

WOMEN

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LET'S EAT

Holiday Candies Made With Evaporated Milk

By Ida Bailey Allen

"Rich, creamy, firm, yet soft to the bite, these candies are tops," observed the Chef. "They are especially good to pass with coffee at dinner. What is your secret, Madame?"

CONTAINS MORE CREAM

"Use undiluted evaporated milk as the liquid, Chef," I replied. "Instead of water or plain milk. Evaporated milk contains twice as much cream as plain milk and this makes the candy richer. It also contains twice as much protein, which thickens slightly on a cooking and gives the candy a smoother texture."

THERE'S NO SWEETER gift than homemade candy. Christmas wrappings add holiday gaiety to Fudge and Maple Nut Bon Bons. **Maple Cream Fondant:** In a 3 pt. saucepan, mix 2 c. granulated sugar, ¼ tsp. salt, 1 tsp. light corn syrup and 1 c. undiluted evaporated milk. Stir until mixture boils.

Then, cook over medium heat until ½ tsp. when cold water, reaches the soft ball stage, 236 degrees F. Cool until the mixture can be bent when touched with the finger.

Then beat until firm and the candy loses its gloss. Turn onto a buttered large platter; knead until smooth and elastic, working in ¼ tsp. maple extract.

Divide in half; form into 2 long rolls and wrap in waxed paper. Refrigerate overnight or longer to ripen. Makes 1 lb.

Maple Nut Bon Bons: Let a roll of fondant soften at room tem-

perature. Then cut off small bits and shape into oval rounds. Press half a pecan or walnut meat on each side.

Fruit Fudge: Into a 3 pt. saucepan, measure 1 c. undiluted evaporated milk, 3 c. sugar and 2 tsp. butter. Slow-cook and stir until the sugar dissolves.

Then, boil and stir over medium heat until 1 tsp., when dropped into cold water, reaches the soft ball stage, 234 degrees F. Cool until it can be bent with a finger. Add 2 tsp. lemon juice, 1 tsp. grated lemon rind and 1 c. chopped mixed fruits and peels. Beat until very thick.

Turn into 2 lightly buttered plastic sandwich boxes 4½" X 4½" X 1½", or an 8" X 8" buttered square pan. Mark in bite-sized squares. Decorate the top with pinset. has fashioned candied cherries and citron if desired.

TOMORROW'S DINNER

Pickled Beet Saladettes
Deviled Pork Chops
Baked Sweet Potatoes
Baked Frozen Spinach
Chilled Canned Prune Plums
Coffee Tea Milk

BAKED FROZEN SPINACH

FROM THE CHEF

Into a deep 1 qt. casserole, put 1 tsp. butter. Add the contents of 1 pkg. unthawed frozen chopped spinach, ¼ tsp. salt, ¼ tsp. monum glutamate and ¼ tsp. pepper. Cover; bake 35 min. in a moderate oven, 375 degrees F. Stir before serving.

catching length of uncut hair is somehow unfriendly — as if symbolic of a strong undertow of obscurely rejecting feelings about her.

You may be jealous (unconsciously) of the splendid natural bounty of her tresses, which tends to accentuate her striking good looks and appealing youthfulness. And you may be resentful of her dependency status in your household — possibly because her 17-year-old presence makes you feel older than you had felt before. Or rather say, makes you appearance-conscious — and vaguely unhappy about your age and looks as compared to hers.

Your nagging compulsion to enforce a cropped hair-do on Jeanine may stem from (unrecognized) envious desire to "cut her down" to commonplace design — so that she won't be the center of attention and the focus of comment in your circles.

In short, I don't go along with your attitude. I don't think it merits encouragement. And my advice is to stop probing the subject with your superficially assenting friends — who aren't trying to help you get at the substance of the dispute. Whatever the inside reasons for your opposition to Jeanine's individual hair style, they are more peevish than benevolent in essence. I gather.

SEEK UNDERSTANDING

As to why Jeanine clings obstinately to her childish mane — have you tried to understand? Has your mind been open, and your heart receptive, with genuine interest in her viewpoint? Probably not.

