

Try Eggplant For A Change!

Consumer Section
Marketing Service

With so many good vegetables from which to choose it is too bad to keep serving the same ones over and over again. Of course, everyone has favourite vegetables, but you may not be getting the most out of them. Eggplant is a good example, its sleek, purplish-black rather stately appearance attracts you immediately, but your admiration may be followed by bewilderment about how to cook it. All too few take the time to find out, and eggplants are often bypassed at the vegetable counter.

The name tells you nothing, for in size, colour, and taste eggplant is quite unlike an egg. History records one attempt to change the name. That was in the seventeenth century when British traders brought eggplants to London markets from West Africa under the name "Guinea Squash". However, that could not have been very popular because it continued to be known as the eggplant.

The eggplant is a native of India and the Indians, Chinese and Arabs grew them centuries ago to use as a basic food in their diet. It may well be that the early eggplants were smaller and more like eggs, but in any case it would seem that the name is here to stay.

Eggplants, as we in Canada know them, are oval to round in shape, about the size of a muskmelon with a purplish to black skin colour. It is interesting to note that they do occur in other countries in many sizes and shapes. Some may be rather like an over-sized banana while others are more like a huge tomato. The colour can vary too—some are white and others are green. But certainly you are making a big mistake not to become acquainted with this "damour Girl" of the vegetable patch. Once you do get to know and like the eggplant you are sure to serve it often.

Cooking The Eggplant

If you have hesitated up to now to cook eggplant then you will be glad to hear that the home economists of the Consumer Section, Canada Department of Agriculture, say that it is very easy to do. Before cooking it, of course you have to buy it and the home economists have some very good advice on this point. They say to choose an eggplant that is firm, glossy and free from blemishes.

As for cooking—trying is perhaps the fastest method and the one that is used most often. First peel the eggplant and cut it into half-inch slices, then dip the slices in egg and crumbs and saute them in a small amount of fat until they are tender and golden brown. This takes about 8 minutes. Fried eggplant is delicious served with broiled tomato halves. Broiled eggplant is good too, especially if you sprinkle a little grated cheese on it just before it is finished cooking. Since eggplant has such a distinctive flavour it combines well with other vegetables in a casserole. So, it can be used either as a vegetable at dinner or as a lunch or supper dish.

An idea for a luncheon dish is to cut the eggplant in half lengthwise, scoop out part of the centre, cut into cubes and use as part of the filling. Then fill the eggplant with a tasty stuffing of either creamed meat or vegetables. Bake it in a moderate oven of 350°F. for 45 minutes or until tender. And here is the home economist's recipe for "Quickie" Eggplant Casserole.

"QUICKIE" EGGPLANT CASSEROLE

1 medium eggplant.
3 tablespoons fat.
1 tablespoon finely chopped onion.
1-10 ounce can cream of mushroom soup.
1/4 cup grated medium Cheddar cheese.
2 tomatoes, sliced.
1/2 cup buttered crumbs.

Cut eggplant into one-inch slices, pare and cut into cubes. Saute eggplant in fat for 5 minutes and place in a greased casserole. Add onion, heat and pour over the eggplant. Sprinkle with grated cheese, arrange tomato slices on top and top with buttered crumbs. Bake in a moderate oven, 350°F. for 45 minutes or until crumbs are browned. Makes six servings.

That Body of Yours

By James W. Barton, M. D.

FAT SUPPLEMENTS FOR THE CRITICALLY ILL

One of the greatest problems in the management of those who have severe or prolonged illness is the question of an adequate diet for them. The marked loss of weight and the complications of not enough nourishment in the critically ill and convalescent patient is well known.

In many types of diseases the rate of metabolism (building up and tearing down process of the body) is increased. For example, a rise in temperature of one degree may increase metabolism by 13 per cent. In agitated patients it may be increased as much as 30 per cent. Thus we have an increased need of calories at this time. On the other hand, we are faced with the fact that the critically ill patient with no appetite cannot eat an adequate amount. Even when the patient makes a great effort to be co-operative and eat as much as he can, it is usually impossible for him to eat the required number of calories in the form of natural foods.

Of course, what happens is that, if the body is not getting enough calories for its needs, it calls on the fat deposits of the body and the protein from the muscle, thus causing extreme loss of weight and muscle wasting. Various methods such as egg-nogs, enriched milk and

ice-cream drinks, interval and night feedings have been tried, usually without success.

