

WOMEN

Page 8 The Guardian Friday, Feb. 18, 1955

LET'S EAT

If You're Allergic, Try Food Substitutes

By IDA BAILEY ALLEN

Even if you, or some member of your family, are allergic to wheat, eggs or milk, eating can still be pleasurable. It just takes a little more planning, and special care, when shopping, to read the labels to be sure which foods are wheat, egg or milk free.

Oatmeal, rice and tapioca, can all be used instead of wheat flour in many dishes, and for thickening soups.

Least Understood

Of this group of foods, quick-cooking tapioca is least understood. Tapioca is derived from the root of a tropical plant, first made into flour. Water is then added, the mixture is kneaded into dough, and carefully pressure-cooked.

The cooked tapioca is then dried and crushed into granules of convenient size. As it is pre-cooked, it is easily digested, and as it cooks "clear," it is a delightful thickening agent for clear soups, fruit desserts and fruit pies.

TOMORROW'S DINNER

Grapefruit
Corned Beef with Winter Vegetables
Hot Sweet-Sour Cabbage
Cornbread Squares
Lemon-Date Souffle Tarts
Coffee Tea Milk

Sweet-Sour Cabbage: Wash a crisp 2 lb. savoy or green cabbage and cut into eighths; remove the core.
Place cabbage in wide saucepan; pour in water to depth of 1".

Add 1 tsp. salt. Cover and steam-boil about 20 min., or until cabbage is fork-tender.
Drain off any remaining water. Season with the following dressing:

Cabbage Dressing: Combine 1/3 c. butter (or use olive oil), 2 tbs. ketchup, 1 tbs. vinegar, 1 peeled scallion, 1/2 tsp. celery salt and 1/2 tsp. curry powder. Cook and stir until boiling. Remove garlic. Pour sauce over cabbage. Garnish with minced parsley.

Lemon-Date Souffle Tarts: Make up 1 recipe French tart pastry. With it, bake 1 piecrust shell and 4 individual tart shells.

Make up 1 pkg. lemon pie filling according to directions on box. Add 1/2 lbs. butter and 1/2 c. small-curd cottage cheese. Fold in 2 egg whites whipped stiff.
Heap into piecrust shell and tart shells; bake in a slow oven, 325-50 degrees F., about 12 min., or until puffy and slightly browned.

FRENCH TART PASTRY

(Use in making any kind of fruit pie or cream pie.)
Into a bowl, sift together 2 c. already-sifted enriched flour, 1/2 c. powdered sugar, 1/3 tsp. salt and 1/3 tsp. baking powder. Heap it up make an indentation in center, into which put grated rind 1/2 lemon, 2 egg yolks, and 3/4 c. any kind shortening at room temperature.
With pastry blender, mix until shortening is distributed in small flakes. With a fork, gradually add 1/2 tbs. cold water; roll to a scant 1/4" thickness and use as desired.

ELLEN'S DIARY

by an Island Farmer's Wife

Did we choose to remain by the fire last night or go with James? We balanced the two choices and found the decision difficult to make. And then remembering that never again would this particular night return to us, we found sacque and bonnet and went driving with James . . .

Off into the dark we went behind the Nell-mare with neither star nor moon to light our way. Only the white of the winter surroundings brightened it making it when eyes presently became accustomed to the night, and often this beyond of ours the mare turned to the north which to the near side runs for awhile along the fields of this farm and not far from the millstream as well.
The improved piece of road is still strange to us, wide and bare of trees and bushes as it is. Not that we do not recognize and approve the vast improvement it has made in travelling but that we miss the friendly aisles of place once there . . . Sometimes where tree-lined they were shadowy and dim, sometimes dappled with moonlight, and often it was the filtered gold of the sunlight we walked on there in those remembered spots.

"We made quite a clearance up there this winter," James said indicating a field up the rise above the stream where the dark line of woodlands backed toward the region of the sunrise. "We took a good many loads of wood and lumber from there . . . don't know that we'll ever get it turned into land for cropping" he offered, "but one never knows. We have managed to clear a nice bit as it is. But I don't like to see stumpled in the front of a place—it gives a farm an untidy appearance. Besides, when we have plenty of woodland, it's no good idle. I remember when most of those fields there were in woods right down to the edge of the millstream. What times I've had in my day stumping and burning and plowing new land! There's nothing to it now with bulldozers

and tractors—it's not nearly the labor of once."
Along we went, past an end field of this farm, by the present vacancy and lights-out of that which lies adjacent to Rob's then where Annie and Gage keep a corner of our heart; and now we were passing fields of "the other farm." There forlorn in the snow and night was the pen where the sheep-shearing of the Alderlea flock was carried out on a day of last June—a beautiful day with a touch of summer already on the farmlands.

