

WOMEN

Page 8 The Guardian Wednesday, March 9, 1955

LET'S EAT

Spoilage Increases The Cost Of Food

By Ida Bailey Allen

"What's on your mind today, Madame?" asked the Chef. "The Case of the Missing Calories. Somewhere between the store and the consumer, it has been found that 700 to 800 calories of food are lost per person per day."

Buy 3200 Calories

"Homemakers of the country buy for each individual an average of 3200 calories, counting all kinds of foods. This includes proteins as well as carbohydrates and fats. Yet research shows the amount actually eaten per person is only from 2400—2500 calories."

"What happens to the missing 700 calories, Madame?" They are about 1/5 of all the food we buy."

Spoilage Loss

"Some foods, therefore, calories, are undoubtedly lost through spoilage. No matter whether it's a spoiled apple, orange, onion, dried-out slice of cake, broken crackers, the heel of a loaf of bread, or small piece of spoiled meat or fish, it makes up part of these calories. To stop this leak, it should be a daily routine with every homemaker to go over the contents of the refrigerator and vegetable bin and use the foods before they spoil."

"Part of the calories are undoubtedly also lost in careless food preparation, Madame. Thick vegetable-peeling, for example, due to dull knives. And many calories of meat are lost by cooking them too fast so they shrink unnecessarily."

Other Waste

"Then there is the wasting or outer stalks of celery, outside leaves of lettuce and salad greens."

And bread—oh la la! If it is a little bit old, out it goes! "There is also the plate-waste, Chef. Children and adults often do not clean up their plates. But that difficulty is easily overcome. Don't try to stuff the family. Just serve smaller portions to suit appetites."

TOMORROW'S DINNER

Pickled Beet-Celery Salad
Chiffonade
Braised Shoulder of Lamb
Gravy
Green Peas
Turnip Mashed with Potatoes
Lemon Snow Custard Sauce
Coffee Tea Milk

Braised Shoulder of Lamb: Order 2 lbs. shoulder of lamb boned and rolled. Dust all over with 3 tbs. enriched flour sifted with 1/2 tsp. salt, 1 tsp. monosodium glutamate, 1/4 tsp. pepper and 1/2 tsp. marjoram.
Heat 2 tbs. bacon, ham or sausage fat or shortening in a heavy large saucepan. Slow-brown the lamb. Add 1 c. each sliced peeled onions, carrot and celery, 2 tbs. snipped parsley, 1 crushed peeled section garlic, 1 bay leaf, 4 peppercorns and 2 c. tomato juice.
Cover and simmer 2 hrs. or until fork-tender. Make gravy from liquid.

Turnip Mashed with Potato: In a double-boiler top, combine 3 c. mashed cooked turnip, 1 1/2 c. mashed potato, 1/4 c. heated milk, 2 tbs. butter and salt and pepper to taste. Beat until fluffy with a wire whisk. Reheat over hot water.

TRICK OF THE CHEF

Add a few grains nutmeg when seasoning turnip mashed with potato.

ELLEN'S DIARY

by an Island Farmer's Wife

It was Mr. D. who came through the snowfall last evening from his home down the River Road to remain with us over-night and we hope for at least a few days to come. He continues to prove himself to be a man of parts—of fine assistance to the folks in his own neighborhood and for distances in the countryside about. Gifted with many skills which naturally have been improved by experience he is willing and versatile workman. It is some work of carpentry calling for a building to be built or repaired? Does a door "stick" as do some of these of ours at the moment? Is a chair in need of a new rocker? Has a patch of plaster of long years fallen, needing a neat replacement? Biggish project or so small that our husbands may dismiss them as inconsequential and not worthy of notice, Mr. D. will use equal magic on them, regarding no task no matter how small, or humble, too trivial to slight.

"You should always build them roomy" Mack said today when he overheard his Grandfather comment to Mr. D. "We must have you inspect the flue in the main house, one of these times—perhaps it needs to be rebuilt. "The roomier the better for Santa Claus" the youngster offered seriously. "You needn't trouble your head on that score" Mr. D. said soberly. "We'll see there's room for him to get through. Yes, we'll make sure of that."

So well gifted is Mr. D. and other artisans we know, that watching them tackle some intricate chore and bring it to a successful end, we wonder whether or not it is the "learner of

books" or those who follow the sometimes considered humbler callings who enjoys the fullest life and is of the most service to mankind. Certainly no man of letters of our acquaintance could have better repaired and upholstered with such pleasing artistry James' old armchair, as did Mr. D. today—or with more williness and good-will.