Perhaps Jeanine doesn't understand herself, or as an adolescent, newly bereaved, possibly she couldn't bear to reveal her private sentiments to anyone. Maybe she is keeping her hair the way her mother liked it best. Or maybe she associates the threatened loss of her braids with the end of childhood for her — and is hanging back from drastic change, due to fearful feelings of great insecurity.

If it took it would amount to assault and battery, figuratively, if you were to cut Jeanine's locks against her wishes. It would be a crime of sorts against her person. Try to control your prejudice, and stop harassing her about it. M.H.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

The beauty with which Christmas has gladdened all the ages; The Glory that its story Has spread o'er history's pages; Its blessedness, its good will, its memories, its cheer — May all these light your Christmas And gladden your New Year.

Christmas is not a time, nor a season, but a state of mind. To cherish peace and goodwill, to be plentiful in mercy, is to have the real spirit of Christmas. Strange, we so toil to fashion our unseeing ends, the splendours that the tarnish of this world doth mar — Such palaces that crumble to a ruined age; such garbled memories upon fame's fragile page. When all the lasting glory of our life depends upon a little child, a stable, and a star. Christmas customs contain many allusions to the earth, the sun and stars. The use of flowering trees, or branches and leaves of trees, for decoration on the night of importance is much older than even the first Christmas tree.

This practice dates back to early tree worship, the Feast of the Tabernacles of the Jews, the laurel of the Romans, and to many customs in northern Europe belonging to the pre-Christian Festivals. The Saxons used ivy, holly, and hays in their religious rites, and these have remained popular festive greens in England to this day. The Yule log is probably a variant of the bonfire, so characteristic of the sun festival by which ancient people marked the four stages in the earth's progress around the sun, the winter solstice being the most important and mid-summer next.

THE NIGHT OF THE AUTUMNAL EQUINOX
The wind goes moaning through the trees tonight
The furtive stars swarm momentarily through space
Before, the scud obliterates their light
Excitement fills the air. With quickened pace
Earth turns upon her axis. Now the sun
Will make her southward journey.
From this hour
The course of day will be more quickly run.
The days will lengthen; frost will
dim the flower
As if the sun, on her celestial
route,
Had gathered star-flakes then had
thrown them out. — Schneider.
Gardeners take heart again
when the sun begins to make her
southward journey and soon it is
possible to notice that the house
plants have benefited by the sunny
days. Gift plants must be cared
for and if we remember that they

will flourish with the same treatment we give humans that we care for, then we provide food and sunshine and fresh air in the proper amount. They will not thrive in a hot, dry place and if trays or pans are filled with moss then the porous pots can be placed in them so that much of the watering can be eliminated.

WATCH YOUR PLANTS

Pots of flowering bulbs have been brought to the light and it is wise to watch the bulbs which are still in the dark and if dry to supply some moisture. Slips of the geraniums, the fuchsias and other plants can be made at this time and they will make good-sized plants for the garden in the spring. They can be easily rooted in sand and peatmoss while kept moist in a warm place.

There is not anytime in the year that some work cannot be done for the garden. If you have saved some everlasting flowers, it is a pleasant task to make them up into dried bouquets. I saw a most lovely large bouquet of these flowers in the library and was quite surprised to find it had been made by an artist man. It was a beautiful bouquet of bright soft colors, made of many grasses and what we call weeds and seed pods.

Many, many plants had been used of diverse shapes and graceful branches. I looked, and looked, and must see it again.

THE MISTLETOE
At this season of the year the thoughts of many, especially those from the Old Country turn to the Mistletoe bough and its associations, always very happy and often very dear.

Great virtues were attributed to this plant by the Druids, but it has now no medicinal repute, though there is in connection with Christmas festivities. Of the use Mistletoe by the Druid we find it was held in high esteem, and it figured prominently in their religious observances, but the Mistletoe used must have been grown upon oak and cut in a proper manner and under correct conditions by duly authorized persons. It has been called the celestial tree, and in Wales the following lines are used in reference to it:
"The mystic Mistletoe
Which has no root, and cannot
grow
Or prosper but by that same tree
It clings to."
It is mentioned in Scandinavian mythology, and a reason is given for its association with kissing. The Druids laid the Mistletoe on the altar of the Cathedral every Christmas Eve as an emblem of the salutiferous advent of Messiah, and not only the Celts and Goths.