Now we were passing the lane between white drifts from the snow-plowing of the road that climbed toward the heights of the hawthorn hedge there so fragrant and bee-kist in the blossoming season, so picturesque in fruit. The mare trotted down the slope and eased up the rise then to come to the lights of the village and the hall where "a social evening" was already in progress.

What a happy crowd was there, whiling away the evening with games, with laughter and chatter and toward the close a stirrup drink of "the cup which cheers but not inebriates." ("Do read my cup, Ellen—I just want to be sure there is no ill-fortune there" one laughed. "And you're sure there's no sign of any!")

None either was apparent at this place today . . . and to sustain the Huns and pheasants and other fascinating creatures of the wild, the fields bared at the breath of a cutting south wind.

Until tomorrow . . . Diary
Good-night . . .

HOUSEHOLD HINT

When mothers go visiting with their infants, it is a wise precaution to take along one or two moisture-proof cellophane bags to hold wet diapers. A used cellophane food bag or bread wrapper that is not torn can fill the bill, too.

ALICE BROOKS DESIGNS



BABY QUILT
See how fast baby goes to sleep with all these animal friends for company. Jam-packed this quilt that's a circus, farm, zoo—all in one. So easy, thrifty!
Pattern 7209: Animal quilt! Embroidery motifs, applique patches, diagrams. 33 x 55 inches.
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—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—NOW! You'll want to order every wonderful design in it!



A Queen At Ease

A Queen Soraya of Iran relaxes while attending the 25th anniversary dinner of the Near East foundation in New York. The queen and her husband, Mohammed Reza Pahlavi, the shah of Iran, were the guests of honor at the affair.

What Your Hobby Tells About You

(New York Times)

Your hobby, science has discovered, can tell the most surprising things about you. Whether you're a model-ship builder or a saxophonist in your spare time may reveal whether you can face crises successfully, whether you lead a happy life, and even how smart you are. There are good reasons why this is true, before going into that, here are six major hobby interests and what they reveal in terms of personality analysis. Find your own:

PHOTOGRAPHY

Analysis: Persons who pursue amateur photography as a hobby have been found to rank relatively high so far as mental and emotional stability is concerned. They tend to be calm and large, to be happy people who have discovered a completely satisfying avocation. Their wives may sometimes find it difficult to get them out of the "dark room" in time for dinner, but that is something else again. There are exceptions, of course, but if you're a photography enthusiast, the chances of your being maladjusted are comfortably slim.

GARDENING

Analysis: The man who has an affinity for the soil, who loves to see things grow under his hand, is seldom shallow or superficial or materialistic. He tends to be solidly integrated—mentally, emotionally, and spiritually. He has an instinctive feeling for the real fundamentals of life, as expressed by the beauty and rhythm of nature.

To dig one's hands into the fresh fragrant earth, to plant seeds and see them reaffirm the miracle of life, is one of the most soul-satisfying and emotionally stabilizing experiences a man can know. The gardening hobbyist has the wisdom to understand and appreciate these things more fully than most. And as a consequence, he is apt to have a stronger sense of security and enjoy a greater peace of mind than most people.

COLLECTING

Stamps, first editions, paintings, objects of art, etc.
Analysis: You are apt to have a keen eye for quality, and an able thirst for either general or specialized knowledge. The odds are better than even that your inquiring mind seldom permits you to be bored. You tend to be level-headed, and not easily upset. And—this is particularly true if you are a stamp collector—you tend to be happier and better contented with life than the majority of your fellow-men.

MUSICAL HOBBIES

Singing, playing an instrument, composing, etc.
Analysis: You are apt to be

KEEP IN TRIM

Women Love To Talk Diets

By Ida Joan Kain

The feminine mind is ever intrigued by strange diets. And even though reducing has gone scientific, with spring in the air, daffy diets will crop up like crocuses. In an hilarious monologue, the inimitable Ruth Draper recites daffy diet fads. Here we go . . .

