

WOMEN

Page 8 The Guardian Tuesday, Nov. 2, 1954

MARY HAWORTH'S MAIL

Married Women Advises Not To Hurry Husband-Hunting

DEAR MARY HAWORTH: I am a very happily married woman, writing to help if I can, your correspondent of October 5—who wants to hold her beau, without hounding him.

The girl is 24 and the man is 25, just out of the Army, and a step-step marriage—at least for the present. The girl asks how to cope during the next four years, while he goes to college.

I didn't marry until I was past 25—and I am glad. Age should bring maturity—and will, if we make good use of it. Therefore, waiting until you are older simplifies some of the problems of marriage, because a well-adjusted single person is a well-adjusted married person, usually.

I believe unmarried girls should spend more time participating in the activities of the community and less time worrying about how and where to find the right man. When their days are full to the brim, the right man is sure to find them. I believe it is also true that the best place to meet the right people is in your own church groups and you will find God there. And don't forget Him in any aspect of your life, if you really want "the ffulness of life."

LET MAN FEEL HE IS PURSUING

Girls who take part in the responsible activities of the community will find it impossible to limit their associations to one person—unless they bog down into "going steady." A variety of friends, young and old, male and female, is a vital factor in the development of a happy personality. Consequently it is unwise to make a habit of going steady except as a prelude to early marriage.

Circumstances alter cases, I know, and in rare instances there may be compelling reasons for long engagements; but girls are often too glibly, the ancient wisdom of letting the man do the chasing, or letting him think he does, still holds true in the present day.

After 25 a girl may meet fewer eligible men her own age; but in the ranks of somewhat younger men, she may find the perfect husband—as I did. I married a man of

KEEP IN TRIM

Overweight Tells her Story

By Ida Jean Kain

If you feel defeated by fat and sorely in need of moral support by someone who understands your problem, this report of a former overweight, can be a life-saver. A happy normal weight now, this successful reducer has passed along her exultant story in the hope that it will help other overweights. She knows full well that encouragement often spells the difference between staying on a diet and giving up.

In 1952, the heroine of this story weighed in at the doctor's office at 266 pounds for her height of 5' 5". In the next year and a half, she steadily improved in health as she reduced 108 pounds! She changed from a voluminous size 50 to a neat 16, and looks a good 20 years younger than she did when burdened with excess fat.

The most satisfying part of her triumph is that today, two and a half years later, she weighs 158 pounds and maintains this weight on well balanced, adequate menus furnishing 2000 calories a day. Here are some of the highlights from her letters.

I have never been able to figure out yet why I carried all that weight around for so many years. I look and feel so much better now. I wonder why in the world I did not diet earlier in life.

"I found that having someone to travel the reducing road with you is a great help. My reducing pal was my sister. We did it together, although she needed to lose

OUTGOINGNESS IS HEALTHFUL

DEAR P. Y.: I take it your advice is the same as mine—namely stay in social circulation if you aren't engaged. Don't confine to one romantic potential if the object of your interest is non-committal.

Inasmuch as you personally didn't panic at 25, but took your time and married well, your views ought to carry weight with C. F. and other readers who are seeking guidance in getting their man.

It is certainly true that personality health is related to social interchange. To the degree that we participate in the interests of others, to that extent are we developed more fully as individuals. The person who is self-absorbed, or single-track in attitude, is figuratively one-celled in his psychological development. To achieve optimum growth as a human being, to appropriate and enjoy his rightful slice of life, he must turn his attention outward and become involved in group experience—even if such effort goes against his grain at first.

INNER MEANING OF GULLIBILITY

As you suggest, good-neighbor activity on a community-wide scale is better social insurance in every way, shape and form than going steady, when nothing is settled, indeed, even when couples are engaged to marry, their being hours together should be mostly shared with others, to safeguard the freshness of their love. Routine twosome dating tends to engender friction, boredom and/or undue familiarity—which damages the relationship.

In conclusion, I might mention that gullibility (in the average case) is merely self-deception, blamed on others. It is believing what you'd like to believe, instead of looking facts in the face. And I trust that your remarks will dissuade C. F. from being gullible as regards her beau.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottesville.

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Pattern 7000: sizes Small, Medium, Large, Extra Large included Embroidery transfer, too.

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SORE FEET

Athlete's Foot—Feet sore, burning, itching, painful to walk on? Rub briskly with Dr. Chase's Antiseptic Ointment. Soothes tortured weary feet quickly—relieves soreness, itching, chafing. Also for painful irritable Athlete's Foot.

DR. CHASE'S OINTMENT

7000
by Alice Brooks

Four Minutes Is Time For Cooking Potatoes

By IDA BAILEY ALLEN

HERE'S a news item from Washington, D. C. "I announced, 'about the declining use of potatoes. It is alleged that half the working force of about 20,000,000 women in this country who also carry on the job of homemaking, do not have time to peel and cook potatoes.'"

"Alleged, Madame!"

Implied Doubt

"Yes, I've always wanted to use that word and never had a chance before! I think it's well chosen. Chef, for, to my mind, it implies doubt."

