

WOMEN

The Guardian Page 8 Friday, Sept. 9, 1955

LET'S EAT

Maple Sugar Has Many Uses, Appeals To All

By Ida Bailey Allen

All the states combined cannot produce enough pure maple syrup for our use. That is why pure maple syrup is so high in price and why, to make the most of our maple yield, a governmental laboratory has produced a highly-flavored or concentrated maple syrup that can be mixed commercially with cane syrup to make a blend that tastes like a good grade of pure maple syrup.

Most of this maple syrup is used on griddle cakes and waffles. I also enjoy it on French toast and on American spondbread. I find it goes farther, and has even finer flavor, when heated. Very often I also heat a little butter with it, instead of spreading the butter directly on the food.

FAMILY DESSERT

Sliced hot Boston brown bread served as a family dessert with maple syrup as a sauce is good. And for a deluxe treat, vanilla or mocha ice cream, topped with maple syrup and chopped walnuts, as served in Vermont.

Tomorrow's Vermont dinner:
Princess salad; Roast beef with Yorkshire pudding, green beans, buttered beans, Upside-down apple pie with Vermont sage cheese. Hot or cold coffee or tea, milk.
All measurements are level.

Princess salad: Arrange individually on a bed of shredded lettuce place a large slice of skinned tomato. Top with 3 asparagus tips and a generous tsp. of French dressing mixed with fine-chopped hard-cooked egg and minced chives. Garnish of pimento strips and water cream.

Yorkshire pudding: Mix together 1 1/4 c. already-sifted enriched flour and 1/2 tsp. salt. Gradually beat in 1 1/4 c. milk to form a smooth paste.

Beat 2 eggs light and add; stir in 1/2 lb. melted butter or margarine. Then whip thoroughly. Transfer to well-oiled heated deep cupcake pans or custard cups. Bake 15 min. in a hot oven, 400 degrees; then reduce the heat

"Thought Pattern" Needed For Efficient Housework

By ELEANOR ROSS

In every phase of keeping house, superior laundering depends on a lot of little things. Given the same equipment, some women show much finer results. They know how to get the most work out of their washing machine, how to cut ironing to the barest minimum and still achieve the best results.

As a rule, this is due to the fact that they are not too busy to follow washing instructions and not careless in hanging and drying what they launder. They know how hot the soapsuds are for a particular type of fabric, how long the garment should spin dry, whether it should dry completely in the automatic dryer, whether it should be allowed to drip dry during the whole process.

THOUGHT PATTERN

Somehow they develop a sort of "thought pattern" about their laundering and they get into the habit of doing certain little things so that the family wash is turned out in less time and perfectly.

Nowadays, every manufacturer of home laundering equipment does his best to give the consumer full instructions and advice. Labels on fabrics and ready-made garments do a pretty good job of advising how to wash different materials and pieces.

PRINTED INSTRUCTIONS

Some of us don't absorb printed instructions easily, or we may have other things on our minds. So it is wise to keep a working file.

Every new label and tag should go into this file. All the new fabrics

HOUSEHOLD HINT

There's no need to use a thermometer if the washing tag on your new garment advises lukewarm soapsuds and rinses. Instead use the same test as for a baby's bath: the water is lukewarm if it feels just wet to the wrist, neither.



Allen-Hughes Wedding

Shown following an August wedding, are, left to right: Bridesmaids, Mrs. Gerard Allen, Mrs. John Gaudet, Maid of Honor, Miss Marie Hughes, Bride, Lorraine Hughes, daughter of Mr. and Mrs. George L. Hughes, Norboro Groom, Arnold Allen, son of Mr. James Allen, Emerald Bestman, Mr. Gerard Allen, Ushers, Mr. John Gaudet, Mr. Austin Curley. Married at St. James Church, Summerfield, August 25th. (Edwin Heckbert Studio)

ELLEN'S DIARY

By An Island Farmer's Wife

Today gave continuing favorable harvesting weather to the farmers here, the scene of it moving from one to another of the patches and pieces sown by James with the team in the promise and hope of the Springtime. This was the harvest made. Though not, we recall, returning grateful thanks, without the showers and sunshine of since.

Ours is what James considers to be "a fair-good crop." The operators of the binders term it "nice cutting this year" and the stokers "pleasant stooking" without any lengthy tangled sheaves to try their patience and strength.