We gathered with the children about the fire this evening to hear him chat with James about the years long-gone . . . tales of that era of living so dependent to this of Island ship building and the fine vessels and gallant crews that sailed the seven seas. What ports were ours to visit in fancy as we listened, how strange and wonderful the sights we saw there! We went with products of farm and of virgin forest in the holds and we brought back rare and beautiful treasures from those far-away shores.

They talked of early days of Island farming—the toil of it and the niceties too; the friendship forged, the feuds kindled—of young springs and old winters; of blazed woods' trails and the paths of hungry rivers. And we were surprised to note that their deadline of bedtime was near and the two little visitors must be off then through the moonlight to the House across the Lane.

There too our thoughts turn to the old bed in the room above the kitchen. We shall come to it presently. After we have bid this day which has been so gracious to us, Bon Voyage as it goes to embark in a fairy ship on the sea of Time that is past. — Diary — Good-night —

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY

Look at the diagram! It's easy, thrifty, quick sewing! Choose a pretty cotton, bind in contrast color and look fresh, look smart all season at penny-wise price that will delight your husband. No fitting problems, it wraps. No ironing problems, it opens flat.
Pattern 4839: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 35-inch fabric.
This pattern may be used, simple to sew, is 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.

Shine Silver with SODA

Cover bottom of large enamel pan with aluminum foil. Add 1 teaspoon soda to each quart of water, heat to boiling. Immerse silver so it touches foil. Tarnish disappears quickly. Rinse thoroughly and dry with soft cloth. For a bright, polished finish, rub with thin paste of soda and milk applied with soft cloth.

COW BRAND BAKING SODA

MARY HAWORTH'S MAIL

Wife Careless About Own Appearance

DEAR MARY HAWORTH: Our son Bill married to a very sweet girl whom we really love. She comes of good family, did brilliant work in college, and is poised and well adjusted. But she doesn't keep herself well groomed and attractive, and won't spend a cent on herself for anything new, though Bill gives her free rein with his salary.

Nan had no smart clothes when she married Bill, which we attributed to her unselfish desire not to burden her parents, who are in moderate circumstances. But I am sure now it was her lack of interest, not their circumstances, which accounted for her old shabby attire. I have bought her lots of clothes (things we see that look like her) since she has been our daughter-in-law. She is always thrilled and appreciative, but she wears nice things with shabby hats and shoes, thereby spoiling the whole effect. And she lets her things get badly soiled, reluctant to spend on dry cleaning. I've given her beautiful expensive sweaters, which she washes (badly) herself, and soon they too are faded and shapeless.

Fastidious In Some Ways

The odd part is that basically Nan immaculate (as to person and lingerie) and her house is spotless. Bill keeps urging her to send her things to the cleaners, and to get a smart hair-cut (so he must notice her appearance); and she just says in her sweet way "I know, I should."

What can you do with such a girl? Bill loves her too much to say anything that might hurt her feelings; and we hesitate to say anything to him. We don't want him to be critical of her through our eyes. Are we wrong to be critical and ashamed to appear in public with a daughter so un-groomed, yet so sweet and good? Is there any thing that we, as parents, can do? —L.F.

Parents Seem Too Managerial

DEAR L. F.: Your dotting interest in your children is too fussy and managerial. In your long letter, here condensed, you speak of buying things for your several daughters—the same as for Nan. And you also say nostalgically that Bill used to love going places—the country club, football games, etc., with the young set. But Nan much prefers to stay home, save money and spare the effort of getting dressed.

Be unconsciously (in this and similar comments) do you disclose your unreadiness to turn over a new leaf in parenthood, as your children marry, and let them (and their mates) work out their own individual adaptations to life in the world. You are still pursuing them with bounty, in the spirit of a mother sheltering a juvenile brood; at the same time utilizing gifts as a sort of personal pass key into the privacy of their married life.

If Nan elects to wear shabby hat and shoes with a new suit or dress, that is permissible personal taste, surely. Maybe she objects to looking smart (or chic) in your sense of the term. Being a traditionalist, clothes are for cover; for modesty and utility, not for window dressing—Nan may feel that close pre-occupation with "attractive" dress is beneath the dignity of a greatly self-respecting person. Perhaps her values, her ideas of what is important, differ profoundly from yours.