"Anyone can prepare potatoes quickly, whether peeled or not. With a slotted potato-peeling knife that costs about 25 cents, the job is quick. And furthermore, the use of a pressure cooker at 15 lbs. makes cooking potatoes possible in 4 minutes!"

Pressure-Cooked Potatoes Double-Quick

Use 15 lbs. pressure cooker. Quartered, unpeeled potatoes pressure-cook in 4 mins.

Potatoes of medium-size pressure-cook in 10 min., and good-sized unpeeled white potatoes take only 12 min.

Pressure-Cooked Potatoes Baked

Style: Scrub large baking potatoes, remove a 1/2-inch strip of skin from the center; place the potatoes on the rack in the cooker. Add 1/2 c. boiling water. Dust with salt; pressure-cook 20 min. at 15 lbs.

At once, reduce pressure completely and uncover. Dry out in the pressure cooker by standing it over a low heat 5 min., or place the

potatoes under the broiler to crisp the skin.

Include the Skin

"Many persons eat the skin of baked potatoes because they like the flavor, and because it adds roughage to the diet."

"It adds valuable minerals and vitamins, too, Chef, because these lie under the skin, and are often lost when potatoes are peeled."

French-Fried Potatoes

"I have discovered, Madame, that French-fried thin-skinned potatoes take on especially fine flavor when deep-fried with the skin on. Five minutes and they are ready to serve."

Another quick way to plain-cook potatoes is to scrub and quarter them, then steam-boil, covered, 12 to 15 min. in 1-inch of salted water. Shake the potatoes over a low heat; pull off the peel and serve."

And Chef, here's a tip for reducers: The potato is one of our best 'staying' foods. It isn't the potato that's 'fattening'; it's the butter, cream or gravy usually served with it."

TOMORROW'S 30-MINUTE DINNER

Tomato Juice
Tasty Rye Bread
Ham Slice Baked in Milk
Quartered Potatoes
Harvard-Beets
Baked Mince-Stuffed Peaches
Coffee
Tea
Milk
Baked Mince-Stuffed Peaches:
Drain 6 canned peach halves; fill the centers with mincemeat. Top with dry cake crumbs moistened with melted butter or margarine. Bake in a moderate oven 350 degrees F., until the crumbs are crisp and brown.

TRICK OF THE CHEF

Stick 4 whole cloves in a slice of ham before baking in milk.

Help Your Budget By Buying Washables

By ELEANOR ROSS

MAYBE you can't wield a hammer or a saw or hang wallpaper with a professional touch, or make a dressing table out of an orange crate. But if you're smart, you'll take a tip from the "do-it-yourself" vogue and choose a "care-for-it-yourself" wardrobe, meaning clothes that are easy to wear, attractive and easy to keep fresh and charming.

If you do, you'll get the maximum from your clothes budget, with a minimum of time, effort and money.

Washable Garments

There's no difficulty finding fashionable washables this season in every type of garment from casual to dressy. All of which proves how effective is the feminine insistence on washability.

In sportswear for work or play, there is a wide variety of handsome, machine-washable garments made of wool-and-nylon flannel—jackets, skirts, slacks, shorts, jumpers and coat dresses. There are other attractive separates in corduroy, striped wool-and-cotton flannel, and a variety of blouses in washable wool or wool and synthetic fiber blends, as well as in jersey and cotton.

Interesting Synthetics

Shown, also, are many new and

handsome synthetics and synthetic blends, including one that looks like wool crepe. Washable fabrics in "dress up" costumes include velveteen in luscious colors, yarn-dyed acetate crepe and exquisite nylon Chantilly type lace.

The first thing to remember in caring for these fabrics is to wash them often.

It is also a smart idea to pre-treat any soiled areas with thick soap suds before washing, using a soft, sudsy brush for sturdy fabrics, soapy fingers for the more delicate fabrics or those with pile surfaces. Some fabrics such as wool-and-nylon flannel can go right into the washing machine, others are best done by hand.

Cheek Tags

Always check tags before venturing to launder.

In machine washing any of the new synthetic or part synthetic fabrics, use short suds and rinse cycles, and don't overload the washer. Blot woollens to remove any excess moisture, then put on shaped or skirt hangers to dry. Pringer press and smooth seams and trimmings. Press with a warm iron under a clean dry cloth while still damp.

Omit the final spin for permanently pleated synthetics and arrange them on hangers to drip dry. If touch-ups are needed, use a cool iron.

How To Clean Medicine Chest

IS your bathroom medicine cabinet a menace to your family's health? Unfortunately, many of them are. Maybe we had better examine the contents of yours right now.

If yours is like most of them, we will find a soggy shaving brush, a razor, two or three old blades, an unopened toothpaste tube, lipstick, face powder and maybe an eyebrow pencil.

Old Leftovers

We will also find countless small jars of half-used prescriptions (many for some long forgotten illness) and bottle after bottle of potent medicines. Get rid of these bottles and jars right away!

Like an efficient businessman who audits his stock an efficient housewife should make a semi-annual audit of her medicine cabinet. A medicine given you six months ago has probably lost its usefulness by this time.

