

WOMEN

Page 8 The Guardian, Tuesday, June 14, 1955

LET'S EAT

No Waste, Better Taste. With Oven-Fried Foods

By Ida Bailey Allen

"Many persons," said the Chef, "think pan-frying on top of the range is the quickest method to use in cooking certain foods. Madame."

"I agree it is satisfactory if one has time to pay strict attention, so the fat does not become too hot and cause the food to burn. But a busy double-job home-maker, preparing dinner in a hurry, can often save time and insure better flavor and no burning if she bakes the food instead."

"In other words, Chef," I said, "let the oven do the watching,

about 25 min. for thin chops or cutlets; 35-40 min. for sections of chicken or young rabbit.

TOMORROW'S DOUBLE-QUICK DINNER

Help Yourself Salad Bowl
Fish Fillets Baked in Milk
Oven-Fried Potatoes
Broccoli with Lemon-Butter
Gingerbread Squares
American Cheese
Hot or Iced Coffee or Tea Milk

Mix and bake gingerbread. Start oven-fried potatoes. Put fish in



THE FIX-IT-YOURSELF craze has crept into the dining room. Place a bowl of vegetables on the table, and let guests mix their own salad.

Besides, oven-frying reduces food shrinkage and calls for less fat than top-of-the-range frying."

Oven-Fried White Potatoes: Scrub, peel, slice 1/4" thick, brush with melted fat, place in a well-oiled pan, dust with salt and bake until golden brown. Turn once.

Oven-Fried Eggplant, Summer Squash, Tomatoes or Onions: Do not peel the eggplant or tomatoes. Slice the vegetable 1/2" thick and follow the preceding directions.

Oven-Fried Chicken, Rabbit, Pork Chops, Lamb Chops, or Veal Cutlets: Dip in milk; dust with enriched flour seasoned with salt, pepper and monosodium glutamate. Cover with fine dry bread crumbs mixed with 1/2 c. melted fat to each cupful of crumbs. Place in a heavily oiled pan; bake until tender and brown in a hot oven, 450 degrees F. Turn once. Allow

oven. Cook broccoli. Put bread to toast. Prepare salad bowl. Set table. Make coffee.

Fish Fillets Baked in Milk: Mix 1 tsp. salt, 1/2 tsp. monosodium glutamate, 1/4 tsp. pepper, 2 tbs. flour and 1 tbs. minced parsley. Roll the fish in this: Place in an oiled flat bake-serving dish. Pour in 2 c. milk heated with 2 tbs. butter and 1 c. water. Bake in a moderate oven, 375 degrees F., or until the fish flakes.

THE CHEF'S HELP YOURSELF SALAD BOWL

Arrange clusters of chilled, crisp fresh vegetables in a big low salad bowl lined with lettuce and chery. Each person selects and makes his own salad with French dressing or mayonnaise. Scallions and carrot sticks are for nibbling.

KEEP IN TRIM

What Shape Are You In?

By Ida Joan Kain

Your posture shapes your figure... what shape are you in? Posture is just another word, and rather lifeless, until you regard it in terms of shapely silhouette.

In perfect alignment, your bones mutually support each other. The organs are held naturally in proper place with no tugging and pulling on joints and ligaments. From this you can reason that with self-supporting posture, less muscle effort is required.

Zigzag posture gives a far different shape... the organs sag, push against the muscles, and that's the beginning of the dreaded middle spread, with or without too many pounds.

Stand sideways to a long mirror... in balanced line-up, your head is erect, chest in a normal high position and your back straight. The centre of gravity of the body lies in the pelvic girdle. Pull up-and-in with the girdle muscles and, at the same time, contract snugly with the big hip muscles. That's where the control should be — through the middle.

In the right alignment, knees are straight, but not thrust back... and toes point straight ahead, with the weight toward outer borders of feet. This is the strong position for feet as well

as for body alignment. How does this posture feel? Perhaps a bit stiff... so, at ease friends. Good posture is



CHECK YOUR POSTURE

never stiff or strained. In aiming for shapely posture, forget all the old rules... keep in mind only one... UP.

You may have the notion it's easier to settle for the slump, but actually slumped posture is a chronic energy drag. Could be your muscles need toning, but just as important in posture improvement exercises is realignment along with muscle toning. When you regard straighteners-outers as improving your shape... sure 'tis a pleasure.