Word To Wise May Be Offered

As for her negligent attitude towards grooming—her seeming indifference to cleaning and pressing—here is a point about which a tribal elder might justifiably admonish her. I think, so, if you aren't exaggerating, if her wardrobe is notably unkempt in this respect, I suggest you give her a confidential word to the wise, woman-to-woman fashion. Or mother-to-daughter, if you like. You might try it once or twice (no more), directly and explicitly, when Bill isn't present. Keep this between you and Nan. If she relays slant to him, that's her right, but don't you be putting critical thoughts in his mind. What to say? Tell her she is sweet, wonderful, lovely; a perfect wife for Bill, an angel daughter-in-law—BUT she simply MUST take better care of her clothes (or her looks). Explain what you mean, earnestly and amiably—and briefly. Then rest your case. If one or two such critiques don't spark improvement, my advice is to take the idiosyncrasy in stride, without further fret. —M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Cook's Corner



REDUCING SALAD
1 medium head lettuce
1 cucumber (peeled)
1 small head of cabbage
1 green pepper
1 large orange
1 large lemon
1 large onion (if desired)
1 small celery heart, diced
Shred lettuce, pass remaining vegetables through coarse knife of food chopper. Toss together well. Add grated rind and juice of orange and lemon. Mix thoroughly. Chill. Remove seeds from juice and use pulp. Add more orange and lemon juice to cover if necessary.



Gossamer Beauty

The shirt blouse, like the shirtwaist dress has been made up in every conceivable fabric, for every occasion, this season. One of the most beautiful blouses seen so far this year has been imported from France, designed by Madeleine de Rauch. It is a man-tailored shirt of champagne Chantilly lace over bluish tulle, the color and fabric combination making for an iridescent glow. The collar tabs, cuffs and scalloped front opening are buttoned in matching pearl. Convertible collar and nice, big patch pocket.

Spring Fashions From Paris Have Grown Longer and Leaner!

(Boston Post)

The American woman will have to adopt an entirely new gait—and glide to fit the latest Paris fashions!

She will either sink—in Balenciaga's simple, severe, beltless tunic or she will teeter slightly backwards (as though the stork was due at any moment)—in Dior's front-fullness dress.

But no matter how she walks, one glimpse of the exciting Paris imports and she'll want to pitch over everything in her closet. Some of the first costumes to cross the customs lines from the new international collections were presented recently and they were all shockers in superb taste. Never has the extraordinary inventiveness of the French designers stood out more sharply. As fashion experts pointed out, "All markets take their cue from Paris—still the major centre of fashion."

Dior's "A" LINE

A totally new and different approach to dressing has come out of Paris, this spring. "Two new silhouettes are greatly influencing fashion," Miss Harris explained. "Dior's 'A' line—cone-shaped, very narrow—hemline, flaring low to the shoulders; Balenciaga's tunic, long and only slightly fitted. Both will be adapted for American markets."

The dress destined to win honors as "most closely resembling a maternity dress," was Dior's new grey flannel with front fullness. The back of the skirt was simply belled into a cloche shape, marked with a crossed belt. All the fullness was concentrated at the front, ending in low front drapery. It necessitated a new "slouch" for the model who said she couldn't navigate any other way.

The "waistline under the bustline," another new silhouette resembling the Josephine dress, was seen frequently in the collections—often in sheer, white cocktail dresses with wide moure sashes rising to just under the bustline.

PALE SHADES

"Pale and interesting" is the color news, two fashion scouts reported, with shades ranging from beige to taupe brown taking precedence over everything else. A new silver grey—lighter and smokier than charcoal—ran a close second. All the pinks from soft, sweetheart rose to deep coral were shown and blues from pale pastels to deep navies appeared in all the collections.

Yellow was the major color used in the collection of Mme. Genevieve Fath who carried on the great tradition of her late husband, the celebrated Jacques Fath.

New, cuddlesome, cute as can be. The exclusive Gerber Baby Doll—a \$3.75 value for only \$2.00 and 12 Gerber's Baby Food labels. This 12 in., life-like baby doll is a delightful replica of the famous Gerber Baby.