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ELEANOR ROSS

Dry Soapsuds Make Snow For The Tree

We really don't envy people who have a mint of money to spend for Christmas. They miss the fun of the job of preparing for this joyous holiday.

Some people will just call in a flock of professionals and let them decorate the house, the party tables and the Christmas tree. The results are as exquisite as all get out. But they are also impersonal because they lack the feeling of work that is done for the love of it, not for gain.

Most of us love this extra work. Our ingenuity and imagination get a workout and even the little ones have a chance to lend a hand, although everything may have to be done over afterwards.

FINE PROJECT

—making is one of the nicest of holiday projects for the family, especially the youngsters. Great big boxes of dry soapsuds are whipped up with an egg beater or electric mixer until they are stiff and frothy. Then they are ready to be spread with a spoon over Christmas tree branches, the greens on the mantelpiece and to speckle the door and window wreaths.

ARTFACIAL GREENS

A gentle sponging with dry suds gives new life to artificial greenery. And ornaments will shine like new if you go over them with a sudsy sponge.

And did you know that tarnished tinseled will gleam again after a soapy and water bath? Swish it through lukewarm suds and rinse, then lay it on a towel to dry.

And for another good trick, rub candles between well-soaped palms so that they won't drip or smoke when the time comes to light them up.

Wife Preservers

Try adding fresh tomato to mayonnaise or French dressing. Peel and seed a tomato, then chop it fine before you add it to the salad dressing. It is good over lettuce and you can sprinkle the salad with minced olives or parsley if you wish.

KEEP IN TRIM

Calorie Figures Don't Lie

By Ida Jean Kain

Sometimes I think I don't promise enough to you reducers. If I promise on my dietitian's word of honor or that even if you are totting 20 or 30 excess pounds you can be down to beautiful normal in less than six months and look a good ten years younger and feel wonderful... would it help you to take action? You can rely on that promise. Moreover, after the first slightly hungry week, you'll enjoy eating for normal weight.

Let's see how the science of nutrition works. Supposing you weigh 165, but 135 is your shapely weight. In arithmetic, 165 minus 30 equals 135. In dealing with pounds, it works just as accurately. Of course, not as quickly as a sum in arithmetic can be done, for it takes time to turn solid fat back into energy. But results are just as certain.

Each pound of fat represents 3,500 calories; that is, extra calories you have eaten and not used for energy. Its easy to figure that 30 pounds represent roughly 105,000 stored calories. calories you can draw on for part of your energy requirements.

This is the way you figure. If you are more or less sedentary — that is, if you take little physical activity — you normally require around 2000 calories a day, and a safe reducing diet for you is 1000 calories. However, if you do physically active work, then your calorie requirements are 2200 to 2400 daily. These are for women. Men require a minimum of 1300 to 1400 calories daily while reducing.

To get on with it, let's assume your normal requirements are 2000, for in this push-button, motor car age, most women do not have the kind of physical activity that burns many calories. To make a dent in those 30 excess pounds, we cut calories to 1000 a day in a week's time, that amounts to a 7000 calorie deficit; or to put it another way, you would be drawing on stored calories at the rate of 7000 per week. Since there are 3500 calories in one pound and you are burning 7000 stored calories a week, you would lose 2 pounds a week.

But there is another factor that affects weight loss, and that is water balance. On a 1000 calorie diet

MORNING SMILE

Wife—Dear, I saw the sweetest little hat downtown today.
Husband—Put it on; let's see

you may lose from 3 to 5 pounds the first week and even into the second week. Your mathematical mind quickly figures that this loss actually amounts to more than your total calorie deficit. How could this possibly be? Part of the initial weight loss is in water. As the tissues give up their surplus water, this loss shows up along with the loss in actual fat. Later on, you will not lose so fast, even with the same calorie deficit, but the loss will all be in fat.

