

WOMEN

Page 8 The Guardian Thursday, January 27, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

To what piece of handicraft of the season, we wondered, should we devote our spare minutes today. Toward the making of a quilt-top maybe? Or should we assemble the makings of a rug, succumbing to the attraction of that rare pastime, which once begun, whiles so fast the time away? . . . How beautiful upon the hills was the white spell of winter! And serene our surroundings. And strangely enough at this quiet farm-place, neither lovely nor tedious. On farms, each day brings a different round of work; the seasons themselves make and fix these. Is January like June in the duties and interests it affords? Or March like November?

So our schedule of work varies, and our year is a nice mixture. As someone has said "It is a matter of wind and weather, of seed-time and growth and harvest" and ever with each dawn is presented "a time of new beginnings and fresh opportunities."

We found later however we were well content to let such leisure as came to us, slip away with neither stitch nor loop to show for its passing. But we busied ourself, selecting some of the lovely intangibles of the season to stay body and mind and spirit, when the bustle of more demanding days than these shall fret and annoy.

We chose to take some of the calm of this winter-white peace and serenity; the beauty of the quiet skies; the cool strength of the hills; the touching music of the wind, which on light foot had wandered into our snug valley from somewhere beyond its rim. It played a sad little melody and haunting . . . of days past and

gone. And in a livelier measure, of delights yet to be.

"Wouldn't it be nice if the swallows were back?" A little fellow stopped his snow-shovelling to ask. "Because then I wouldn't have to wear this heavy jacket" he offered. "The summer would be here."

"And would you rather the summer here now, than to look ahead to it?" "Oh, I guess I'd rather look ahead to it" he smiled, "it will be longer then!"

The mild wind turned thoughts toward it. And Winter gave promise that if February presently here, should bring odd snow-storms in her wake, she would also in warran of long lazy summer days, lift the sunnier earlier over the eastern hills and restrain longer the floods of the dusk.

So we idled our leisure . . . And all the while, loads of wood were being drawn to the heap in the yard, so that by evening that work had come to an end. Soon will come the sawing, to give the housewives stout sticks for a man-size fire and sunny chips to coax neglected embers to blaze.

"I guess, Ellen, you haven't seen the heap of wood since we put the last load there?" James queried a minute ago, at the door on his way to the cellar for "a few mangels for the calves." "And, I reckon you haven't seen the fat cattle—well, not for a day or two" he added. "Better put on your jacket and . . ."

Never even for a moment is our life either lonely or tedious on this farm that is Alderlea, marked for us with the sign that is Home!

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

KEEP IN TRIM

Normal Weight Food Habits

By Ida Jean Kain

Many a reducer by dint of rigid diet loses 10 pounds . . . and then turns around and gains 12. Don't let that happen to you. This time apply nutrition know-how to control your weight or to reduce more pounds if you are not yet down to healthy, beautiful normal weight.

This is the perfect time to pass along some ingenious little rules by which dieters hold their weight . . .

Weigh daily or twice weekly, at the same time and as nearly as possible under the same bodily conditions. Slip the little insingling of the top of your scales and mark a yellow line one pound above normal weight and a red line two pounds above. That's your personal danger line. Never cross it. When the pointer on the scales hits the caution line, leave off desserts for a day or two, or the extra bread and butter. You may have the mistaken notion that normal weight people are "just naturally thin." They are if they do not overeat.

One chubby girl who loved to pile her plate full bit upon the plan of having a luncheon size plate at dinner. This makes the servings of food seem quite ample. A teen-ager who really piled on food impulsively placed a saucer at her place one night while setting the table, and reported that it helped to shrink her appetite down to proper size.

A would-be-slimmer girl, who had the habit of taking seconds, followed the plan of taking the first helping . . . and on a second plate, piled the second helping at the same time! Not until then did she realize just how much she actually was eating!

Many satisfied dieters report that slower eating is a great help in weight control. It is true that by eating slowly the mind gets the "content" signal on less food. With fast eating you eat for quantity to achieve satisfaction. That's fattening.

It helps to be on guard against

MORNING SMILE

A man told his friend he was desperately in love with a 17-year-old girl and planned to elope with her and get married.

"You can't do that without permission," his friend advised him. "She's a minor."

"You mean," the man asked incredulously, "I gotta ask John L. Lewis?"



Cook's Corner

CABBAGE-CARROT SALAD
3 c. shredded cabbage
1 c. grated carrots
1 c. thick sour cream
2 ts. vinegar
¼ tsp. salt
Shred the cabbage finely and grate the carrots with fine grater. Chill these ingredients well. Now add the vinegar, salt and pepper to the sour cream and mix well. Add to the combined cabbage and carrots and toss together lightly.