Try this... acting it out. Lie on your back, with knees bent, soles of feet on floor, arms outstretched at shoulder level, with elbows bent so lower arms and upward palms form an "L" to square shoulders. Now, roll your pelvis under by pulling up firmly with abdominal muscles and pressing small of back flat against the floor. Hold for a moment... relax and repeat.

From the same position, after contracting with abdominal muscles, raise hips just slightly off the floor, and maintain the up-and-is pull... hold for a slow count of 12. Do not arch small of back.

To get the beautiful habit of self-supporting posture, every time you stop for a traffic red light, check your alignment. Practice makes perfect.



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MR. AND MRS. J. W. TREDENICK

The wedding took place at Trinity United Church, Summerside, on May 13 of Mary Janet, daughter of Mr. and Mrs. Neil Bradshaw, Searletown, to John Wesley, son of Mrs. Elizabeth Tredenick. The bridesmaid was Miss Joan Bradshaw and the best man was Mr. Angus MacDonald. — (Edwin Heckbert Studio)

MARY HAWORTH'S MAIL

Girl Worries Over The Style Pace Set By Co-Workers

DEAR MARY HAWORTH: I am pleasantly employed in a very nice office and am happy to be here, but one thing bothers me a little. I am single and I cannot keep pace in dress with the other girls.

I am neat and attractively dressed, but their hundred-dollar suits, dozen pairs of shoes and expensive hats make me feel that I should constantly strive to keep up with them. This gets me into trouble, as I find that too much of my income goes for clothes.

When I come to work in expensive new clothes the other girls seem friendlier. Why? Your comments will be appreciated.—A. R.

Rival Straining A Fool's Mistake

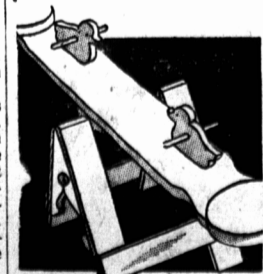
DEAR A. R.: It seems you are talking about the fool's mistake known as trying to keep up with the Joneses. This kind of striving marks the phony; namely, the person who lacks sound self-esteem and who bids for general approval by trying to "make like" somebody else whom he thinks has more of what it takes to succeed in life.

The phony's big mistake is in judging worth by superficials. Individuals accustomed to much wealth and/or real self-respect, also those who feel responsible for the general welfare—who are as interested in giving as in receiving—don't preoccupy themselves with dress. They give it a proper rating in the overall scheme of things; they realize that pleasing appearance is a decency owed to oneself and associates. But they don't treat it as more important than good nutrition, say; or essential medical care; or support of one's church—or other "conservative" obligations suited to one's status.

Persons who spend extra extravagantly on clothes, investing a disproportionate amount of time and income on sartorial effect, are thereby advertising poverty of spirit, and also signifying a narcissistic emotional bias.

Insofar as a person outgrows infantile-type anxiety about guarantees of bodily satisfactions, he becomes able to merge with the larger life of humanity. This merger is attained by being sympathetically and helpfully attentive to the legitimate needs and purposes of relatives, friends, neighbors and others who compose his "little world". It is moving in the direction of so-called selfless enjoyment of life, and is just the reverse of narcissism.

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NO FEELING HERE

NE USE GORA

by Alice Brooks

Silver Wedding

On Tuesday, June 7th, Mr. and Mrs. Norman Stretch, Long Creek, were receiving congratulations on their twenty-fifth wedding anniversary. During the evening a surprise party was held at the home of their daughter, Mrs. Delmore Currie and Mr. Currie, Fairview, where a number of relatives and friends met to honor this fine couple.

Mr. H. T. Currie presided and after a few happy remarks he called on Mrs. Brent Currie and Mrs. Jed Easter who presented a beautiful plate glass mirror. Mr. and Mrs. Stretch graciously thanked one and all. Further complimentary remarks were made by Mr. F. A. Currie, after which all joined in singing, "For They Are Jolly Good Fellows."

A pleasant evening was spent in music and song, after dainty refreshments including a beautifully decorated anniversary wedding cake, had been served.

which has to do with fervid exclusive self-"loving".

Generally Lacks Self-confidence

In show business, or in the fashion field, a varied expensive wardrobe may be a basic necessity, an integral part of one's working equipment. But in the average workday scene, a daily style show is out of place, and indeed a display of poor taste. It suggests (as one worldly woman has remarked) that the girls have little or no social life, nowhere to go especially, except to work—so they make a practice of competing on the job for high score in chic.