Now, it has been found that critically ill patients can absorb high caloric diets if some method can be devised to make it easy for them. And it also has been found that a diet high in proteins and calories is helped greatly by the use of a high fat content.

Accordingly dietary supplements consisting mainly of fat emulsions given by mouth or stomach tube was tried in nine cases of critically ill patients who showed striking weight loss and wasting. The composition of the emulsion include edible oils such as peanut, coconut or salad oil, sucrose, flavoring, protein in the form of powdered skim milk and water. The fat supplement was given usually half an hour after meals.

What were the results? In all nine cases there was improvement in both nutrition and general sense of well-being, increase in general strength, wounds healed more rapidly, temperatures previously elevated returned to normal, stubborn bed sores decreased in size or disappeared.

Moreover, fat supplements can be prepared easily and economically in any hospital and may even be purchased commercially for patients not in hospital. They are helpful in any chronic disease state where there is loss of or failure to gain weight.

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Household Scrapbook

By Roberta Lee

Wall Paper Stains

Always save a few pieces of wall paper when papering. If there is stain that cannot be removed with customary methods take a remnant of the paper, tear off a piece in an irregular shape, paste it on to match the design and the patch will be difficult to detect.

Tired Nerves

A hot water bottle placed at the base of the spine relieves tired nerves in the majority of cases, and is also a very good remedy for insomnia.

Food Tea

For a better flavor try adding a few drops of lemon juice and a sprig of mint to each glass of food.



Cook's Corner

Parkdale W. I. take over the Corner this week, with six carefully selected recipes. The first one has the delightful name of "Bubble and Squeak," and like some of their other recipes, is pleasantly economical.

BUBBLE AND SQUEAK

(An economical meat dish that will serve six nicely.)

Fry 2 pork chops or rolled shoulder slices until nicely browned. Remove from pan and cut into small pieces. Fry large onion in fat remaining in pan. Slice 4 cups raw potatoes, more if desired, into pan. Add meat cubes. Season with salt and pepper and add boiling water to barely cover.

Cover pan and cook 20 minutes.

—Mrs. H. W. Clay, Parkdale W. I.

DOROTHY DIX

Her Interfering Ma - In - Law -

DEAR MISS DIX: I married Ed five years ago, and our troubles began three years later. His mother moved to the country then, and she has expected him to visit her every week end, leaving me at home. While he's away, I go out with a girl friend. He tells his mother what I'm doing, then, she writes me saying I should stay home and not go traipsing about. My husband is a heavy drinker and though I've asked his mother to talk to him about this weakness, her reply is that he's a man and should be able to do what he likes. All I seem to be getting out of my marriage now is the pleasure of working all week to pay the bills, then spending the week-ends alone. I'm 33 and have no children. I'm so tired of this sort of life that I think I'd be better off alone.

Lia O.

TURN HIM OVER TO HIS MOTHER

ANSWER: Since mother thinks her son is such a paragon of perfection, it would be a good idea to turn him over to her for a while. Let her contend with his moods, his drinking, his irresponsibility so far as money is concerned. It also would give you a vacation from his tantrums.

No marriage is successful where the "give" is all on one side, and the "take" on the other. Meekness is a good trait, in its place, but it should never become a synonym for "doormat." To your husband you are a source of meals and laundry during the week and pocket money when his salary is spent. The future promises nothing better, unless you get out for a while and let him try to get all this service from Mamma. A new job and a new environment would do wonders for you, and will likely bring a dumb husband to his senses.

DEAR MISS DIX: Ever since we were married, three years ago, my husband has promised to have my name put on the deed to our house, but he has never done it. Now, he admits he made the promise only to avoid a quarrel. He won't even make a will leaving me the house. The reason I'm so concerned about this is that my mother worked hard for 30 years, then my father died leaving most of his money to children from a former marriage.

Mrs. J.

ANSWER: Your husband certainly should see a lawyer and make a will; anyone with even a small piece of property or few belongings should take this legal precaution. At the same time, his lawyer could discuss with you both the matter of joint ownership.

DEAR MISS DIX: I am 16 and have a boy friend the same age. Because we are of different religions, our parents object to our friendship. Are they right?

Joan W.