"Can't say yet how she'll turn out," we overheard a pair of farmers chat recently. "But I know there'll not be the amount of straw we've been used to of late years. No, not nearly so much. There'll be none to burn" he chuckled.

MORNING SMILE

Mrs. Martin—You know, I sometimes think my husband has grown tired of me.

Mrs. Dean—What on earth makes you think that?

Mrs. Martin—Well it's just that he hasn't been home for two years.

Prayer in unison and singing Hymn 745.

Thirteen members answered roll call with a verse of Scripture containing the word "Work."

Three very interesting readings were given by Mrs. Waldron MacKinnon, Mrs. Sterling MacLeod and Mrs. Ritchie MacPhee. Mrs. John A. MacKinnon read from the Study Book.

The offering was then taken, which amounted to \$2.02 and dedicated by the president. The minutes of the last regular meeting were read by the Secretary.

Some plans were made with regards to having a special service in the near future. The Secretary was asked to write to Miss Mary MacKenzie to be special speaker.

Mrs. Mervin MacPhee kindly invited the members to meet at her home for the next meeting; roll call to be answered with a verse of Scripture containing the word "Mercy."

The meeting closed by singing Hymn 797 and repeating Mizpah Benediction in unison; after which a dainty lunch was served by hostesses and a social time enjoyed.

"I reckon" the other looked away into the sunny horizon as if he saw there the Great Mind of farmland and universe" it's as it says in the Bible... "And God saw... the way folks have been wasting in their abundance and this year made to even things up. If you've noticed, we usually get things that way."

"Aye, I've noticed," he nodded. "Reap your grain-lands, make your stooks, and get to your sowing and threshing!" the shining breeze of today encouraged the farmers. It touched into pretty wavelets the pond, where in the shallows by an islet of green water-plants, the pair of gray herons with dark bandings on wings, angled, and kept these housewives company throughout the hours. When the sun went home in wide billowing burning shades, they lifted like tiny air-craft and in a companionable pair winged out toward the river whence the morning had brought them, into the veiling curtains of the dusk.

Others too angled from bridges and along pond and stream today. Among these a holidaying pair and their family. And again we who have "older grown" were privileged to read another engaging story of the passing years, the tale of a little girl of the neighborhood, a merry, carefree child who grew up in no time, to marry a good boy and become the happy mother of five smart lads of sons.

"We're all growing up together," she smiled. "And isn't that the very best way?"

And the day so lovely for us and all, is up now and away, to rest through the dark on the quiet bosom of Night.

Until tomorrow - Diary - Good-night...

THE EXPERTS SAY

Cheese and Fish Deserve To Rate High With Women

By PAULINE KENNEDY
Canadian Press Staff Writer

TORONTO (CP) — The federal government continually urges Canadians to eat more fish and cheese. Drives have been scheduled and advertising campaigns launched to win Canadian interest. Sales have increased but still many give these fine foods only an occasional nod. Quick freezing and colorful packaging have given fish a boost recently, but housewives here still don't favor it like Europe.

There has been renewed interest in cheese too, with new varieties and imports of foreign types. The backbone of the industry is still cheddar.

SPARKED BY WOMAN
The story of the woman who sparked Canada's cheddar cheese industry is one of adventure and luck.

Lydia Chase Ranney, a New Englander who learned to make cheddar in her native Vermont, developed the industry because of bad luck and low funds.

The amazing woman who lived to be a robust 101, came to Oxford county in western Ontario and settled more than 100 years ago near the cities of Woodstock and Ingersoll.

She taught in the neighborhood school, after she arrived with her three children and husband, who had failed as a dairy farmer in Vermont.

Family finances were shaky and Mrs. Ranney from necessity turned to cheddar making. Interested in the financial returns neighbors flocked to the Ranney farm to learn the cheddar recipe. A generous woman, Mrs. Ranney did not withhold her secret and lived to see 40 cheese factories spring up in the area by 1860.

TASTY RECIPES

For those who like their cheese hidden here is a vegetable fritter recipe with cheese sauce: 2 cups sifted all-purpose flour; 3 teaspoons baking powder; 1/4 teaspoon salt; 1 cup milk; 1/2 teaspoon monosodium glutamate; 2 tablespoons melted butter or margarine; 1 (12-ounce) package frozen mixed vegetables cooked or 20 - ounce tin mixed vegetables, drained; 2 eggs, beaten.

