

WOMEN

Page 10 The Guardian Wednesday, Sept. 7, 1955

LET'S EAT

Garlic Bread Sticks Served With Relishes

By Ida Bailey Allen

"This tray looks enticing. The deep, polished maple-wood bowls that hold the relishes are very attractive. One could almost make an entire luncheon from the assortment of relishes and the good breads they serve here, along with fruit and coffee."

Saying this, the Chef then helped himself liberally to cottage cheese.

"The executive head of this Inn uses plenty of know how in making interesting cottage cheese combinations," he went on.

"We have already tasted cottage cheese combined with minced parsley and radishes; with minced pimientos; with minced ham and pickle relish; with grated sharp Cheddar cheese, with chopped raisins and toasted nuts and with halved seedless grapes and chopped toasted nuts."

GARLIC BREAD STICKS

"Today's combination of cottage cheese with grated raw carrot, pickle relish and chopped parsley I like very much, especially with these garlic bread sticks."

"Which are a specialty of Long Trail Lodge," smiled Manager Grover E. Wright, who stopped at our table for a brief chat.

Garlic Bread Stick Triples:
Roll any plain yeast roll dough to ¼ inch thickness. Cut in 4 inch strips, ¼ inch wide. Cluster together in "three's" on an oiled pan. Let rise until doubled in size. Bake 20 min. at 375 degrees.

Brush with butter, dust with garlic salt; serve warm.

VERMONT DINNER

Hot or Cold Vichyssoise
Broiled Swordfish Anchovy
Baked Halved Tomatoes
Green peas
Lime Chiffon Pie
Hot or Iced Coffee or Tea, Milk.
Broiled Swordfish Anchovy:
Thaw 3 pounds swordfish steak; brush with 3 tbs. melted butter;

MARY HAWORTH'S MAIL

Girl Quarrels with Girl Over Money

DEAR MARY HAWORTH: My problem differs from those I read in your column, but I hope you can advise me concerning it. I am a girl 17, and I graduated from school last year. I have been working ever since I was 15 years old. My problem is money. Ever since I've been working I've had to bring home my check, uncashed, to my mother. I would endorse it for her and she would cash it and give me a little allowance. I now have a very good job and am earning a good salary and it's the same story. The other night I had a disagreement with mother over my check. I told her I wanted to pay board and would like to keep my own pay. She got furious and ordered me to give her my pay check. In response I threw the check at her, and walked away. I now find that she has cashed my check, endorsing it herself.

PARENTS WORK

I come from a fairly well fixed family, with both my parents working. I can't understand why mother is doing this to me. I brought out the fact that I am only 17 and she has to support me anyhow; to which she replied that she can have me locked up—in reform school, she means.

I feel pretty badly about this whole situation and find myself crying alone in my bedroom at night. Would you please try to tell me what I can do? And if it is true that mother really could have me locked up? Because she is my mother, I don't want to start any trouble over her cashing my check without my endorsement, but what

HOUSEHOLD HINT

Amateur photographers who develop their own pictures should know that prints won't stick to ferrotype tins if a thin coat of paste wax is applied on the tin, then polished thoroughly.

COOK'S CORNER

PEACH CRUSTY

3 cups sliced peaches
1 teaspoon vinegar or lemon juice
¼ cup crumbs (graham crackers, soda crackers or gingersnaps)
¼ cup sugar
3 tablespoons butter

Place peaches in a greased 8 inch x 8 inch pan. Sprinkle with the vinegar or lemon juice. Combine the finely crushed crumbs and sugar. Cut in butter with a pastry blender or fork. Sprinkle mixture over top of peaches. Bake in a moderately hot oven, 375 degrees F., about 25 minutes. Serve warm with cream. Makes 4 to 5 servings.

ELLEN'S DIARY

By An Island Farmer's Wife

"Hi dar yo' woman! Ye' like much dis, what yo' call 'peace an' content? Dea what-fo' yo' come lookin' up dat lane ebery so-often, ef yo' ain't a-gettin' lonesome-like? Watchin' fo' dem all to come home to supper. Who yo' foolin' wid dat peace an' quiet talk? Not even yo' self!"

"That was a sparrow of our late-summer friends, perched on a lead-in wire by the woodshed talking with a knowing gleam and a chuckle in his eye. "They're a-comin' now!" he nodded. "See dat houn-dawg up on de hilltop? Dat tells de res' ain't no ways behin'."

