WOMEN

LET'S EAT

You Can Vary Pot Roast By Using Your Imagination

By IDA BAILEY ALLEN

ALMOST every nation has a favorite way of pot-roasting beef.

Now that the huge quantity of lean high-protein beef on the market makes it possible to buy a suitable cut at a moderate price, we can enjoy pot roast more often without monotony, by cooking it in three ways.

TOMORROW'S POT ROAST DINNER

Tossed Green Salad
Pot Roast of Beef
Chili Tomato Sauce
Flaky Potatoes
Browned Parsnips
Spiced Pears Whipped Topping
Coffee Tea Milk

Pot Roast of Beef Yankee Style: Brown a 4-lb. pot roast of beef, round, chuck or brisket, all over in its own fat. Add ¼ c. each sliced, peeled onion, carrot, and chopped parsley. Dust the meat with 2 tsp. salt, 1 tsp. monosodium glutamate and ¼ tsp. pepper.

Add 1½ c. hot water or water drained from cooking vegetables. Cover and simmer 3 to 4 hrs., or until fork-tender. Or if desired, bake-simmer in a moderate oven, 325-350 degrees F.

Variety of Accompaniment

"This pot roast is excellent served with sliced fried cornmeal or hominy mush, whipped potatoes, either plain or well-seasoned with chopped butter-fried onions. Or, for a change, serve with balls of pearled barley or cracked wheat, shaped with an ice cream scoop, as you do, Chef."

"The flavor of pot roast can be varied in many ways, Madame. Par varied in many ways, Madame. Par example, a Spanish pot roast."

Spanish Pot Roast of Beef: Make as Yankee pot roast, with these exceptions: Add 2 sections quartered peeled garlic, ½ tsp. oregano, 2 diced seeded sweet green peppers, and use tomato juice instead of water.

This pot roast is very good served with flaky rice.

"And Chef, I like a Sweet-Sour Beef Pot Roast in Central European style."

Sweet-Sour Beef Pot Roast: Brown a 4-lb. pot roast of beef, from the round, chuck or brisket, all over in its own fat. Add 1 c. sliced onion and 1 section garlic, minced and peeled; then fry until yellowed.

Add 1½ c. hot water, or liquid drained from cooking vegetables; 4 tbs. vinegar, 2 tbs. brown sugar, 5 tbs. tomato ketchup, ½ c. raisins, 1 tsp. salt, ½ tsp. monosodium glutamate and ¼ tsp. pepper.

Cook as for Yankee pot roast.

This is specially good with potato dumplings.

"In any case, Madame, a pot roast should have plenty of good gravy made from the liquid in the pot. Or, if there isn't enough liquid, my special chili tomato sauce is what you say, "tops"."

CHILI TOMATO SAUCE FROM THE CHEF

Melt 1 tbsp. butter or margarine in a saucepan. Add 1 tbs. each minced onion and seeded green pepper, and cook until softened.

Blend in 1½ tbs. flour. Stir in 1 c. meat stock (or 1 c. hot water and 1 bouillon cube), ¼ c. tomato paste, 1 tsp. chili powder, ½ tsp. salt, and ⅛ tsp. black pepper. Simmer until slightly thickened.

KEEP IN TRIM

Enjoy Exercising To Music

By Ida Jean Kain

The average girl is less than lukewarm about setting up exercises — they're so uninspiring. But a rhythm routine is fun and slimming. One sedentary worker writes that she has hit upon a plan that helps her feel light as a feather and zips off bulky inches too. She dances through a radio program of music, blending stretch-bendswings with dance movements.

Our exercise-to-music has requested an effective routine to deal firmly with midsection and hip muscles. She added that just for fun she sometimes makes believe she is Cyd Charisse, the dancing star. That's a good idea . . .

Here are some dance-exercise movements suggested by Miss Charisse. By the way, you may be interested in knowing that this Texan took up dancing for her health when she was a little girl of eight. Seems to have been the perfect prescription — today she is the picture of health and has as graceful and shapely a figure as one could find in all movieland.

Turn on some music and stretch, bend, swing and reach. Feel the rhythm and let the movements flow from one into next, with no break in the pattern. This first dance-exercise reaches the big hip and thigh muscles, and tones the middle muscles too:

Standing, catch hold of a chair back for balance, with the left hand. Keep the weight on the left leg and swing right leg around from front to the rear in an arc, pointing toes, ballerina fashion. Then bend forward, reaching toward the floor with right fingers as you swing right leg up in back. S-t-r-e-t-c-h. Repeat three times, smoothly and rhythmically. Then change sides and swing with the left leg.