You say the girls seem more friendly when you come to work in expensive clothes; but are you sure about this? Maybe the temporary lift is in you—in a flush of self-confidence sparked by fine feathers. As a rule, clothes-conscious females aren't too cordial towards a flattering new outfit that isn't their own. They tend to study the challenge non-committally, carefully withholding compliments lest they add anything to the wearer's bloom!

Your letter indicates that the office style queens are married—which is quite a saving, tax-wise. Married couples pay a split-income tax—meaning a half of what they earn is non-taxable—which lets them off easy compared to the single adult's tax rate. So perhaps this makes possible their liberal spending for clothes, which you can't afford, even though you may be paid on a par with them.

My advice is to cut your goods according to your cloth, as the proverb says. Dress as well as a balanced budget will permit, and don't be distressed about what you can't do.

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



MR. AND MRS. L. R. HARVEY

At the Presbyterian Manse on May 28th, the Rev. Mr. MacKay united in marriage Grace Eloise, daughter of Mr. and Mrs. Lloyd Howatt, North Tryon and Lloyd Raymond, son of Mr. and Mrs. Raymond Harvey, Carleton. The bridesmaid was Mrs. Delbert Carr, sister of the bride and the best man, Mr. Henderson Harvey, brother of the groom.—(Edwin Heckbert Studio)

ELLEN'S DIARY

by an Island Farmer's Wife

Wind-blown the cherry blossoms were today and cold, we fancied, any lambskins along the bleak June-hills.

"It's summer coming, the change of season that brings this wind and rain and cool weather," we offered in the bosom of the family. And one laughed and said "I'm afraid there's not much summer about it—at least none that can be seen."

"It's getting serious," James commented soberly. "Here we are on into June and some of the grain not yet sown." And our sometimes-helper who had dropped by this morning observed matter-of-factly "If the spring is delaying, damp and cool, and haven't I been preaching that to you since March? There'll be an open fall. You'll see! There's always a seedtime and a harvest—I've often heard the old folks say, 'Don't you believe that!' he queried with a half-teasing chuckle to James.

"That's what's curious" he continued. "People will know that in their hearts—they'll read it in their Bible and hear it in Church over and over and then get in one awful fuss if a bit of weather delays them from getting along with their farming. If we get a few showers and a north wind in June, that's not going to be the end of everything" he nodded. "Oh, no," he chuckled "there'd be more to it than that."

"It's all very well for you to talk," James laughed boyishly "with not a field to sow or a care in the world. I've heard folks like you before... What if the seedtime is past—and we didn't make the most of it while it was here?"

"If it's past it was a mighty short one" the company chuckled. Continued On Page 11

Cook's Corner



RAISIN TEA RING

3 cups flour
5 tbs. sugar
4 tsp. baking powder
1 tsp. salt
1/4 to 1/2 cup milk
3tbs. shortening
1 egg
1 cup raisins, washed, drained and floured
1/2 cup chopped nuts

Sift dry ingredients together; add raisins; to milk add melted shortening and beaten egg, and add to dry ingredients to make a soft dough; roll out lightly about 1/2-inch thick; divide into two long strips and twist together to form a ring; put into greased pan and sprinkle with sugar and nuts; allow to stand about 20 minutes. Bake in moderate oven 20 to 25 minutes.



Onions scalloped like you scallop potatoes are delicious.



MR. AND MRS. F. W. WHITLOCK

Mr. and Mrs. Frank Wendall Whitlock were married on May 31 at the home of Mr. and Mrs. W. A. Gordon, Summerside. The bride was the former Eileen Jean, daughter of Mr. and Mrs. W. A. Gordon, Summerside, and her husband is the son of Mr. and Mrs. A. M. Whitlock, Charlottetown. Miss Margaret Gordon was the bridesmaid and best man was Mr. Allison Carver.—(Edwin Heckbert Studio)

HOUSEHOLD HINT

Don't throw your old terry towels away if there is any good material left that you can use to make something useful.

Make potholders of the good parts with three thicknesses of towel.

Washable shower scuffs can also be made from them, using old slippers as the sole pattern. Cut four soles from the toweling and zigzag-stitch two soles together around the edges. Cut four straps two by seven inches, fold them in half lengthwise, and zigzag-stitch five rows down the length of each for added strength.

Cross each pair of straps and fit them to the soles, cutting off any excess. Baste the strap ends to the soles and bind the edges.

Words Of The Wise

Economy is the wealth of the poor and the wisdom of the rich. —(Alexander Dumas)

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