

# WOMEN

Monday, January 17, 1955 The Guardian Page 3

## Oysters Are Nutritious And Not Too Expensive

By IDA BAILEY ALLEN

"It is my considered opinion that the American homemaker is not serving enough oysters," remarked the Chef, "probably because of the mistaken idea that they are too expensive. But this is not true, ah, no, because a pint of shucked oysters contains no waste."

### Luxurious Oyster Taste

"And it is equivalent nutritionally to 1 1/2 pounds of good quality meat, beef, and coals about the same. If this is too much for the food budget, a half pint container of shucked oysters combined with some other ingredient, will supply that luxurious oyster taste and provide an interesting main dish, such as oyster potato, oyster-potato pie, or oyster-potato chowder."

Here are two oyster dishes that are favorites in New England and will serve from 4 to 6.

**Oyster Sauté:** To 1 pt. shucked oysters, add 2 ts. lemon juice, 1 tsp. Worcestershire sauce, 1/2 tsp. salt and 1/2 tsp. prepared horseradish. Refrigerate 30 min., then drain.

**Oyster-Macaroni Bake:** Calls for 1 pt. shucked fresh or thawed frozen oysters. Cook 1 c. high-protein macaroni elbows as usual.

Generously rub a low, 9-pt. baking dish with butter or margarine. In it, arrange a layer of half the macaroni. Cover with 1/2 pt. shucked oysters, then with 2 ts. each chopped celery and green pepper. Dust with 1/2 tsp. each salt, monosodium glutamate and paprika; dot with 2 ts. butter or margarine. Repeat the macaroni-oyster layers. Cover with 1/2 c. cracker crumbs mixed with 2 ts. melted butter or margarine.

### TOMORROW'S "OYSTER" DINNER

Tomato-Cheese Stew  
Oyster-Macaroni Bake  
Mixed Vegetables  
Apple-Raisin Escallop  
Hard Sauce  
Coffee Tea Milk

**Tomato-Cheese Stew:** Combine the contents 1 (No. 2 1/2) can juicy tomatoes with 1/2 tsp. salt, 1/4 tsp. monosodium glutamate, and 1/4 tsp. mustard and 1/2 tsp. pepper. Simmer 15 min. Stir to break up the tomato.

**TRICK OF THE CHEF**  
Add a fine grating of orange peel to oyster cocktail sauce. Excellent!

### KEEP IN TRIM

## Inspiration For Slimming

By Ida Jean Kain

### CHANGED ATTITUDE MAKES ALL THE DIFFERENCE

The only "reducing" diet is the one you stay with... and that depends largely on your attitude. If you feel sorry for yourself, dieting is next to impossible, for long anyway. The secret of sustained enthusiasm is to keep in mind what you want, for that psychology banishes resistance to dieting. Today's letter tells the story...

"I can eat this if I want to, but it will just postpone the date when I'll be normal weight." Thinking that way actually helps me to feel glad not to eat fattening foods. I have lost 15 pounds while eating three low calorie meals a day. I have full confidence that I will reach my goal. Best of all, I'm enjoying my slimming way of eating."

There is a wise dieter. She is applying both the principles of psychology and nutrition. A protective low calorie diet is the way by which you burn stored calories and lose weight. Daily stretch-bands tone the figure controlling muscles, banish bulges and excess inches. Those are the tools by which you reach your goal. But desire is the keynote of sustained action. Keep your thinking on the right track and you can go along slimming with no consci-

### ous exertion of will power. Complete willingness gives you will power.

On with the pattern of eating. Choice Diet

Breakfast 225 - 250 Calories

Mixed Fruit Juice - 5 oz.

Choice of:

Canadian Bacon, 3 strips

Thin slice Toast, Butter 1/2 pat

Or Hot or Cold Cereal

Whole Milk, 1-2 cup, Sugar 1 tsp.

Black Coffee

Luncheon 350 Cal.

Hot Vegetable Soup - 1 cup

Choice of:

Swiss Cheese on rye

lettuce and mustard

Or Grilled cube steak

on Thin slice Bread

Small Serving Fruit

Hot Tea

Late-Afternoon Energy Pick Up:

Glass of Skim Milk or Buttermilk

80 Cal.

Dinner 400 Cal.