The scene is a fashionable downtown restaurant, famous for its fine food. Miss Draper has invited three other ladies to lunch. As hostess, she explains that unfortunately she cannot join them in the tempting dishes, since she is dieting. As it turns out, all four ladies are dieting . . . and such diets!

"What's yours, Clara dear? Oh, you're going to that carrot man . . . most attractive creature . . . You'll have a whole bunch of carrots . . . with the green tops left on?"
(To the second dieter)

"And what is your diet?"
"Nothing but WHAT? A cold boiled—did you say turnip? Full of Vitamin Q, you say? Q makes my nose . . . goes straight to the head. Aren't diets wonderful!"
(To the third dieter)

"And yours is the juice of 11 lemons? Ten for breakfast, one more every meal until you reach 100 . . . then what happens? Then you are renewed . . . nothing can touch you? How wonderful!"

"The finale was 'hostess' diet three chocolate eclairs. She explains to her dieting friends . . . 'Finally, after all these years, I've found a doctor who believes that people should eat whatever they fancy most—but nothing else. I was examined and so was the eclair . . . and they found that an eclair contains

exactly what my system lacks.' . . . but at that, these daffy diets are not much more far-fetched than some faddy diets overweightish hasten to go on. Why any woman should punish herself by going hungry on scanty fare



Madam's Diet.

when she could reduce happily and healthfully on scientifically planned low calorie fare, this dietitian has never been able to fathom.

No doubt the food faddists are to blame—they promise all manner of things dear to the human heart. The food faddist of today has replaced the old time, fast talking medicine man, and blending half truths with false claims in a pseudo-scientific fashion. You look at the hopes and fears of people.

Perhaps the best way to deal with faddy diets and food faddists alike is to hold them up to ridicule and laugh at them. No one can do this more superbly than the talented Ruth Draper. If she comes your way, don't miss the chance to see her.

MARY HAWORTH'S MAIL

Teen-Age Girl Asks Advice On How To Keep a Boy Friend

DEAR MARY HAWORTH: Please tell me how I can keep a boy friend. I meet a boy, I like him, he likes me—for a while. Then we (or he) gets mad. My girl friend—I'll call her Sally—can meet a boy and they will like each other, date and go on liking each other. She is a lot fatter than I am, and she is not too attractive. But she can keep her boy friend. Is it because she dates and I don't? Or is it that I am just too ugly to keep a boy friend? (I am enclosing a candid photo.)
Please give me some helpful hints on how to get on good terms with a boy I like, and go with him and keep his friendship. Also tell me how to fix my hair and so on. I will appreciate it lot.
F. H.

Our Impression Of The Writer

DEAR F. H. Studying your picture, I'd say you are somewhere between 13 and 15 years of age, with wide brown eyes, freckles across the nose, reddish blonde hair (I think), and a heart-shaped face. You have an honest, open, baffled but brave sort of countenance. You have a nicely curved mouth, which droops a bit at the corners, however, and seems rather set, or dogged or determined—as if this were your mood when the picture was made. You look as if you might be a tomboy—at least in dress—and maybe uncomfortably uncompromising in argument, in urging the truth as you see it, an attitude that most males consider very unfeminine in a female. In short, you look innocently unversed in feminine guile and feminine wiles, such as girls and women usually employ in "playing for keeps" in the game of hearts. Also you slump a bit; your posture isn't the best.

Now for ways to gain Valentine appeal. Let your hair grow until it bells softly around the nape of the neck, making a feminine frame for your face. Then get a becoming basic cut, for this longer length—from an expert at a good beauty shop. Keep your hair shining clean with shampoos and brushing, and shaped into natural-looking waves, by rolling or pinning it into ringlets, after shampooing, or when bathing and dressing. The real boy, like the real man, prefers girls to look like girls—not like boys, with bared ears and naked neck.

Correct the downcast posture and downcast expression around the mouth. Perk up, as the saying goes. Swim regularly for exercise; it tones muscles, relaxes nerves, imparts curves and improves carriage. Start and end your day, every day, with a page of reading that lifts your heart—for example "Stake Your Claim" by Emmet Fox (Harper & Brothers). Read the kind of thing that keeps you mindful of your kinship to God, and His love for



The Show Goes On

Despite the current Far East crisis, there are still some light moments on the island of Formosa. Recently a fashion show was held in Taipei and the hit of the show was Miss Emily Wei, who modelled a slinky Chinese gown. Emily is the daughter of James Wei, Chinese publisher and director of the Nationalist government's China Broadcasting Corp.

you—and you will be lighted by inner radiance, unconsciously.

