that aid growth, build all body structures. Gerber's protein-rich Strained Meats are ideal. Made from selected juicy cuts, they're 100% meat, with just enough broth to give the smooth, nice-on-the-tongue texture little ones like. Processed for minimum fat and fiber, they're easy as milk to digest — have the true-meat flavors babies find appealing. Your choice of 6.

Cupboard clue. Short of storage space? Have dad build narrow shelves on the inside of your kitchen cupboard doors. Swell for storing baby foods, spice jars.

Different, delicious, nutritious... special egg yolks prepared by specialists. Gerber's creamy Strained Egg Yolks have a wonderful custard-like consistency... a delicate fresh-egg flavor. Rich in vitamin A and iron, they're also a good supplementary source of protein. Gerber's Egg Yolks are heat-sterilized for baby's protection and laboratory-tested for purity. 2 table-spoons equal 1 yolk. Gerber-Ogilvie Baby Foods, Limited, Niagara Falls, Canada.

GERBER'S EGG YOLKS

Clean Baby's Bath with SODA

Baking Soda is a safe and mild cleanser. To clean baby's bath, sprinkle a little baking soda on a damp cloth and wipe over fabric. FREE 18-page booklet of recipes, nursery and medicinal uses. Church & Dwight Ltd., Sun Life Bldg., Montreal.

COW BRAND BAKING SODA
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The "teen-ages" challenge vitality. That's why young people so often need the extra vitamin "D" protection and building ingredients of Wampole's Extract of Cod Liver. It contains no oil and is pleasant and easy to take. A trusted family tonic for over 70 years.

WAMPOLE'S EXTRACT OF COD LIVER

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