Protein Choice:

Liver or meat loaf - 2 slices

Or: Broiled chicken - 2 pieces

Choice of:

Baked potato - 1-2 cut oblong

Or One 40 Calorie Vegetable

Carrots, Beets and greens or Squash

Choice of:

One 20 Calorie Count Veg.

asparagus, string beans, spinach

Butter - 1-2 pat

Dessert: Fresh, canned or frozen fruit

Or Cheese (1 oz. wedge)

Total Calories For Day - 1080

Note: Man's menu may include baked potato with butter.

## ALICE BROOKS DESIGNS



### JIFFY-SEW!

For now, a dress from remnants to make for school. Or a pretty party dress with puffed sleeves and embroidered collar. Send now and make both versions! Thrifty!

Pattern 7046: Child's Sizes 2, 4, 6, 8, 10. Tissue pattern, embroidery transfer. State size.

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 and SIZE.

WONDERFUL is the word - for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, irresistible - our new designs are all that - and even more! Send 25 cents for your copy of this terrific catalog - right NOW! You'll want to order every wonderful design in it!

### MORNING SMILE

"What is the plural of hippopotamus?" asked the teacher. "There was no answer from the class. 'You try, Tommy,' suggested the teacher. Tommy stood up. 'H-i-p-p-o... Oh, well, who'd want more than one, anyway?' he demanded.

### MARY HAWORTH'S MAIL

## Marriage Over Man Reviews Story And Asks For Guidance

## Seven Days A Week

by Anne Shannon

DEAR MARY HAWORTH: When we married 15 years ago, I loved my wife deeply. In fact I adored her, and she loved me until she became ill. We had one child - a daughter now 13 - and were very happy together for the first six years. Then, gradually over the next eight years my wife showed progressive signs of mental illness. I had bought her a house and a car and had sent her to two art schools to make her more happy and content. Her parents were sympathetic to my efforts at first; but when I suggested state hospital care for Jane, they grew hostile and said I hadn't done enough for her, that I should have given her the house, etc., sooner. I couldn't afford it before.

To please the parents, I borrowed money to pay for expensive specialist care. She was diagnosed as mild paranoid schizophrenic and given insulin shock treatments. She became more sociable, but with more deceitful and foolish behavior. Her parents heard from her that she was mentally ill and that I was a good provider and loving husband, but she didn't want me sexually.

### His In-laws Distrust Him

Later she entered into a flirtation with the doctor (he was 64, and she 31 at the time); and I had to put up with a while, but finally the doctor straightened her out. In a few months she was dependent and difficult again, and another psychiatrist found her seriously ill, mentally. But she refused treatment, saying she hated him, and that he and I both were crazy. Her father kicked her in fits of rage, and the child wanted to leave the unhappy home and the mother who didn't love her.

My in-laws refused to believe the things and began to talk of divorce. Saying I wasn't "the man" for Jane, and that her condition was a nervous breakdown caused by personality clashes with me. It seemed to me best to end the marriage, so I filed suit for divorce, and Jane responded with a stumped-up counter claim. As she finally agreed to a reasonable settlement giving me custody of the child, I let her get the divorce on her cross-suit.

Did I handle the problem right? Will Jenny get along all right without a mother? Now Jane wants an apartment in the city, and says she can't live down and away and be bothered by anyone. She doesn't visit our daughter, who voices no interest in her. Should I take Jenny to see her occasionally? I am a sadly perplexed man. S. Y.

### Wife's Illness Has A History

DEAR S. Y.: Your lengthy recital, here cut to a fragment, doesn't try to link Jane's illness to any self-serving bias. But undoubtedly there is a connection between her disorganized personality and her childish dissembling and characteristic sentimental humbug (which covers a hostile defensiveness towards "outsiders").

Jane is a victim of unhealthy family influences from away back, it seems. And yet, at best, in the most favorable conditions of upbringing, she might always have been a sensitive plant, perhaps better suited to the simplicities of a spinster routine than to the complex obligations implicit in wifehood, motherhood and conjugal love.

Inasmuch as Jane's parents were more concerned with saving face, and in coddling Jane at your expense, than in getting down to possible ways to cure her illness if she is to be helped, you probably did as much as you could for her, in the circumstances, in stringing along to cushion her distress with specialist care, as she would permit - until her family turned against you.