Mix and sift flour, baking powder and salt. Combine eggs, milk, monosodium glutamate, and melted butter; add to flour mixture gradually, stirring until smooth. Add vegetables. Drop by spoonfuls into shallow fat, 2 inches deep, heated to (375 F). Fry 2 to 3 minutes, or until golden brown. Drain on absorbent paper. Serve with cheese sauce for 6 servings.

For the cheese sauce add 1/2 cup grated snappy cheddar cheese and 1/2 teaspoon monosodium glutamate to 2 cups medium white sauce. Cook over hot water, stirring until cheese melts.

For a mannish fish dish on a cold fall evening try lobster-bean pie: 1 package (10 ounce) frozen green beans; 2 cans (6 1/2 ounce) lobster; 1 tablespoon lemon juice; 6 tablespoons flour; 4 tablespoons butter; 1 teaspoon salt; 1/4 teaspoon pepper; 2 cups milk; 1 hard cooked egg, sliced; 1/2 cup dry bread crumbs; 1 tablespoon melted butter.

Thaw green beans at room temperature. Flake the lobster and sprinkle with lemon juice. Make a thick white sauce of the flour, butter, salt, pepper and milk. Arrange lobster and beans in layers in a greased 1 1/2-quart casserole. Top with egg slices and pour the white sauce over all. Cover with buttered bread crumbs and heat in a 350 degree oven for 30 minutes. Serves six.

TEETHING TROUBLES ENDED

Safe-to-use GORA, Applied to Gums, Enables Baby—and Parents—to Sleep!

Saint John, N.B. (Special)—GORA is now sold at drug stores without prescription.

This widely used remedy for baby's teething pain, developed by a pharmacist, is a mild pleasant sedative in liquid form that is applied to the gums with the fingertip. Now available at your nearest drug store, GORA costs only 76 cents a bottle.

Parents have found that GORA is safe and efficient, giving soothing relief instantly to baby's sore gums. Try this safe, mild remedy for your teething baby—and let the whole family enjoy unbroken rest!

GORA is guaranteed to give comforting relief for any teething troubles or your money will be refunded in full.

LAST SEASON FALL DRESSES

AND

SUITS HALF PRICE

Sunter's Ladies' Wear

Make All Four of these Thrilling oven treats with One Basic Dough!



Versatility begins at home—with Active Dry Yeast!

One quick dough, thinly rolled, comes out four delectable dessert delights! Raised oh-so tender 'n' light with amazing Fleischmann's Active Dry Yeast! When you bake at home, get festive results with Fleischmann's. Never fails. Keep a month's supply on hand.

BASIC PINWHEEL DOUGH

Scald

1 1/2 cups milk
1/2 cup granulated sugar
2 1/2 teaspoons salt
1/2 cup shortening

Remove from heat and cool to lukewarm.

In the meantime, measure into a large bowl
1/2 cup lukewarm water
1 tablespoon granulated sugar
and stir until sugar is dissolved. Sprinkle with contents of

3 envelopes Fleischmann's Active Dry Yeast.

Let stand 10 minutes, THEN stir well.

Stir in lukewarm milk mixture and 3 well-beaten eggs.

Beat in 4 1/2 cups once-sifted bread flour and beat until smooth and elastic; work in 4 1/2 cups more (about) once-sifted bread flour.

Turn out on a lightly-floured board and knead dough lightly until smooth and elastic. Place in a greased bowl and grease top of dough; cover and let rise until doubled in bulk. Turn out dough on a lightly-floured board and knead lightly until smooth. Divide into 4 equal portions and finish as follows:

1. INDIVIDUAL CHELSEA TWIRLS
Cream 1/4 cup butter or margarine and 1/2 cup brown sugar; divide into 12 greased muffin pans; add pecans. Cream 2 tbsps. butter or margarine; 2 tbsps. cinnamon and 1/2 cup brown sugar. Roll out one portion of dough 12 by 10 inches. Sprinkle with cinnamon mixture and 1/2 cup raisins; roll into 12 slices. Place in pans. Grease tops. Cover and let rise until doubled. Bake at 350°, 15 to 18 mins.