If that seems a bit complicated, try this easy stretch-bend. Standing with feet well apart, arc arms overhead. Pull slim through the middle measurement and, moving to the music, bend slowly and smoothly to one side and then to the other. This slims the waist and pulls out those waist-to-wishbone bulges.

Improvise your own rhythm slimmers as you swing and sway around the room. It's so much fun exercising to music, you may be carried away and overdo at the beginning. Ease into any routine, and stop exercising at the height of its invigorating effect. Here's the test . . . . . you should sleep soundly, and feel better the following day for having had a rythhtm session. If not, you have overdone.

Banana Sherbet

2 bananas (thoroughly mashed)
Juice of 2 oranges (strained)
Juice of ½ lemon (strained)
1 cup sugar

Mix thoroughly, then add 1 cup milk. Freeze.

Pineapple Squares

½ cup drained crushed pineapple
½ pound fresh marshmallows
1 cup cream
1-3 cup chopped walnuts
1-3 cup chopped pitted dates
Crushed cornflakes or graham wafers to taste.

Cut up marshmallows with scissors dipped in cold water. Add crushed pineapple and chill for one half an hour. Fold into mixture one cup stiff whipped cream and add walnuts and dates. Chill about one hour or until mixture begins to hold its shape. Then drop mixture by spoonsful in a nest of crushed cornflakes or crushed graham wafers. Coat with crumbs and place on a serving platter. Chill thoroughly. You may pour each puff at serving time. Recipe makes 10 pineapple puffs.

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Takes Island Bride

F/Lt. and Mrs. John F. Sage

(Photo by Borris Studio)

The marriage of Mary Isobel Stuart, daughter of Mr. and Mrs. J. M. Stuart, Wood Islands, P. E. I., to Flight Lieutenant Gordon Frederick Sage, son of Mrs. Sage and the late John Frederick Sage of Kingston, took place in the Presbyterian Church of the Town of Mount Royal, Que. October 2. Rev. E. Powell Aikens officiated at the double-ring ceremony.

The bride entered the church on the arm of her brother, Robert, of Halifax. The bride's gown was of white Cellini satin, with short fitted jacket trimmed with lace at the collar and wrists, and full pleated skirt. The fingertip veil fell from a small coronet of seed pearls, and she carried a cascade of white roses, gladioli and pom pom mums.

Attending the bride were her sister, Mrs. John Riley of Halifax as matron of honour, and her cousin, Miss Marjorie Hill, Town of Mount Royal, as bridesmaid. Their gowns were similar in design to that of the bride's. Mrs. Riley wore winter green satin while Miss Hill wore copper satin. They wore matching feather hats and carried bouquets of gold and copper pom pom mums.

The groomsman was F O R A. Spratt of Ottawa an the ushers were F/O Ron Kyle of Montreal and Lt. John Riley, Fleet Air Arm, Halifax.

During the signing of the register, the groom's sister, Mrs. W. I. Ball of Ottawa sang "Because" accompanied by Mr. Robinson, church organist.

The reception was held at the R.C.A.F., Officers' Mess, Lachine. The guests were received by Mrs. Alex MacDonald, sister of the bride. She chose a navy blue ensemble with squirrel neck piece and pink accessories and a corsage of pink roses. She was assisted by Mrs. Sage, mother of the groom, who wore a plum colored gown with dusky rose accessories and a corsage of pink carnations.

Following the reception F Lt. and Mrs. Sage left on a trip through the New England States and New York City. The bride's going away costume was a suit of periwinkle blue with yellow accessories and a corsage of yellow roses. On their return they will reside in Ottawa.

Out-of-town guests included: Mr. and Mrs. Alex MacDonald, Summerside, P. E. I.; Lt. and Mrs. J. M. Riley, and Mr. Robert Stuart, Halifax, N.S.; Mr. James Stuart, Windsor, Ont.; Miss Ina MacRae, Windsor, Ont.; Mrs. J. F. Sage, Mr. and Mrs. P. F. Christie, Mrs. Annie Mackle, Mr. Robert Sage, Miss Norma Swain, Prof. and Mrs. J. F. Twiss, all of Kingston, Ont.; Mrs. J. Sage and Mr. G. E. Sage of Brantford; Mrs. J. W. C. Graham, Mr. and Mrs. Richard A. Ward of London; Mr. and Mrs. G. Townsend, Dr. and Mrs. W. L. Ball, F Lt. and Mrs. J. Garland, F O R A. Spratt, all of Ottawa; Dr. B. Riggs of Prescott; Mr. and Mrs. R. Paxton of Sherbrooke.