Pliable and practically unbreakable, it has a soft, vinyl plastic head, rubber body, movable arms and legs. It drinks, wets, sits up. Comes with napper, Gerber's Cereal play boxes, cereal dish and spoon.

The Gerber Baby Doll is ready and waiting to be prized by your pride and joy. Send money and labels to Gerber-Ogilvie Baby Foods Ltd., Box 68, Toronto 18, Canada. Offer good only in Canada. Expires Dec. 31, 1955.

Shining idea dept. If baby's nursing bottles acquire a cloudy look, a tablespoon of lemon juice or vinegar in the sterilizing water will restore original sparkle.

Shape of things. Try drying baby's woolen caps over a small mixing bowl. Keeps 'em in shape beautifully.

Winning Combination. Gerber's Strained Fruit Dessert is an appetizing blend of three of the most popular fruit flavors: zesty apricot, and mild orange and melon pineapple—in a beautifully balanced blend to give baby a bright new dessert delight. A touch of tapioca is added for the smooth, nice-on-the-tongue texture little ones love. Comes in the convenient one-ounce can.

Fashion's Slant On Posture

By Ida Jean Kain

Shades of the Debutante Slump! The latest fashion in posture is to lead with the chin, chest depressed. It's the flat look. Beware, this posture trend could bring on a deformity known as "forward head and neck," and other figure faults too dreadful to dwell upon.

This spring, the models in the 50-cent magazines seem to be bending over backward to appear slithering and nonchalant. Next time you sit under the dryer after a hair set, take a look at the latest posture trend as pictured in the elegant fashion magazines. Look ladies, but don't copy!

Whether a photograph of a live model or a drawing sketch, there the ladies stand in their finery, necks thrust forward like inquiring turtles. This head start leads to depressed chest and rounded shoulders. In posture, one fault follows another—in this instance, swayback. The incurve at the small of the back is compensated for by an outcurve of the abdominal wall. Heavens!

Fashion in posture changes with the styles. Remember the cheery Gibson Girl? There was proud

pulling up and in with the girde muscles. Never lean against the girde muscles. . . . lean against your backbone! Force the girde muscles to lift. . . . that streamlining. The up-pull muscles are attached to the ribcage, so lift there, not with the chest. When your shoulders are square, but relaxed, the chest will automatically be raised to normal high position.

That's beautiful, elegant posture. . . . hold it!

MORNING SMILE

"My wife has a queer way of getting even with the telephone people," Brown confided to a friend. "She uses our car to knock down their poles."

Ideas In Kitchens

Since daydreams have a way of coming true, we pay great attention to experimental projects for future kitchens.

Kitchens of tomorrow have a way of emerging from the blueprint and experimental stage, women deciding just what improvements have won their approval.

Kitchen of Tomorrow

So, we wouldn't be too astonished to see one surprising idea become reality, before too long a time. In the big Kitchen of Tomorrow, appliances are located so they can be reached and controlled from both inside and outside the home. Thus, a meal can be started in the kitchen, and the finishing touches given it in the patio.

Shopping Once a Week

The once-a-week shopping trend, intensified by the big refrigerator and the freezer, gets a nod from the six separate refrigeration units, including a special beverage cooler, ice cube maker and water cooler, food freezer, refrigerator, special vegetable and meat storage unit and outdoor refrigerated bar.

Planning Ahead

Then there's a planning desk, complete with inter-communication facilities, with a television screen

ALICE BROOKS DESIGNS

ONE-A-DAY DOLLIES

Our three most popular dollies are included in this pattern! They're crocheted—do one a day easily. So useful—scatter them about to beautify your home.
Crochet Pattern 7352: two round dollies about 8 inches; one oval, 7 x 9 1/2 inches. No. 30 cotton. 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 in 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!



7352
by Alice Brooks

that permits the viewer to watch what is going on elsewhere in the home, and with a telephone that one can answer without even touching it. At last the homemaker is recognized as a big business executive!

We fully expect to see these things come to pass before too long, improvements for all of us, not for just a few.
The Big Kitchen
In the meantime, since the big kitchen is the trend, many homemakers want automatic laundry equipment placed there. Use of automatic laundry equipment has reduced space needed for storing soiled clothes and for handling laundry. The equipment may be separated from the rest of the kitchen by a short half-wall which allows for display of ivy, or other trailing plants, or handsome dishes. In many replanned kitchens the trend is for the food-handling laundry. (Continued on page 9)

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