Church Supper Hint

At this time of the year church groups, clubs and other social activities are resuming after the holidays, and often supper meetings are held, usually of the carry-in variety. Frequently the menu assumes lopsided proportions in the cake and pie direction with a definite dearth of vegetable dishes except, of course, cole slaw. The reason behind this is probably the lack of recipes for vegetable dishes that "carry." This vegetable casserole recipe will be very appropriate.

Corn Pudding

3 tbs. butter
3 tbs. flour
1 c. milk
2 c. cream style canned corn
2 eggs, slightly beaten
1 tbs. sugar
1 tsp. salt
1 c. corn flakes
1 tsp. melted butter
Melt butter; stir in flour. Add milk, cook until thickened, stirring frequently. Remove from the heat. Stir in corn, eggs and seasonings. Pour into greased shallow dish; sprinkle with corn flakes which have been mixed with melted butter. Set in pan of hot water. Bake in moderate oven (350 deg. F.) 25-30 minutes. Yield: 6 servings (6 x 10 x 2" pan).

OYSTER BED BRIDGE W. I.
The January meeting of the Oyster Bed Bridge W. I., met at the home of Mrs. Philip Matheson, was opened with the singing of the Institute Carol. Roll call was answered by thirteen members and one visitor paying one cent per inch of measurement of waist, which netted \$4.05. The minutes of the December meeting were read, approved and signed.

Two knitted articles were passed to the Red Cross committee and yarn for two more articles was passed out. The various committees had no reports to give.

Correspondence consisted of T. B. Bond and one thank-you letter. A verbal thank-you for fruit was given.

It was decided to start a traveling apron. Mrs. Russell Smith to start same. Mrs. Rufus Axworthy offered to make a button cake for the next meeting.

The February meeting was invited to the home of Misses Cora and Hazel Matheson. Roll call to be answered by "Ways a Woman Can Make Money." The meeting was closed by singing the "Queen." A dainty lunch was then served by the hostess, assisted by Mrs. Russell Smith.



Styled For The City

There's a great big wonderful world of new spring suits for city ladies to look over. The trends are as varied as anyone's taste would dictate—everything from the fitted to the boxy—so it's a case of pay your money and take your choice.

This model is a version of the box jacket with a cardigan neckline. It is of cobble twist tweed lined in tussah silk. The skirt is of the material and is straight with a kick pleat in front. A blouse of the silk has a full, flattering bow.

kitchens can be made really charming. It's a good trick to frame the windows with a cotton print or gay flowers or fruit design or a bright plaid. Cottage curtains are back, prettier than ever. Just perfect for kitchen windows. For odd-size windows, part of the cottage set can be used—the top with shirred valance and tie-back curtains, or just the plain bottom pair.

An Old-Fashioned Kitchen Is Right Back in Style

By ELEANOR ROSS

The kitchen is fast coming into its own again as something more than a small, highly efficient, shiny, laboratory-white sort of room.

Nowadays the home is coming to mean more to the family as the do-it-yourself trend grows and as television keeps us by the hearthside for many happy hours.

Of course we go to the movies, but these days, we're apt to go together, and then return home for a snack in the kitchen, of course.

Growing Larger
The kitchen is apt to be larger in many new homes and when remodeling is done, the specifications generally call for a big, modern, cheerful kitchen. Color is black, and there are beautiful kitchen wall papers and all sorts of brightly hued accessories. Of course, there are always some conventional people in whom habit dies hard, and for them, the white kitchen is essential. If so, why not brighten up the white with a colored border, some gay curtains and plants, as well as with colored cutouts or decals on the white cabinet doors and on canisters and such?

The rocker appears in many of the new kitchens, together with a functional "office" corner to take care of bills, recipes, household arrangements and like items that come within the homemaker's orbit. Brightly colored pottery and mixing bowls add their splashes of color.

New Trend in Fixtures
When buying a new stove or refrigerator, consider the idea of one of the softly hued models—turquoise blue, Nile green or primrose yellow!

A gay wallpaper is a pleasing way of adding colorful cheer to the kitchen. Of course, the pattern of the paper will depend on the area

of exposed wall space, the type of cabinets and the hoped-for effect. If the cabinets cover most of the wall, then a dramatic pattern and bold colors can be used. But, if the exposed wall areas are large, then a medium-scale design is best, and there are many such done in cheerful fruit or vegetable patterns.

Avoid Harsh Colors
In general, it is best to avoid heavy colors such as deep blue, strong green or deep red in the kitchen. Far better are such shades as a sunny yellow, aqua blue or a light blue-green.

For the provincial type kitchen, there are very pretty plaid papers and papers with a "Pennsylvania Dutch" theme. For a kitchen in an old home where the walls are uneven, a large scale wallpaper may be used. If the wainscoting is not removed, it should be painted a color to harmonize with the wallpaper.

The Old-Fashioned Kitchen
Bright colors will do much for a dark, drab old kitchen as will cheerful kitchen accessories and curtains. With the trend for the large kitchens, such old-fashioned

Can a food help you to overcome IRREGULARITY?