ANSWER: The problems involved when young people of different religions date is thoroughly discussed in a booklet you may obtain for 25 cents. It's called "If I Marry Outside My Religion," by Algernon Black, published by Public Affairs Pamphlets, Inc., of 22 East 38th St., New York, N. Y. Write them for a copy, and don't forget the 25 cents.

FREEZING POINT

The freezing point of sea water becomes lower as the salt content becomes higher.

CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

Preparing Your Child For School

Good appearance will go a long way in helping your child get along well with his schoolmates. He should know how to wash his face and hands, comb his hair, carry an eye handkerchief or tissue not only for blowing his nose but to cover a cough or sneeze. His clothing should be simple and practical and at the same time attractive.

When a child has learned to do things for himself he gains poise and respect. He will be better able to look after his outer garments by himself at school if his clothes are roomy and all fastenings are simple.

If he is used to sharing duties at home he'll have confidence in doing things at school. He should be able to keep his own toys and belongings in order and help with simple household tasks.

Your child's ability to talk so that he can be understood is obviously a basic necessity. It's most unfair to him to send him along to school handicapped in this way. He learns speech habits in his home so let him hear good English; encourage him to say what he means in sentences, not merely in single words or phrases which are understood in the family. It is well to set an example of soft, pleasant voices, avoiding harsh loud tones. Teach him correct terms and names of things. He should be able to say clearly his whole name, address and telephone number. Baby talk sounds cute at home, perhaps, but he'll be embarrassed, maybe laughed at, if he carries this habit to school with him.

Be A Partner In His Schooling

Your child is a very special person whom you've watched and tried to understand and help from his earliest infancy. For this reason you have valuable suggestions that you can share with his teacher. If you work closely together (rather than apart, or even against!) then the home and the school can assure your child the attention and consideration he needs. With more opportunities to meet new experiences and to accept responsibility, he'll have a better chance of becoming a happy, useful grownup.

Even though the school will now occupy the greater part of his day, you still have the leading role to play in helping to develop your child's character. His future will depend, more than anything else on your maintaining that warm loving relationship which began in his babyhood and which should continue throughout the growing years. Supporting and encouraging him in all his outside activities will provide him with that feeling of security so essential to his success in school.

(The next article will discuss "Lying and Stealing.")

MODERN FOOTWEAR

Modern footwear had its beginning in the Middle Ages.

What do you bake these days, Ellen? another farmwife we visited recently questioned, wondering we suspected if her culinary undertakings were in line with those practiced by other cooks in rural places.

"Oh this and that," we chuckled, "and for the most part, breads!"

White bread we mixed in a first cooking rite of this morning so that we should have plenty on hand in the event that one of these times, Jeanie gives over the hay-crow, children and all, to our care. . . . At Alderley, the present scene of it, the haying has come now to far fields, a sign to us that our carefree days of late as regards the preparation of noontide and afternoon meals are now, if fair weather continues, nearing a close.

So white bread we made. And then catering to a taste of Jamie's, we also mixed a raisin-walnut loaf, simply to make as that of the old-time "cawn-bread," we now so seldom make or see. . . . We snipped with a pair of scissors, the cup of raisins required for our recipe, poured over them in a sizable bowl, the cup of boiling water and were a little niggardly with the teaspoon of soda added, in case its presence after baking should claim too noticeable a priority among the ensemble there. . . .

ELLEN'S DIARY

by an Island Farmer's Wife

By now, it comes to mind, Fair Week is here, leaving busy farm folk to "find a way or make it" to be in attendance there.

"I reckon we'll have to manage it some way, Ellen," James said this morning.

"After all," he smiled, "there's only one Old Home Week to a summer!"

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

Morning Smile

A young naval rating, carrying a bucket, was making his way along the deck of a rolling destroyer in an Atlantic storm when he was swept overboard. He had been given up for lost when another wave swept him back.

An officer hurried up to him. He struggled to his feet, saluted, and said: "Sorry, sir — lost the bucket!"

How Can I?

By Anne Ashley

Q. How can I prevent stickiness of a waxed floor?

A. Try washing up the floor with ice water after waxing it, and then go over the floor with a dry cloth. If this does not help, it is probably due to the fact that the varnish has not dried properly.

Q. How can I remove grease from trousers or other fabric?

A. Saturate with turpentine; then place the spot between two pieces of blotting paper and press a hot iron over damaged part a few minutes.

