

WOMEN

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LET'S EAT

Now, Fresh Vegetables Are Always In Season

By Ida Bailey Allen

A generation ago the "season" for certain vegetables depended on what section of the country one called "home." Families living in the South, California and nearby Western States enjoyed more fresh vegetables, greens and salad plants during the cold weather than Northerners.

IMPROVED METHODS

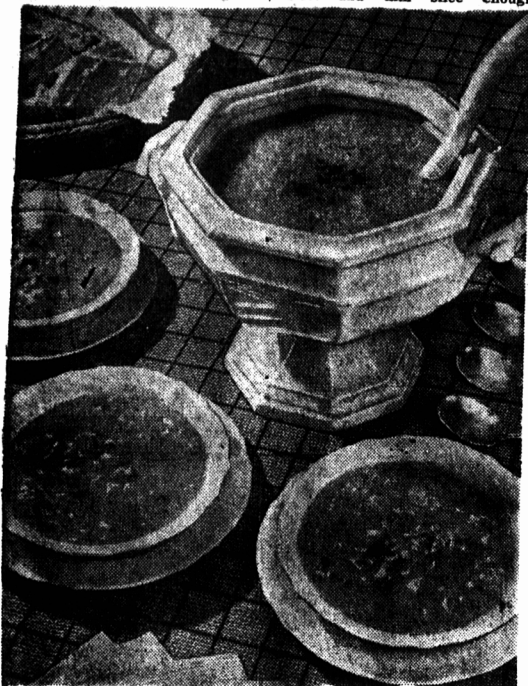
Then came improved growing methods; rotated crops; irrigation

tart apple, 1 1/2 tsp. salt, 1 tsp. monosodium glutamate, 2 bay leaves and 1-1/2 tsp. cayenne pepper. Cover and simmer 1 hr. Remove bay leaves.

Then add 1 tsp. instant tapioca, 1 c. small cauliflower sections and 1/2 c. green peas (optional). Simmer 10 min. longer.

If desired, serve topped with chopped parsley or scallions and/or grated sharp cheese.

Pear Hopsotch: Rub a deep muffin pan with butter. Peel and thin slice enough



An old-fashioned iron-stone turken holds a hearty Western stew

of desert land in the West; refrigerated fast freight from coast to coast; air freight for perishable foods. So that old-fashioned term, "seasonable," for vegetables no longer applies to the American menu.

Today, the 50,000,000 homes of this country are supplied the whole year through with fresh or fresh-frozen vegetables.

For our menu I would like to suggest the flavorful Western all-vegetable stew just perfected in our test kitchen.

TOMORROW'S DINNER

Fall Vegetable Stew: Peel and chop 2 good-sized onions, 1/2 c. turnip, and 3 potatoes. Chop enough green cabbage to make 2 c. and celery stalks to make 1 c. Into a 3 qt. kettle, measure 1 1/2 cup sugar. Melt over a low heat until golden brown.

Add 1/4 c. butter or bacon fat; stir in all the vegetables. Cook and stir 2 min., or until lightly browned.

Add 2 qts. cold water; 6 cut-up peeled fresh tomatoes or 1 (1 lb.) can tomato, 1/2 a chopped peeled

that's made of fresh vegetables and sprinkled with cheese.

Half fill the muffin pan with this mixture. Top each with a round of rich baking powder biscuit dough rolled 1/4" thick and cut a little smaller than the diameter of the pan. Bake 25 min. in a hot oven, 400 degrees F.

While still warm, turn upside-down. Serve with butterscotch sauce.

Butterscotch Sauce: Into a saucepan measure 1 c. light brown sugar, 1-3 c. evaporated milk, 2 tsp. white corn syrup and 2 1/2 tsp. butter. Stir and heat to boiling point. Simmer-boil 3 min.

Then for that butterscotch flavor add 1/4 tsp. each pure vanilla extract and cider vinegar. Serve warm or cold.

Flowers still bloom in many gardens. I see lovely gardens every day when driving to town. A beautiful rose-garden with many colorful roses this month and tuberos begonias in a sheltered spot, also marigolds and ploviantha roses in another garden and red salvia against a white picket fence.