ELLEN'S DIARY

by an Island Farmer's Wife

With Jeanie and the older grandchildren, we attended an Audubon lecture in town this evening. And were sorry that Mack, the youngest of the four then on a tryst with the sandman, could not be with us, for he too as we, would also have enjoyed it much.

* * *

These children of a comparatively quiet country, given for their playgrounds the fields and groves and brooksides are deeply interested in trees and meadow-flowers and the wild life they meet. The sight, brief though it may be, of a covey of partridge on foot or on wing makes young eyes shine; pheasants, the male in his proud plumage . . . but do we not wear in our Sunday bonnet a pheasant feather, given to us by Jamie, who gained it in a walk along the fields?

To gimpse a sleek, timorous rabbit, a garrulous squirrel, wild ducks boating, a skein of Canada Geese in flight, leaves them breathless with admiration and wonder. Birds! Every newcomer is duly noted and many a nest found and respected, from the time of first throaty crow-call along the cold fields until another year returns them the same.

In prospect of the outing, the evening work must be advanced somewhat, the schoolboys, once lessons were done, eagerly taking their share. Smartly the milker, and cream-separator were assembled, the calves and cows rounded up from the reaches of extended pasturage to a near meadow, to await the stabling, a chore quite beyond the youngsters' skill.

"We can have all that done before the men come home to supper," Jamie proposed to Gage, this evening his loyal and willing assistant.

Supper! Now that the days are cool and an edge of frost chills the air of the twilight, we can appreciate how good is the aroma of food, the warmth of woodfire and light, to the workers coming in from the field. Tasteful was the hot vegetable soup, satisfying the slices of potatoes fried to a golden brown in the "drippin's," and the headcheese, gift of Jeanie, all of which made up the main dishes of our fare.

At length, with the old stars keeping watch and ward over our going, we were on our way to the city. Without the machine, lay the bleak chill of a withering frost; within was cozily warm.

And soon in mind we had left behind every fall-bound scene of Island-field and woodland, to follow the lecturing Naturalist in word and picture through that sunny South that is the State of Florida, which receives for a spell of wintering not only those of our summer birds but as well the number of vacationists who hear the irresistible call to holiday along her sunlit ways.

Educative and most enjoyable it was for these farm-children and adults to go with the lecturer seaward along the beautiful Wakulla river, to admire, and be amazed at the strange wonders of tree and flower and the interesting wild life there.

Back we came then to respective homes and rest. And beyond the frost-rimmed hours of the dark, we shall come to the "hamely" duties of another new day.

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

OTTAWA (CP)—Sales in Canadian retail stores dropped by $122,790,000 in the first eight months of 1954. The bureau of statistics estimated Tuesday that retail stores sold $7,712,237,000 worth of goods in the eight-month period, down from $7,835,027,000 last year.

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Precautions To Guard Eyes

A PRACTICAL demonstration is usually the best method of explaining anything. I'm going to give you a practical demonstration in this column on how to help aid your eyes—and maybe prevent unnecessary eyestrain and even headaches.

Our eyes are one of our most prized possessions. They are also one of the most delicate mechanisms we have. You can preserve your eyesight.

Here's how:

First, of course, watch for the initial symptoms that indicate failing sight. If you have difficulty reading at a distance, or reading fine print, have your eyes examined.

If you already wear glasses, it's a pretty good idea to have your eyes checked at least every year or two, sooner if necessary. That goes also for those of you who might not wear glasses, but are advancing in age.

Now for those demonstrations.

Good Light Essential

It's always important, you know, to read in the proper light—not too dim, not too bright.

It's also important that you stop reading every so often and relax. Try it now. Close your eyes and just relax for a moment or two. Do that several times while you are reading this paper and you'll help ease the strain on your eyes. Develop the habit whenever you read.

There's another habit those of you who wear glasses could develop, too. Take them off for a moment, look at the lenses and then replace them.

I think most of you will find the lenses were smeared or filled with dust. Clean your glasses before you turn the page and from now on clean them frequently during the day. Blurred vision can bring on eyestrain or headaches.