1. MONDAY: Someone once said to me "I think the proper place for ALL old people is in a Home for the Aged". Naturally, I couldn't or wouldn't agree with that statement! For some lonely persons who have no place to call their own, then an Old Home is one solution - and in the pleasant surroundings and with their own age, they will be happy and contented.

But for others, who go down the Sunset Trail together - well Benjamin Franklin summed it up nicely (years ago) this way: "As having their own way is one of the greatest comforts of life to old people, I think their friends should endeavor to accommodate them in that, as well as in anything else. When they have long lived in a house, it becomes natural to them, they are almost as closely connected with it as the tortoise with its shell; they die if you tear them out at its old folks and old trees, if it moves them, it is ten to one that you kill them."

2. TUESDAY: When you need a squeeze or two of lemon juice to add zest to some dish, do this: Cut the lemon in half. Hold a piece of clean cheesecloth over the outside. Now you can squeeze as hard as you like, no spare drops will fly and best of all, seeds stay where they belong. Have you ever tried serving your favorite sponge cake this way? Bake the batter in muffin tins, and when baked, cut off the tops of the muffins, scoop out the insides and fill them with lemon cheese or your favorite filling. Put tops back on; sprinkle with powdered sugar. Real yummy! And you know that the meats, or kernels if you will, of the pecan nuts can be removed easily if you do this: Soak the nuts several hours in one quart of water and one tablespoon of salt. The shells just seem to fall apart; and the meats come out all in one piece.

3. WEDNESDAY: Do you know how the saying, "feather in one's cap" originated? Women have laid claim to the use of feathers only in modern times. As late as the era of the famous Black Prince, men considered ornamental feathers their exclusive property. Fringes and noblemen went to great lengths to import fine specimens which they used to adorn their hats.

Then someone hit upon the idea of using small feathers as military decorations. When a soldier showed unusual gallantry, he was permitted to wear a feather in his cap as a badge of honor. By the late sixteenth century this practice was used to commend a soldier who won an honor of any type, or was likely to refer to it as a feather in his cap.

4. THURSDAY: A little girl was entertaining a visitor and was proudly displaying her beloved teddy bear.

5. FRIDAY: Hot Crab Salad is easy to make and calls for "seconds" at any meal. You pick over a half pound can of crab meat removing any bits of bone. Add two tablespoons mayonnaise, 1/2 cup minced green pepper and one teaspoon onion. Season with one-quarter tsp. salt, 1/2 tsp. pepper, one tsp. prepared mustard and one tsp. Worcestershire sauce. Heap in two shallow scallop shells or in your favorite small casserole. Bake in a hot oven (450° F.) if you put a few biscuits in the hot broiler, it will be just that much more towards a tasty supper.

6. SATURDAY: Out of a brand-new cookie recipe book. In passing this recipe along to you - it's called Chocolate No-Bakes: 1 pkg. semi-sweet (1 cup) chocolate pieces, 1/2 cup corn syrup, 1 1/2 cups bite-size shredded rice or wheat biscuits; shredded coconut.

YOUR CHILD WILL LIKE This Kind of Laxative Ex-Lax is effective, but in a gentle way. It won't weaken or upset your child. It won't make her feel bad afterwards. - It's not too strong! Ex-Lax can be given to your children with complete confidence. It is gentle on the taste, and its action is dependable and thorough. - It's not too mild! Ex-Lax is one laxative that avoids extremes. It works gently and effectively at the same time. In other words, Ex-Lax is - The Happy Medium! EX-LAX The Chocolate Laxative. Still only 15¢ or 25¢.

## Cook's Corner



### CREAM OMELET WITH RICE

1 tb. butter  
1 tb. flour  
3/4 c. top milk  
3 eggs  
Salt and pepper to taste.  
Melt butter and stir in flour to make smooth paste, gradually blend in milk and well-beaten eggs. Lastly fold in parsley seasonings.

Place casserole dish in shallow water containing about 1 of hot water. Cook until firm in 325 degrees F. oven.

7. SUNDAY: One look at the kitchen windows this morning and Mavis said as she padded out to the kitchen in her sleepers: "Mom, this just can't be Sunday - look at the windows!"