These same flowers with the addition of lovely chrysanthemums in several colors bloom in the garden here. It is very important that the fall garden is planted in sheltered places as frost does not reach them until very late in the fall. Some dahlias have been stored and very soon if the weather continues mild these tender bulbs will all be under cover. At this time it is good to see the Snowberry shrub with the fresh green leaves and the ornamental white fruit, this shrub does especially well in shady places. In the catalog it is named Symphoricarpos albus, and shrubs in white and pink colors can be obtained at our own Memorial Nursery at Little cost.

A visit to the nursery is always an inspiration, and last week they told me of Peach Trees received from Wisconsin, and more expected from Minnesota of hardy freestone varieties. This nursery is always experimenting with plants, shrubs and trees to deter-

mined whether they will winter and thrive in our province. The value of this experimenting is our gardens and on our farms.

The fruit trees and the ornamental rhododendrons supposed to be too tender for this climate have been doing especially well for several seasons and many other gardeners are trying what they can do with them. Lovely Azaleas and Iris have been planted around the pool with daylilies which will be a beautiful sight in spring.

Many roses bloomed and the evergreen shrubs were outstanding. The chrysanthemums were large mounds of bronze, yellow, wine and white flowers. Some had been potted up for indoor flowering. Flocks were ordering their shrubs and fruit trees for next spring while I was there and it is well for those wishing nursery stock to make out a list as soon as possible as it will help the superintendent to know in advance the requirements for another season.

It is not too late to order bulbs for planting if the weather is mild and in this garden much of the planting remains to be done.

Many letters have been received since I wrote about the International Geranium Society and today we shall continue our study of the Ivy geraniums and the scented varieties which are ideal plants for the blind who value fragrance rather than color.

These offer a combination of pleasant perfumes and a wide variety of foliage form and texture. The scented varieties never become dormant. During dark, winter days, to be sure, they do not grow as fast as in spring or summer, but they always remain in full leaf, their hidden fragrance awaiting the slightest touch. As house plants they are excellent, where they succeed in any sunny window.

Water these geraniums only when the soil begins to dry, but then do it thoroughly. One way to determine the moisture of the soil is to feel it with the fingers. Another is to tap the pot lightly with a stick. The quality and pitch of the tapping sound indicates the degree of saturation. Some growers know instinctively when a plant needs to be watered, and the condition of the plant rather than any set schedule is their guide for watering all house plants. Scented geraniums are wonderful in the garden and grow into very large plants when planted in rich soil. They are also good in plan tubs placed near the paths where garden visitors like to pinch the leaves for fragrance. In the garden here it is truthful to say that with hardly an exception these lovely scented geraniums were noticed by every garden visitor and scented leaves were given to them to enjoy as we made the tour of the gardens.

Scented geraniums offer wide choice of varieties, and for convenience are divided into six classes: lemon, mint, fruit, spice, rose and pungent.

Among those noted for rewarding fragrance is the distinctive lemon-scented geranium (Pelargonium crispum). Its many varieties differ only in small details and all are good. The leaves are small, curled and crisp green, not unlike parsley to the touch.

In sharp contrast is the peppermint-scented geranium (P. tomentosum). The large, shallowly-lobed leaves, very densely covered with fine, long, soft hairs, are a pleasure to stroke. The plant is very prostrate in growth.

The fruit-scented geraniums add to the list a wide variety of leaf odors. One of these is the apple geranium (P. odoratissimum), which, when lightly rubbed with the fingers, immediately releases

Submit to what is unavoidable banish the impossible from the mind, and look around for some new object of interest in life. —(Goethe)

Words Of The Wise

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MRS. GORDON MACMILLAN A COUNTRY GARDEN

LEAF THINNED

Let us go on and leave bright foliage here

On tree and vine to follow ancient laws.

We cannot change the verdict which we fear.

For beauty suffers none to plead her cause.

This beauty, ages old before our birth.

Would lie behind us still though we should take

These painted robes. Tomorrow, bound by earth.

Scarlet will mould for newer scarlet's sake.

This moment has been lengthened in our eyes

And both in heart and hooded bud is sheathed.

A proven truth revealed beneath these skates

Since long before a savage chieftain breathed wind

This loneliness that is the autumn

And found his gods in quiet oaks, leaf-thinned.

—Wanggaard.