And there they were, dog and farmers, presently in the yard, home from the first day of harvest, at Alderlea... Showers had postponed it on Saturday and plans made to commence it earlier this week were discarded when an endeavour at Rob's had needed their help. There they had resided and further made ready a barn to receive a share of the straw from the threshing, now in the offing.

So in good time this morning there was a forgoing of our workers and a trek field-wa'r'd where joined by a neighbouring could happen if I ever mentioned to any authority?

"S.: Please don't say tha' she saving my money for me be- (Continued on Page 13)

farmer and his machines, there was altogether what James reckoned "a nice bit of cutting" accomplished before dusk and the dewfall brought an end to their day.

Mostly sunny and warm, it was good harvest day. Ideal too for this farm-wife to follow her fancies about—to make the sweet pickles James likes, and odd jars of chow chow, a tasteful relish relish to bring to the meals of fall. And that by and done, the afternoon called us to wander. To follow leisurely into the September haze along the fields, where now last brown eyes Susans of the year blossom and bees gather late sweets from the goldenrods and meadow-flowers about. And low empty nests cunningly crafted speak of the zenith of a summer that was. So gentle was the breath of wandering wind and a little sad as it went whispering along the quiet places of the farm-land.

And once a startled rabbit scurried away into the bracken of a hedgerow. A bright-coated squirrel climbed to the top of a tall fence-post and sat down to chat. And a male pheasant decked in bejewelled autumn finery strolled unburiedly across our path and faded into some underbrush. In the interests of his safety we may not disclose the exact spot, but it was near the place where a plantation of sarsaparilla now bend dark full heads.

It had been years since we had happened upon such berries, once common to stump-places about. We gathered a few, tasted them to savor once more the strange flavor. Simple these were, we remembered, of that fascinating kin which are sovereign plants. Like wild cherry and thoroughwort and catnip and tansy and yarrow and all the others, with a virtue to heal or cure, even "to purge the veins of melancholy and cheer the heart of those black fumes which make it smart."

But who would need cheer for the heart on a day like this? A lovely day of the harvest.

Until tomorrow—Diary—Good night—

Cholesterol: No. One Suspect

By Mrs. Joan Kahn

New light has been shed on the role that cholesterol plays in America's leading killer, heart disease. Years of research and investigation have revealed that living off the fat of the land is far from desirable.

This, in essence, is the message contained in an article entitled "The Great Cholesterol Question," by Dr. Max Millman, appearing in the August issue of "Today's Health."

More than 3000 heart specialists from 50 different countries gathered recently in Washington to attend the Second World Congress on

Cardiology. A tremendous amount of time and attention were devoted by these authorities to a form of artery disease known as atherosclerosis, Dr. Millman reports.

What is atherosclerosis? It is a form of hardening of the arteries, causing practically all of the heart attacks and strokes, interestingly enough, atherosclerosis has but little to do with age. Some people in the seventies are practically free of it; and yet all too often young people, men especially, are stricken with coronary thrombosis in the forties, thirties, or even twenties.

The newer theory of atherosclerosis incriminates a fatty chemical known as cholesterol, Dr. Millman reveals. The first clue to the new theory came with the discovery that cholesterol was present in that cholesterol was present in high concentration in arteries afflicted with atherosclerosis.

To give a picture of how this fatty substance, cholesterol, affects the arteries, our authority explains the physiological process involved. Arteries, the "life lines" of the body, are normally soft and elastic. Their channels are perfectly clear, allowing the life-giving blood to flow freely from the heart to all tissues and organs of the body. When atherosclerosis develops, a number of significant and striking changes take place. Cholesterol deposits itself between the

middle and inner layers of the artery wall. Later on, calcium or lime salt may also accumulate in that area. These substances cause the inner lining of the arteries to thicken, to harden, and to bulge into the channel. Narrowing of the artery takes place, and this interferes with the free flow of blood to the tissues. Worst of all, the bumpy, corroded and rough inner surface of the diseased artery provides an excellent opportunity for thrombosis, or clotting of blood, to take place.

Atherosclerosis is an insidious human disease; all other things are free of it, Dr. Millman explains. This is significant in view of the fact that only human beings indulge in high fat diets throughout life.

In tomorrow's column, the message suggested by Dr. Millman's cutting down on cholesterol by using foods in the diet will be explained.