Q. How can I make lavender sachets?

A. By mixing sixteen ounces of lavender flowers, four ounces gum benzoin and two drams oil of lavender.

Better English

By D. C. Williams

1. What is wrong with this sentence? "All of my friends are done with the book."

2. What is the correct pronunciation of "nouveau riche" (a person newly rich)?

3. Which one of these words is misspelled? Dialogue, diagnosis, diaphragm, dialectic.

4. What does the word "impotent" mean?

5. What is a word beginning with ac that means "approach"?

ANSWERS

1. Omit "of," and say, "have finished the book." 2. Pronounce "noo-va-resh, oo as in noon, o as in no, principal accent on last syllable. 3. Diaphragm. 4. Wanting power, strength, or vigor, whether physical, intellectual, or moral. (Accent first syllable). "His unfortunate experience rendered him impotent to cope with the latest situation." 5. Access.

Contract Bridge

By Josephine Culbertson

IT WASN'T SO

The declarer thought he was conserving trumps by his play of the following hand, but he was mistaken.

South dealer.

Both sides vulnerable.

♠ AK 97
♥ 62
♦ 843
♣ J97

N
W
E
S

♠ K104
♥ K52
♦ A1097
♣ Q103

The bidding:

South West North East
Pass Pass 1 ♠ Pass
1 ♥ 1 ♠ 3 ♠ 3 ♠
4 ♥ Pass Pass Dble.
Pass Pass Pass

North did not open on four-card major suits—hence his diamond bid.

West layed down the spade king, but on sight of dummy's singleton, shifted to trumps. South felt sure that East had the trump king, and so, to conserve dummy's trumps from a second trump lead, South put up the ace. It was a decision that he was soon to regret. When he next led a low diamond, East ducked, and after winning with the king South could ruff one spade, but he could not re-enter his own hand for another spade ruff. When he led the diamond queen, East won and cashed the trump king, then knocked out dummy's last trump. Declarer could discard either a spade or a club on the diamond jack, but he had to concede four tricks.

On the bidding, including West's original pass and East's double of the four-heart contract, it was obvious that the diamond ace lay in front of the king. On that logical assumption, South should have proceeded as follows:

He should have ducked the trump lead in dummy and permitted East to win the trick. Presumably, East would make the best return, a trump. South would win in his own hand and ruff a spade, then lead a low diamond from dummy. If East put up the ace so as to knock out dummy's last trump, South would win three diamond tricks and if East ducked dummy's diamond lead, South would win and ruff his last spade. Then one club discard on an easily establishable diamond would be enough.

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ITALIAN FASCISM

Fascism had its beginnings in Italy in 1919 under Benito Mussolini.

Alice Brooks Designs

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The Stars Say

By Estrellita

For Tomorrow

FINE results can be expected by the ambitious and the enterprising now. Associates are in a cooperative mood and the configurations are excellent for matters dealing with contracts, agreements, etc.

Where household or domestic matters are concerned, get monotonous tasks out of the way first, then go on to the ones that are more stimulating. In fact, this is an excellent period for all matters concerning the home. Romance and courtship are also under good planetary aspects.

For the Birthday

If tomorrow is your birthday, your horoscope indicates that for the balance of the year you may have to work hard for success but the results will be well worth the effort. Even though you may face some monetary problems within the next few weeks, do not listen to those who advise risky speculation as a means of solving them. Stick to conservative methods and you'll come out all right.

Romantic and family affairs are favored for the next six months and there is indication of increased popularity in both social and business relationships. Avoid worry and mental strain.

A child born on this day will be ambitious and practical but will have to guard against a tendency toward boastfulness.

Modern Etiquette

By Roberta Lee

Q. Is it correct for a woman in mourning to use black-edged letter paper and envelopes?

A. While not incorrect, this custom is not so popularly observed as formerly. A woman in mourning is not required to advertise it any more than a divorced woman would think it necessary to place some symbol of separation on her stationery.

Q. Is it really proper for a business or professional woman, who marries, to retain her maiden name for business purposes?

A. This is quite proper, and is often done, especially when the maiden name has become established and has advertising value.

Q. Should a person ever place his napkin on the table while the meal is in progress?

A. No; not until leaving the table.



to
the brave belongs
the care

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