About Dress And Tactics
About dress, wear classics. Blouses and skirts teamed with cardigan sweaters, and wool or cotton jumpers worn with wash blouses (white or pastel) are becoming to the fledgling figure. A good plaid suit, in lightweight wool or tweedy cotton, say in the smart Black Watch pattern, is a useful casual movie-dance dress. Reject tussy, flouncy or form-fitting clothes.

To accent your femininity, a charm bracelet or bangles given by parents or grandparents, or a gold or silver bangle strung on a chain around your throat, are pleasing ornamentation at your age. (And show you aren't a tomboy.)

ANNE ADAMS PATTERNS

LOVELY ENSEMBLE

FIRST CHOICE of well-dressed half-sizers! Wear this ensemble with or without the bolero from the first warm day right through summer. Proportioned to fit, flatter the shorter, fuller figure—no alteration problems! See it now! Pattern 4706: Half Sizes 14½, 15½, 16½, 17½, 18½, 19½, 20½, 21½. Size 16½½ dress takes 3½ yards 35-inch fabric; bolero 2 yards.
This pattern easy to use, simple to sew, as 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.



4706 14½-24½ by Anne Adams

MORNING SMILE

Jones bought a business from an agent. After some months he failed, and meeting the agent, he said: "Do you remember selling me a business a few months ago?" "Yes," replied the agent. "But what's the trouble? Isn't it as I represented it to be?" "Oh, yes," said the other. "You said it was in a busy locality where there were plenty of passers-by."
"Well?" queried the agent. "What's wrong with that?" "Too many passers-by."

To win the boy you like: First, keep your own counsel. Don't air your aim to anyone, learn of all your girl friends. Second, take notice of the boy's interests. Third, be frankly interested in him when you cross his path anywhere. Talk to him about the things that interest him; or rather, turn his mind to these subjects, and you listen while he talks. This above all, in keeping the friendship of

a male—listen always, with all your heart. And praise him sincerely as often as you get the chance.
Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Magic RAISIN SCONES

Mix and sift into bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted all-purpose flour), 3 tps. Magic Baking Powder, ½ tsp. salt. Cut in finely 4 tbs. chilled shortening and mix in ¼ c. washed and dried raisins shortening and mix in ¼ c. washed and dried raisins and ¼ c. lightly-packed brown sugar. Combine 1 and ¼ c. lightly-beaten egg, 2 tbs. milk and a few drops almond flavoring. Make a well in dry ingredients and add liquid; mix lightly with fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on a lightly-floured board and pat out into greased pie plate (7½" top inside measure) and mark into 6 pie-shaped wedges. Bake in hot oven, 425°, about 18 minutes. Serve hot with butter or margarine. Yield—6 scones.



Always Dependable

FOR EASIER MAKING — SURE SUCCESS IN BAKING ALWAYS BUY

Monarch CAKE MIXES

- WHITE CAKE • CHOCOLATE CAKE • GOLDEN YELLOW CAKE
- ANGEL FOOD CAKE • FRUIT CAKE • CHERRY POUND CAKE
- GINGERBREAD MIX • PIE CRUST MIX • TEA-BISK

Monarch's newest mixes, Fruit Cake and Cherry Pound Cake are a revelation in ease of making! You add only water to the mix, and fold in prepared fruit supplied in a separate container in the package. Monarch's perfectly blended batter mix assures an even distribution of fruit—throughout the baked cake—and these cakes stay fresh for two to three weeks. Try them soon—see how you save time and money, yet get the finest of cakes.

All Monarch Cake Mixes are complete even to the correct measure of eggs, so whatever kind of cake your family likes, you can be sure of serving the best "home-made" you've ever made.

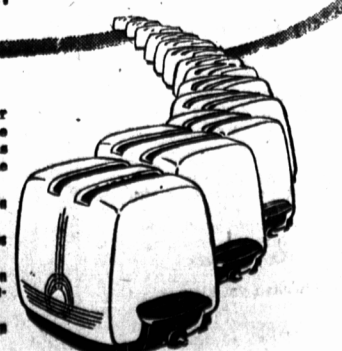
That goes for pies, too, when you use Monarch Pie Crust Mix—and all the delicious things you can make with Monarch Tea-Bisk.