8. MONDAY: My sister, 22, eats lots and lots of candy. Is it not true that she will get diabetes if she continues this habit?

9. TUESDAY: I know a child who lives in slanting weather. Time out of mind against the turning sun.... Who takes two stones and shuffles them together. And does not know if he has two or one.

10. WEDNESDAY: I know a child who scatters bread for the swallows. And watches them invade a quiet sky.... And should a stranger beckon him, he follows. Where he is led and does not question why.

11. THURSDAY: I know a child who scatters bread for the swallows. And watches them invade a quiet sky.... And should a stranger beckon him, he follows. Where he is led and does not question why.

12. FRIDAY: I know a child who scatters bread for the swallows. And watches them invade a quiet sky.... And should a stranger beckon him, he follows. Where he is led and does not question why.

13. SATURDAY: I know a child who scatters bread for the swallows. And watches them invade a quiet sky.... And should a stranger beckon him, he follows. Where he is led and does not question why.

## Diabetes Symptoms

DIABETES mellitus is one of the easiest conditions to diagnose. Simple laboratory tests invariably tell us when this condition is present. The American Diabetes Association advises that you have your physician check your urine, because you think you have diabetes or not.

Under Medical Care  
Currently, more than one million persons in the United States are under medical care for diabetes. By maintaining a proper diet, using prescribed medicines, or both, the vast majority of them lead normal, useful lives. Recent statistics disclose that about 250,000 of them are gainfully employed and do as good work as non-diabetics.

Both Men and Women  
The disease strikes men and women with equal frequency. Children, too, contract it. In fact the younger you are, the more likely the disease will start suddenly. In older persons, the symptoms come more gradually.

QUESTION AND ANSWER  
M. M.: My sister, 22, eats lots and lots of candy. Is it not true that she will get diabetes if she continues this habit?

ENTERPRISE FOR VANCOUVER (CP) - A couple here returned home after a visit to neighbors to find two policemen sitting with their three-year-old son. The lonely child had lifted the telephone receiver and begun crying into it. A telephone operator traced the call and advised police.

Wife Preservers  
Lighter colors make a room seem larger; darker colors smaller. A narrow room looks wider if the walls are brighter. A low ceiling painted light looks higher, a high one darkened seems lower.

IMAGINE! Cough Relief Without Stomach Upset!  
Here's Answer to Your Child's Coughs of Colds Problem  
Here's a cough syrup children like to take - one that works quickly and effectively - and agrees with their stomachs! It's new Vicks Medi-Trating Cough Syrup!

VICKS MEDI-TRATING COUGH SYRUP  
It Medicates as it Penetrates

RUN DOWN... DOG TIRED?  
These symptoms if due to a vitamin deficiency occur only when daily intake of vitamins B<sub>1</sub>, B<sub>2</sub>, and niacin is less than may be needed over a prolonged period. In themselves, they do not prove a dietary deficiency as they may have other causes or be due to functional conditions.

NEW BEXEL  
SPECIAL FORMULA CAPSULES  
MADE & GUARANTEED BY  
MCKESSON & ROBBINS, MONTREAL, QUE.

## ELLEN'S DIARY

by an Island Farmer's Wife

A quiet sky, night-cleaned by a winter-wind, over-arching the new day - that was our gift of this morning. What should we put into the hours ahead... bit by bit, until another dark should find our measure of living, satisfyingly full, pressed down and over-flowing?

Love - alchemy of every home, naturally come by, even to be found in huts where poor men live. It must be there: a wife's, a husband's fond and abiding respect and affection; a mother's love, tender and patient, a father's kind and true, the devotion of an innocent child.

"I'm not one bit superstitious" declared one fall night when toward the witching hour we made our way along a lane returning home from what used to be "a bit of kaley." "Isn't it good Ellen, that our generation is more enlightened than that of our grandparents' time?" she commented. "The things the old folks believed! Clocks long idle, suddenly striking the hour of some loved one's death; lights along the road at night, marking the exact route of travel of some funeral procession; to-be; sharp knocks on the house-door, forerunner of some tragic piece of news! 'I wouldn't give the like a thought.'"

There was a wind of fall in the eerie cry, as if in some mysterious, but one possessed of an

ous somewhere over the fields, lost spirits of the night mourned. Stars were distant and the countryside was dim, for this was the dark of the moon.