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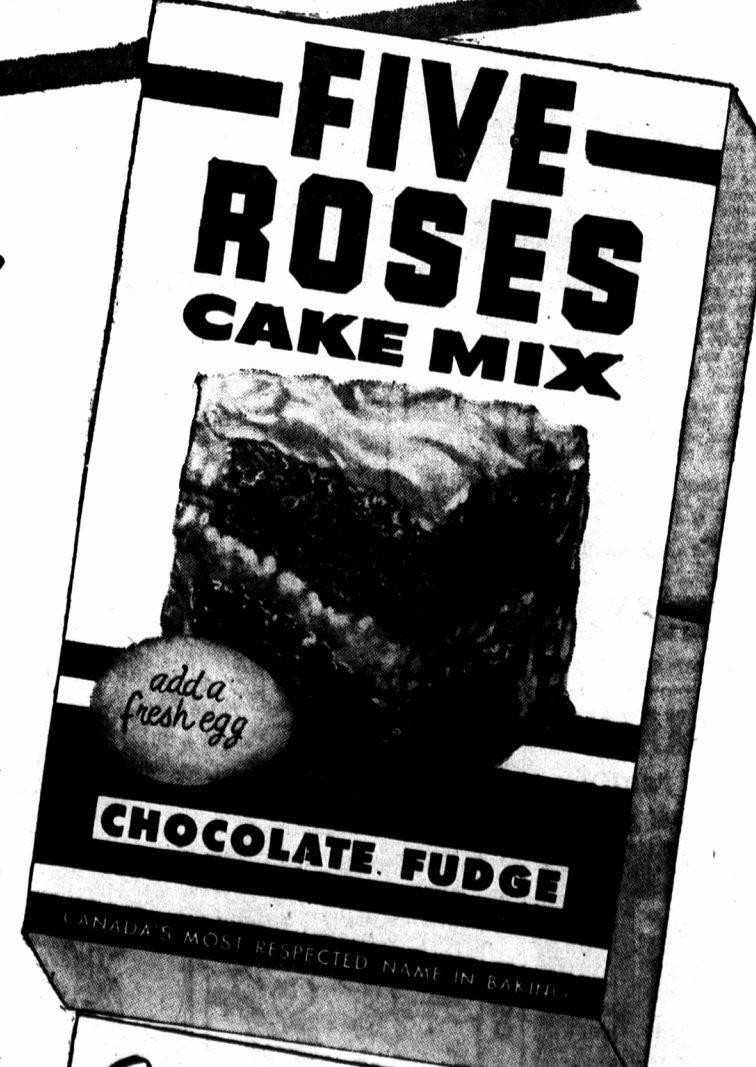
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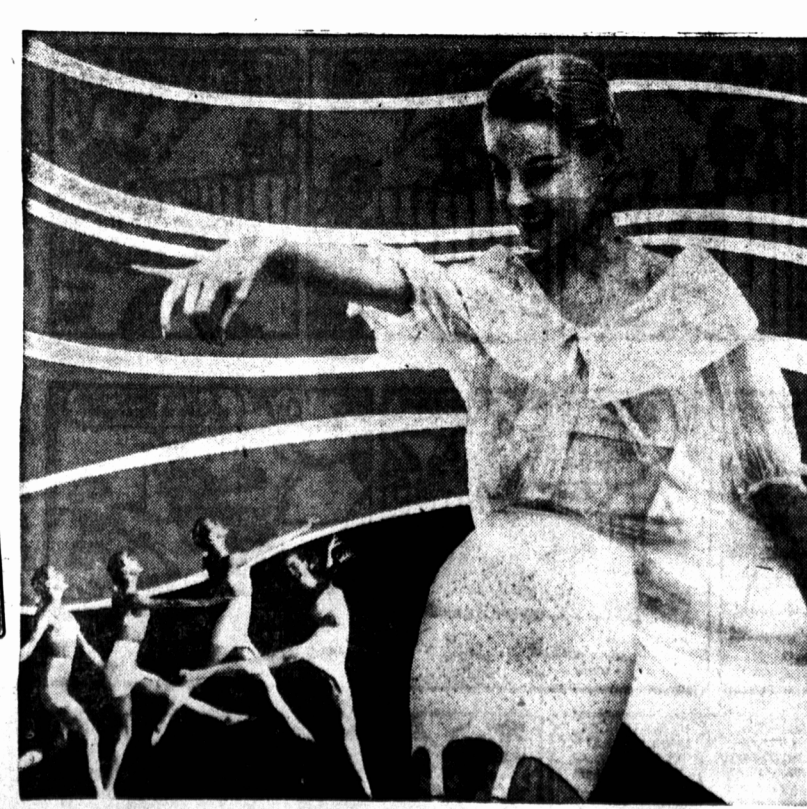
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