Note them down on your shopping list now.

50 SUNBEAM RADIANT CONTROL TOASTERS TO BE WON THIS MONTH

NEW EASY "WHO WAS THE MONARCH?" CONTEST
CLOSES FEB. 28TH.
FOR RESIDENTS OF THE MARITIME PROVINCES ONLY

It's Fun To Enter!
HERE'S HOW: Write on plain paper your name and address and the answers to these four questions about Kings and Queens of the English Monarchy:
1. Who was the English Monarch that died in 1902?
2. Who was the English Monarch known as "The Lion Hearted"?
3. Who was the English Monarch reigning when the American Colonies declared their independence?
4. Who were the only two Monarchs to reign jointly in England?



Here is your chance to win a Sunbeam Radiant Control Toaster. It makes uniform toast every time, no matter whether bread is fresh or frozen, rye or white, thick or thin. All you do is drop in the bread—completely automatic controls do the rest. Bread is lowered, toasted, and raised. This month 50 Sunbeam Radiant Control Toasters will be won by users of Monarch Mixes. You could be a winner—and you'll find it's fun, and easy to try—so get your entry in the mail today! Send in as many entries as you like—but be sure to enclose the top half of the front panel from a Monarch Mix package with each entry.

Mail your entry to "Monarch Contest", Box 326, Saint John, New Brunswick

CONTEST RULES
1. Each entry must be accompanied by the top half of the front panel from any Monarch Mix package.
2. Entries must be postmarked no later than midnight February 28th, 1955.
3. Prizewinners will be the first fifty correct entries drawn after the contest closes and will be notified by mail within 14 days after closing date, and a list of prizewinners will appear in this paper.
4. This contest is limited to residents of the Maritime Provinces only.
5. Employees of Maple Leaf Milling Co., Ltd., its advertising agency and their families are ineligible.

Comments On Large Number of Married Women Employed

(TORONTO, CP) — Marion V. Royce, director of the Women's Labor Bureau, said Wednesday night the great influx of married women into the labor force is as revolutionary as the Industrial Revolution.

Speaking at the convention of the National Council of Women Presidents, she added: "Women's status will never reach its highest until we move into new new fields."
She said Toronto has been chosen as a pre-testing ground for a survey of the female labor force by the bureau. Questionnaires will be sent out nationally after they are perfected as a result of the Toronto test.

Miss Royce said that in December, 1954, women made up 23 per cent of the Canadian working force. One-third of that group was married and about one-fifth between the ages of 45 and 64.

sensitive, high-trung and easily carried away by your emotions. You are likely to be ruled far more by your heart than by your head, and to feel up in the clouds one day and down in the dumps the next. Indeed, if you are like most persons whose hobby is music, your moods are likely to be extremely variable. Your capacity for aesthetic appreciation may be unlimited, but your ability to adjust easily to various life situations may leave something to be desired.

ARTISTIC HOBBIES

Painting, sculpting, interior decorating, designing, etc.
Analysis: Personality characteristics and tendencies are similar to those of the music hobbyist. (See above.)
MECHANICAL AND SCIENTIFIC HOBBIES
This includes wood-working, model-building, electrical and shop mechanics, do-it-yourself projects astronomy, etc.
Analysis: You tend to be better adjusted than average, are apt to be pretty stable emotionally, and to have fewer personality conflicts than most people.

Wife Preservers

It pays to inspect the putty on window sash at intervals. Replacing portions that show signs of separating from the glass is good economy.



PUTTY

COUGH RELIEF WITHOUT STOMACH UPSET!

Here is a new pleasant cough medicine that does not upset stomach or appetite! Vicks Medi-Trating Cough Syrup. 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

BARGAINS AT NORMA'S

Kent Street
AFTER INVENTORY SALE
SPECIAL RACK OF DRESSES
up to \$21.95.
All Sizes to clear 15.00
All Wool Cardigans, reg. \$4.98 \$1.98
Blouses, all sizes up to \$4.98 \$1.99
Balance of DRESSES
Housecoats and Dusters 1/3 off
Blazers, Slacks and Skirts
Balance of COATS & SUITS . . . 1/2 Price
HOUSEDRESSES, reg. \$4.98, to clear \$1.99
Good assortment PURSES to clear . \$1.50



Best liked by millions

Monarch CAKE MIXES

THE COMPLETE MIXES—EVEN TO THE EGGS AND MILK!