2. ORANGE WHIRLS
Boil together for 3 mins., stirring 1/2 cup butter or margarine, 1 tbsps. grated orange rind, 1/2 cup orange juice and 1/2 cup gran. sugar; cool. Spread half in greased 8-inch square pan. Roll out one portion of dough 16 by 10 inches, spread with rest of orange mixture, beginning at long side; roll up loosely; cut into 16 slices. Arrange in pan. Grease tops. Cover and let rise until doubled. Bake at 350°, about 30 mins.

3. DATE LIGHTS
Combine 1/2 lb. cut-up dates, 1 cup water, 1/2 cup gran. sugar and 1 tbsps. butter or margarine; boil gently, stirring often, until of filling and roll up to centre. Turn dough over; spread remainder with filling and roll up to centre. Cut into 12 slices. Place, well apart, on greased pan. Grease tops. Cover and let rise until doubled. Bake at 350°, 25 to 30 mins. Spread hot buns with icing.

4. JAM RING
Roll out one portion of dough 16 by 8 inches. Spread with 1/2 cup thick jam and 1/2 cup chopped nuts, beginning at long side; roll up loosely. Twist dough from end to end; form into ring on greased pan. Grease top. Cover and let rise until doubled. Bake at 350°, 25 to 30 mins. Spread hot ring with white icing; decorate top.

COOK'S CORNER



APPLE FRUIT LOAF

1/4 cup shortening
1 egg well beaten
1 cup white sugar
1 cup peeled, chopped apples, packed solidly
1/2 cup chopped dates
1/2 cup chopped nuts
2 cups sifted all purpose flour
1/2 tsp. salt
1 tsp. baking soda
1/2 tsp. cinnamon
1/2 cup thick sour milk

Cream together shortening and sugar, add egg, beat until smooth, add chopped apple, dates and nuts, add sifted dry ingredients alternately with sour milk.
Place in oiled loaf pan 9 by 5 by 3 1/2. Let stand 10 minutes. Bake oven 325 degrees F. until done. Let then spread generously with lemon butter. Time 55 minutes.

Science "tummy freshener" laxative for children

A child's constipation often opens the door to other ailments. That's why modern mothers give their children's Own Tablets—their best defense against constipation. It gently relieves bowels and restores normalcy. Children feel wonderful and parents feel good—because "Tummy Freshener" is the best for your child. See the difference in the supply! At all drug stores.

Children's Own TABLETS

All Kinds of Meats Better with French's



For PICKLING PERFECTION



"Plain sandwiches take on new zest with Aylmer Catsup," says Mr. Sunshine, the Aylmer Hired Man. "All summer long, I peck sunshine flavor into Aylmer tomatoes till they're red-ripe and ready for pickling. Then Aylmer captures all their goodness and delicious flavor by making them into pure, rich catsup within a few hours of pickling. So perk up your meals with the livelier sunshine flavor of Aylmer Catsup."

AYLMER Tomato Catsup



See Them

In Fashion's Latest

"TOP HAT COLORS"

Correctly keyed to your Fall ensemble. Ask for Orient Nylons. No other will fill the bill.

Formal and Evening Sheers — Business and Daytime Sheers, proportioned lengths, sizes 8 1-2 to 11 1-2 inc. Look for the Guarantee Orient Seal. You never saw such an array of beautiful colors—Ashes of Roses, Sugar 'n' Spice, Cafe Beige, Night-Life, Shocking Taupe, Silver Dollar.

REMEMBER SALE STARTS THURSDAY, SEPT. 8th and ENDS SATURDAY, SEPT. 17th. BUY THEM BY THE DOZEN. THIS IS YOUR OPPORTUNITY TO SAVE MANY DOLLARS.

BUY ORIENT—NO OTHER WILL DO

Prowse Bros Ltd.

"THE HOSIERY SPECIALISTS"

GET IN ON THIS NYLON SALE

ORIENT LAN-O-LUX NYLONS

OFFERED AT REDUCED PRICES FOR

10 DAYS ONLY Starting Sept. 8th to Sept. 17th

ORIENT HOSIERY SEMI-ANNUAL

20% off SALE

Latest Styles! Latest Colors! Finest qualities by these celebrated makers—Specially priced for this sale.

\$1.00	\$1.08	\$1.20	\$1.40
PAIR	PAIR	PAIR	PAIR
Reg. 1.25	Reg. 1.35	Reg. 1.50	Reg. 1.75

Every pair unconditionally guaranteed against runs from manufacturing defects.