Leaf-thinned are almost all the trees now, and in the woods the leaves are deep on the ground. It is fun to walk in the woods at this time and gather small ferns and moss in all shades of green. The fragrance and beauty of the evergreen spruce, fir and pine is wonderful and many small seedlings can be gathered for dish gardens and other uses. When window boxes are emptied of their summer blooming flowers it is a fine idea to fill them with these small evergreen trees.

Trees in November give us a picture wholly new as they trace their patterns of trunk and branch, etched clean against the autumn sky. This we never see in summer; it can be lovely indeed. Too often we have not realized the grace and richness such traceries can bring.

When we are able to see the branches of the trees we see the empty nests of the birds we loved in the springtime and the summertime. The energetic wind has swept the ground, and has plucked the branches bare so that we behold what summer kept well hidden in a safeguarded there from harm. The empty nests are all revealed! Triumphant, they seem to sway, content that what they once concealed burst into song and flew away. Let us hope they survived the long journey south and will be with us again next year.

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ELLEN'S DIARY

By An Island Farmer's Wife

"Not much change in the weather for tomorrow...an east wind...dull..." The forecast comes in now.

The weather! How respectfully we on farms regard any of its signs and omens, and how dependent we are on its favors!

"Wouldn't you like to have the haying-days back, they were so sunny and lovely?" we asked James, when in a rare happening we found ourselves first ones to the stable this morning. He slipped a tyre-chain smartly about the neck of the first cow in from pasture, and turned then to the next.

"No, Ellen," he replied, "I can't say that I would. Not that I didn't enjoy them. But I do look ahead with pleasure to another haying to come."

And another in the succession of quiet gray days with no promise of sun was here. Yet pleasant it proved to be for the family and one which favored their work.

Gave the farmers another day at Rob's when the harvesting of his turnips - and after school Jamie and Gage to help them at that work.

"Gage isn't much interested now in playing with (toy) trucks and tractors" Mack complained a bit after a recent visit there. "He thinks it's more fun to feed calves and bed them and put grain in the mangers for the cows he likes to do that!" A few months away now from his ninth birthday Gage is already turning to manly affairs.

Myself, inclined to be industrious, lent manly assistance to his mother and another, when this afternoon they gathered up her

fine garden of the field: the best carrots and parsnips...and all that will bring color and grace and substance to the meals of winter.

And then when time declared the approach of the welllight, we left the pair and went to an ancient mission of the farm - to bring the cows to the milking. Some were already moving in that direction. Others had strayed to the field across the creek by the roadside, putting the millstream between them and their mates.

Roundabouts, by way of the lane and breiter we went to gather in the wanderers, entering presently the aldered path which leads by the spring. This trail used by the family and, in season, by anglers, follows the windings of the stream. In the lee of the hillside above, it is sheltered and away from the world. And there this evening we found many a former fall.

And also the lost cows and their babes. How quiet now to its rest! Somewhere a voice called join cows to stables - an calling dog barked; in a field on the road youngsters at work laughed - gay and happy were the echoes we caught; in lone lands to the east hounds brayed in a witching sound...and the stream we waded in the wake of the cattle we turned to join the rest, sang a familiar tinkling melody of season, a rather sad little song as it hastened to the millpond.

"Not much change in the weather for tomorrow...an east wind...dull..." the forecast said.

November treading the farm-lands! Until tomorrow ---Diary---Good-night.

MARY HAWORTH'S MAIL

Girl Loves Man Who Expects Her To Telephone Him

DEAR MARY HAWORTH: I am in love with a man who has, I think, the potentialities of being a great guy. We met through a mutual friend who told me that Sam (I'll call him) had a very unhappy experience with a girl a few years back, which evidently left scars, because subsequently he hasn't dated very much.

I was also warned that unless he took an immediate liking to me, I probably wouldn't see him ever again. Well, we met and had a wonderful evening together; and I did see him again, quite a few times.

When we had known each other about two months, we met one day and he said that I should call him later in the week. I don't recall the reason he gave; but anyway, I did call him, and since then, whenever we've made a date, it seems it was me doing the calling.

INDIFFERENT?

Recently I was away for a lengthy vacation and on getting back, I telephoned Sam just to say "hello." He was delighted to hear from me and insisted that we meet.