"And," she continued, "do you believe for a moment in good luck charms... or that there can be such sounds as 'Death-bells' in a person's ears? I've actually seen folks stop stock still to listen to them!"

And the blood of some canny Scottish granny among those of our forebears prompted us to reply into the dark: "We just never know!"

How quiet it was about! From some far farm, blown to us, came the mournful cry of a dog, long-drawn, lonely, repeated, heart-searching for an answering yelp on the air-lanes of night. From a grove nearer, an owl uttered his ghost-tones.

"No," she said slipping her hand within our arm, "I'm not one bit superstitious. But sounds like that," she chuckled, "always make me feel as though I'm walking alone through a graveyard at night. I'm not frightened of anything but still... Ellen, we should have come home earlier we shouldn't have waited for lunch."

In the inverted horse shoe above the front door which has been hanging there for years we caught many a good fortune of this day, the clearing rift of color at sunset that may have promised the end of the spell of damp weather we have had.

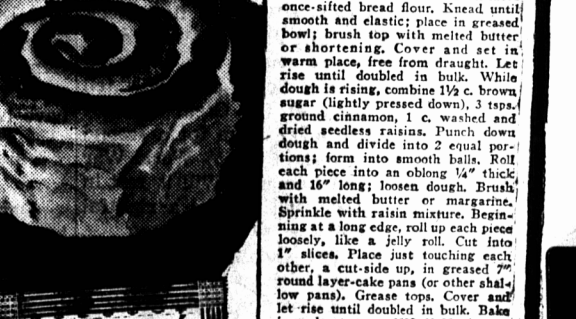
"Man wants but little here below" James quotes with a chuckle, coming in now from a last round of day at the stables. "But it seems to keep a fellow pretty busy all his life to earn that little!"

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

HOUSEHOLD HINT  
To refinish a child's blackboard, paint with ordinary black paint such as will dry with a gloss. Then apply a coat of black paint mixed with turpentine instead of oil, which will dry a dead black.

## Baking's Easier, Speedier with Wonderful New Active Dry Yeast!

CINNAMON BUNS  
Measure into large bowl, 1 c. lukewarm water, 2 tps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Active Dry Yeast. Let stand 10 min. THEN stir well. Scald 1 c. milk and stir in 1/2 c. granulated sugar, 1/4 tsp. salt, 6 ts. shortening; cool to lukewarm. Add to yeast mixture and stir in 2 well-beaten eggs. Stir in 3 c. once-sifted bread flour; beat until smooth. Work in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl; brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. While dough is rising, combine 1/2 c. brown sugar (lightly pressed down), 3 tps. cinnamon, 1 c. washed and drained seedless raisins. Punch down dough and divide into 2 equal portions; form into oblong balls. Roll each piece into an oblong 1/4" thick and 16" long; tuck ends together. Brush with melted butter or margarine. Sprinkle with raisin mixture. Beginning at a long edge, roll up each piece loosely, like a jelly roll. Cut into 1" slices. Place just touching each other, a cut-side up, in greased 7" round cake pans (or other shallow pans). Grease tops. Cover and let rise until doubled in bulk. Bake in moderate oven, 350°, 20-25 minutes. Serve hot, or reheated.



FLEISCHMANN'S ACTIVE DRY YEAST  
EASY TO USE! FAST DISSOLVING! LASTS LONG!  
No more taking chances with perishable yeast cakes that have lost their leavening power! New Fleischmann's Active Dry Yeast keeps full-strength and active right till the moment you use it. Needs NO refrigeration - keeps safely in your cupboard. Try its marvelous results in your next baking.

Order a month's supply!

THE GLORIA LADIES' WEAR ANNIVERSARY SALE CONTINUES ALL THIS WEEK  
SEE THE GROUP OF WINTER COATS CLEARING AT 1/3 Off Reg. Price  
1/3 Off BALANCE OF CREPE DRESSES and all CLOTH SUITS  
The selection is good, but choose yours early as the sizes soon run out.  
BALANCE OF REGULAR STOCK OFFERED TO YOU AT 20% Off  
SELLING PRICE FOR THIS WEEK ONLY  
THE GLORIA LADIES' WEAR  
"Where Smarter Women Shop" 179 GRAFTON ST.