Important Rule

And don't forget: a prescription is for the use of one person and one person alone. Don't take it for granted that medicines prescribed for another member of your family are meant to aid you, too.

Now that you know what you should not have in your cabinet, let's see what should be there. I would advise the following as a basic list of items:

Aspirin or similar preparation for relieving pain; an antiseptic such as iodine or mercurochrom for small cuts and scratches; gauze and small bandages; caron oil for burns; petroleum jelly for soothing chafes or abrasions; glycerine for chafed skin and to relieve earaches; an antiseptic gargle and any other medicines prescribed by your doctor. A tongue depressor for investigating a sore throat might also come in handy if you have children, but a teaspoon will do almost as well.

Vitamins and minerals, of course, have no place in the medicine cabinet. They are essentially food, and should be kept in the kitchen.

Wise Precautions

It is important, too, that all medicines and shaving equipment be kept out of the reach of inquisitive little hands.

Another precaution I would advise, is to paste a list of common poisons and the antidote for each on the cabinet door. You can get such a list from your doctor or druggist.

First aid equipment is also essential in every home. It will tell you tomorrow what supplies you need.

QUESTION AND ANSWER

E. D. R.: Is it harmful to take mineral oil regularly as a laxative?

Answer: It is not advisable to use mineral oil regularly unless advised by your physician. It should be taken at night before retiring, when your doctor prescribes it.

Eskimo Nurse Greets Indian Baby



Annie Wetaltuk, an Eskimo nurse's aid who has been trained in Hamilton for a year and is a native of Factory River, Quebec, holds a young Indian baby, one of 31 Cree Indians who arrived in the city for treatment at the sanatorium.

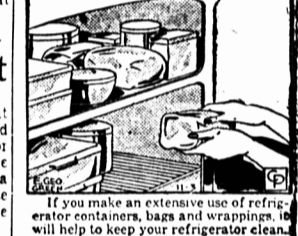
Morning Smile

Junior—Dad, gimme a dime.
Dad—Son, don't you think you're getting too big to be forever begging for dimes?
Junior—I guess you're right, Dad. Gimme a dollar willya?

Household Hint

The side of a pastry board that is used for rolling dough should not be used for cutting purposes or any purpose that will damage the smooth surface. Never leave such a board soaking in water, because moisture will raise the grain of the wood and so roughen the board.

Wife Preserver



If you make an extensive use of refrigerator containers, bags and wrappings, it will help to keep your refrigerator clean.



Cook's Corner

SNOW BALLS

1 cup white sugar beat up with 2 eggs. Put 1/2 cup milk and 1 tsp. butter on stove until it comes to a boil, then add 1/2 tsp. baking soda and beat until it foams.

Sift together 1 cup flour, 1 tsp. cream of tartar, pinch of salt. Beat 1/2 of foam into first mixture and then the rest of foam. Add vanilla and bake in a fairly large pan.

FILLING:

Cut cake in two and fill with lemon filling. Then cut in squares and ice with boiled icing, using 3 egg whites. Cover cake with icing using a knife while you hold each square in your hand. Roll in coconut and place a cherry in centre of each.

—Mrs. Warren Inman, Hampton W. I.

DONUTS

are why Old King Cole was such a merry happy soul

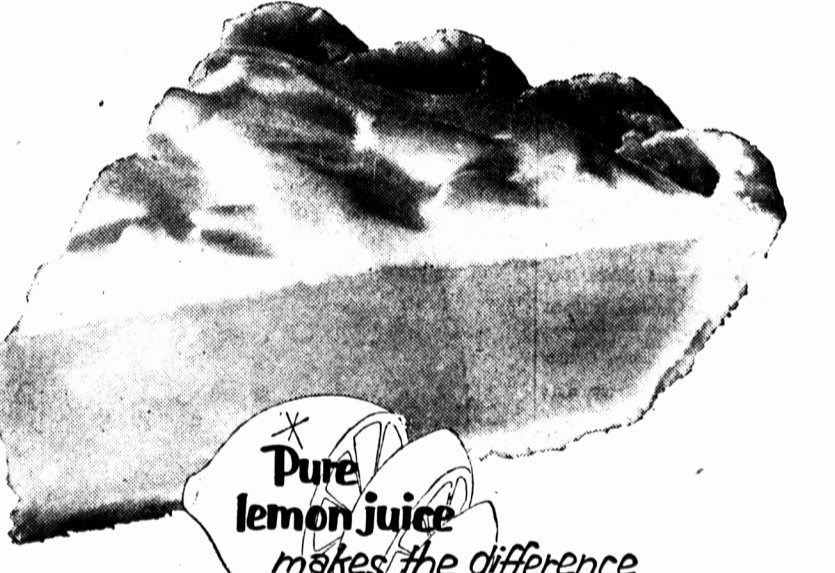


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Pure lemon juice makes the difference

Only Shirriff's lemon pie filling gives you all the flavour of fresh lemons!

MORE FILLING. Makes 2 small pies or generously fills a big 9-inch pie shell.

MORE CONVENIENCE. Half portions separately wrapped so you can make a little or a lot. No sugar to add either.



liquid lemon in this 'bud' gives you fresher-tasting lemon pie.