My problem is that much as I want to be with him, I don't want to be the one to call. How can I make him see that he should be the one to call? Or should I continue his negligence to mean that he really doesn't care? I do know that he is a very busy man and sometimes cannot talk on the phone. But I still think he should find a minute to call me. Please advise me. —V.L.

VARIOUS CLUES

DEAR V.L.: It seems that Sam was disposed to take the initiative, in promoting romantic friendship, until he recognized that you were serious about him—or willing to be. Beginning then, he maneuvered to keep in the clear, taking the attitude: "You chase me" Which

suggests that he enjoyed your company and your interest in him (and still does), but doesn't want to mislead you into counting on him "sure thing."

That is one, and the most likely, interpretation to put on his behavior—if we stick to the record of your dealings with him. However, the story of his having been badly jolted by another girl some years back, introduces other possibilities.

If there is factual foundation for the story, if his trust was betrayed, it could be that he is unconsciously vengeful toward a womankind nowadays—paying just enough now, when attracted, to get a girl's heart ensnared; then backing off, leaving her in suspense, with her pride on the rack. And doing this not knowing why—but actually to save his morbidly wounded ego.

Or it may be that he is unconsciously afraid of another kick in the teeth, in the event he were to drift again into a pattern of really caring. And that he seeks to prevent such mischance, by warily refraining from giving pursuit, as mutual interest quickens. He may think it a shrewd precaution on his part, to beware of becoming a slave to habit, in calling a girl—lest the relationship end abruptly (and ingenuously for him); and catch him without other social resources, in emergency.

A SPECIALIST?

There is, of course, a third possibility: namely, that Sam engineered his defeat with the girl in the story; and that she was the victim of his inner conflicts, rather more than he was "done wrong" by her. It may be that he is a problem to himself, and that he projects his distortions into his attempted relationship, and pillories others, figuratively, for his own mistakes and failures.

As regards your problem with Sam, my advice is, either call him when you feel so moved, or cross him off your list. In my opinion, there's little use trying to influence him into a manifold course of action that he doesn't take to naturally.

M.H. Mary Haworth consuls through her column, not by mail or personal interview. Write to her in care of this newspaper.

KEEP IN TRIM Banish The Chair Spread

By Ida Jenn Kain

They claim travels broadening—but according to career girls, so is sitting in a desk chair 40 hours a week. In fact, the desk chair spread might be termed an "occupational hazard." A common complaint is that hips tend to spread with or without a weight gain. Dieters often lament that they lose weight every place but the hips.

Sitting can't be blamed for the spread. It's a lack of exercise which leads to flabby muscles and the spread. So let's take direct action, for hips are not immune to precision exercise.

In this exercise session we'll deal firmly with the trio of bustle muscles—the gluteus maximus, a large fleshy muscle which forms the back of the hips; the gluteus medius, a short thick muscle that flanks the sides of the hips together with the gluteus minimus, a smaller companion muscle lying just beneath the medius.

The easiest type of exercise is rolling on a hard surface. As the song goes, "something's gotta give" and it won't be the floor. So roll off the bulges...

Position: Lie on side on rug or blanket spread on floor, legs straight down, knees straight, arms stretched overhead.

Movement: Roll slowly across the hip spread over to the opposite thigh. Make this a slow, heavy roll, bringing weight to bear on the spread.

Follow the rolling with an action movement.

Position: Lie on side on floor, head pillowed on arm, legs straight down, one resting on top of the other.

Movement: From that position you can shuttle into action with a scissors motion, or you can swing the top leg forward and then bring it rearward tensing the back hip muscle as you swing. On the rear

swing, hold for 5 seconds. The rhythm is forward-backwards—ho-d-Repeat 5 times. Change sides and swing with the other leg.

Put a curve to the swing and you reach the muscles flanking the side hipline.

Position: Same, lying on side, legs straight down.

Movement: Raise top leg and circle, keeping knee straight, swinging up, around and down in wide circles, 5 slow circles in one direction, 5 in another. Change sides and circle with opposite leg.

Finish with this posture improvement roll...

Position: Lie on back, knees flexed and hugged to chest.

Movement: Roll over to the side thighline, back across upper hips, rolling over to the other thighline. Keep a firm grip on the girdle muscles, pulling strongly up and in as you roll.

This exercise session hits the spot and definitely banishes the desk chair spread.



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