You've probably tried lots of laxatives. But do you know about Kellogg's All-Bran? It's the original natural laxative cereal pioneered by W. K. Kellogg nearly 40 years ago. All-Bran is a delicious dish that promotes comfortable elimination without harsh purging.

Relief from Constipation

The greatest advantage of All-Bran is that it corrects the cause of irregularity due to insufficient bulk. Chemical or drug-type laxatives, on the other hand, are intended only for overnight relief of a temporary stoppage. All-Bran, is made from the outer layers of the whole wheat kernel and supplies natural food bulk. Just eat daily a one ounce serving for breakfast and drink plenty of water. It will improve your "Intestinal Tone" so necessary to comfortable regularity.

Satisfaction Guaranteed or Double Your Money Back

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Best liked by Millions



By HERMAN N. BUNDESEN, M.D. LET'S EAT

Research On Polio

The medical world has known about polio ever since 1789, when a British physician, Michael Underwood, first told other doctors: "Pay attention to it."

Well, we have been paying attention to it, but we still have no cure or vaccine to insure permanent immunity. Great strides, however, are being made.

To understand the problem you should know a little of what we are up against.

Powerful Microscope

As I have already told you, the polio viruses—there are three known types—are among the smallest known. It's been only recently that scientists have been able to see these viruses through the powerful electron microscope.

It has been especially difficult to isolate the polio virus because it will grow in very few kinds of animals besides human beings.

The virus, which enters your body through your nose or mouth, likes to settle in the nerve cells which control muscle action. In spinal polio, the nerve cells in your spinal cord that control movements of your body below the neck are damaged.

Bulbar Polio

In bulbar polio, the cranial nerves and the nerve centers in the base of the brain may be attacked. These nerves control your breathing, circulation and swallowing.

Spino-bulbar, the third type of polio, is a combination of both of the others.

About 18 per cent of the cases are bulbar or spino-bulbar types. Paralysis occurs only when large numbers of those cells are destroyed or seriously damaged. Many paralyzed persons recover completely.

Special Breathing Equipment

Science, as you well know, has come to the aid of polio victims through the development of respirators and other special breathing apparatus, and through modern physical therapy. Even though a badly paralyzed person might not be cured, he can nearly always be helped by careful muscle re-education, the use of braces or surgery. (Continued on page 13)

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BABY'S OWN TABLETS

Aluminum Foil Wrapping Safeguards Tea Flavor

By IDA BAILEY ALLEN

Sunlight streamed through the panes of old-fashioned windows, each spot lighted with a quaint colorful glass bottle. The light danced on the polished floor of wide boards on the huge fireplace at one end of the room where three tea trays stood ready on a polished pine table. The Chef and I were guests for luncheon in the private Early American dining room of a large advertising agency.

A Tea Tasting

"This is an actual kitchen, transferred board and bolt from Ipswich, Massachusetts," explained our hostess. "The only things that aren't generations old are the tea services. As this is, first of all, a tea tasting, we thought we'd better brew the tea in these earthenware pots."

She poured a cup for me, and one for the Chef.

"This tea tastes earthy, it has a

murky flavor and a dark color," announced the Chef.

Unwrapped Package

"It was stored in an unwrapped package for seven weeks at a temperature of 90 degrees F. with 90% humidity," she explained. "Try this next brew."

"This was a better color, and had a tangy flavor, but still tasted a bit 'earthy.'"

"The package was wrapped in cellophane, and stored under the same conditions," explained our hostess. "Now for the last taste."

"This brew is rich amber in the cup, clear as crystal, and with fine full tea flavor," observed the Chef.

"It is queen of the three. Was this also stored at 90 degrees F. temperature with 90% humidity?"

"Yes, but the package was pre-

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CHOCOLATE CHIFFON PIE

SOFTEN: 1 envelope KNOX GELATINE in ¼ cup cold water

TOP of double boiler combine: ¼ cup water

6 tablespoons Fry's Breakfast Cocoa

¼ cup sugar

¼ teaspoon salt

PLACE over boiling water and stir until chocolate and sugar are thoroughly dissolved.

BEAT slightly: 3 egg yolks.

POUR chocolate mixture slowly over egg yolks and return to double boiler.

COOK over hot, not boiling water, stirring constantly, until mixture thickens.

REMOVE from heat. Add gelatine and stir until dissolved. Cool.

ADD: 1 teaspoon vanilla

CHILL until mixture thickens to the consistency of unbeaten egg whites.

BEAT until stiff: 3 egg whites.

BEAT in gradually: ¼ cup sugar.

FOLD gelatine mixture into egg whites. Pour into baked pastry shell or Graham cracker crust. Chill until firm. Garnish with whipped cream and shaved chocolate, if desired.

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