QUESTION AND ANSWER:

S. B.: I think I may have multiple sclerosis. What are the symptoms?

Answer: The most common symptoms of multiple sclerosis are blurring of the eyesight, weakness or tingling in the arms or legs, and clumsiness and awkwardness in the use of one hand. At times, the condition may start suddenly with paralysis or severe weakness of the arms and legs, with numbness and tingling.

Various drugs have been employed in the treatment of this condition, such as Neostigmine and Mephenesin to relieve or lessen the muscle spasm. Heparin has also been used, and appears valuable in preventing any recurrences.

You should have a complete study made of your condition by your physician to determine whether or not you actually are suffering from multiple sclerosis. If so, your doctor will prescribe the proper treatment in your case.

Morning Smile

A youthful rector, calling on his parishioners, arrived at a home in which there was a new baby. The proud mother exhibited the infant, and the rector was lavish in his praise of its beauty.

Rector—How old is it?

Mother — Just two months old today.

Rector—How interesting. Is it your youngest.

Peanut Butter Fudge

2 cups sugar
¼ tsp. salt
1 cup shelled peanuts

Place sugar in frying pan. Place over slow fire and stir until melted. Scrape sugar from sides of pan and off spoon. Prepare a warm, buttered pan. When sugar is melted, add chopped peanuts which have been sprinkled with salt. Pour into warm pan.

Baked Tuna Loaf

2 cups tuna fish
1 1-2 cups soft bread crumbs
1 1-2 cups potato chips
1 egg (beaten)
¼ tsp. salt
1-2 cup chopped celery
1 small onion (choppe.
1 can cream of chicken soup
¼ tsp. pepper

Mix together all ingredients, except soup. Shape into loaf and place into a well greased baking dish. Pour chicken soup over top and bake at 375 degrees for 30 min-

"Take just one bite and then you'll see—why I say Mayflower donuts for me!"
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Married At Peter's Road Church

Above are the principals in the McKinnon-McLean bridal party. From left to right are Mr. Charles McLean, best man; Mr. and Mrs. Lloyd McKinnon, the groom and bride; Miss Jean McPhee, bridesmaid; and Miss Etta McLean, flower girl. The ceremony took place on October 22 at Peters Road Presbyterian Church. — (Photo by Pepler).

A Trousseau Of Linen That's Fit For a Bride

By ELEANOR ROSS

TODAY'S lovely bride is a practical girl. She shops for linens for her new home with loving care.

Buying a special set of linens for company use, and rough linen for daily use, has gone out of fashion. For thanks to the many new materials now available, and to safer laundering methods, even the most lovely household and table linens can be used everyday.

Launder Before Using

Many advise that trousseau linens, like stockings, should be laundered before using. Linens have a softer luster, and are generally more attractive after a good laundering.

This also applies to Turkish towels which tend to mat and "settle" on store shelves. Linens pass through many hands until they are used, and this naturally makes for soil, such as finger marks and embroidery machine smudges, as well as marks from printed labels. Laundering will make the linens fresher than new, with all the rich monogramming that is a girl's pride, properly raised and centered.

As for the number of items considered essential, allow six sheets and three pillow cases for each bed—one set in use, one in the laundry, one in reserve. Eight bath and hand towels apiece is considered the minimum with which any bride should start, plus, of course, a supply of small guest size towels.

Space-savers in the linen closet today are the nylon sheets that are so light to handle, so easy to stack and so quick to dry, with no ironing needed. Any bride will bless you for such a gift!

Beautiful lace cloths are coming to favor again, and if you plan to select one as a wedding gift, it might be a wise thought to include a mesh laundry bag so that this most delicate of materials can be consigned to the washing machine.

Linen Collects Lint

A word about laundering linens might be in order, too.

Linen picks up lint easily, so suds linen pieces separately from the cottons. A length of old linen spread over the ironing board will prevent this same lint-gathering when linens are being ironed.

Household Hint

If baby's rubber pad refuses to stay in place, sew a length of muslin sheeting firmly to each side. Then you can tuck it under the mattress and baby can squirm and crawl about the crib without disturbing it.

Cook's Corner

To add a certain something that sometimes makes dinners more enjoyable, try this recipe from **Hampton W. I.** It should be an especially good recipe to use when fish is the main course.

POTATO BIRD'S NESTS

6 potatoes cooked. Mash fine, season with pepper, salt and grated onion. Form into balls, scoop out centre to form nest. Drop 1 egg into each nest, put a little butter over egg and bake in oven. Serves four.

—Mrs. James Ferguson,
Hampton W. I.

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