This water balance sometimes works the other way, and the reducer stores water. But this condition will give way to a subsequent rapid loss of weight so that the end result will coincide with the calorie subtraction.

Words Of The Wise

It is only people who possess firmness who can possess true gentleness. In those who appear gentle, it is generally only weakness, which is readily converted into harshness. —(La Rochefoucauld)

LOOK'S CORNER



MARSHMALLOWS

2 envelopes gelatin
4 ½ tsp. cold water
1 tsp. vanilla
½ cup boiling water
1 ½ cup white sugar

Combine in order given. Beat with mixer at high speed until it holds its shape. Pour into flat dish; when set, cut with wet knife into cubes. Roll in fine cocoanut.

HOUSEHOLD HINT

Before putting cut flowers in a container remove any leaves that will be below water level because foliage decays quickly, causing flowers to wilt or fade.



MAKES HISTORY

Mrs. Ann Shipley, Liberal member of the Commons for Temiskaming, at the next session of Parliament will become the first woman in history to launch a throne speech debate. Mrs. Shipley, 56, of Kirkland Lake, Ont., will move the address in reply to the speech from the throne. The speaker will be Ovide Lafamme, Liberal member for Bellechasse. (CP Photo)

IMPORTANT NEWS BULLETIN

for everyone saving OGILVIE play money!

THE OGILVIE PLAY MONEY CONTEST WILL SOON BE OVER

According to the published rules of the contest, 2000 prizes are being given away to the first 2000 lucky people who send in one million dollars of Ogilvie Play Money. WINNERS ARE COMING IN SO FAST THAT THE OGILVIE PLAY MONEY CONTEST WILL PROBABLY BE OVER DURING THE WEEK OF DECEMBER 26TH. So don't delay! Send YOUR million dollars in as quickly as possible... BEFORE ALL 2000 PRIZES ARE GONE!

But here's Big News for everyone who is ALMOST an Ogilvie Millionaire

Because so many people have been so tremendously enthusiastic about the Ogilvie Play Money Contest...
OGILVIE OFFERS A SPECIAL GROUP OF CONSOLATION PRIZES (value approximately \$15.00 each) to all Ogilvie Millionaires who miss out on the 2000 contest prizes!
To get one of these wonderful consolation prizes, just send or bring your million dollars of Ogilvie Play Money (at least \$750,000 of which must be Green Play Money) to any Ogilvie branch. Money must be in Ogilvie's hands no later than January 20, 1956. REMEMBER... THE OGILVIE PLAY MONEY CONTEST CLOSES WHEN ALL 2000 PRIZES HAVE BEEN GIVEN AWAY...
BUT... EVERYONE WHO SENDS IN ONE MILLION DOLLARS OF OGILVIE PLAY MONEY AFTER

THE CONTEST CLOSES, BUT NO LATER THAN JANUARY 20, 1956, CAN CHOOSE FROM A GROUP OF PRIZES WITH AN APPROXIMATE VALUE OF \$15.00. THESE INCLUDE ELECTRICAL APPLIANCES, HOUSEHOLD ARTICLES, TOYS, ETC.

On receipt of your million dollars a catalogue leaflet will be sent to you, so that you may choose the consolation prize you want. Or write to your nearest branch office for the catalogue of prizes.

OGILVIE

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MARY HAWORTH'S MAIL

Wars Against Girl Who Refuses To Have Her Hair Cut

DEAR MARY HAWORTH: I have a problem that is getting the best of me. I have hesitated to write to you, but am forced to the conclusion that an objective outside opinion is necessary.

A few weeks ago my husband's sister died of a lingering illness; and she left her daughter Jeanine, 17, to our care until she attains her 21st year. Of course I've had to get Jeanine used to our way of living, and that hasn't been difficult except for one thing — name-hair.

Jeanine is quite a pretty girl, but for her hair, which has been cut; it is four feet long hangs below her waist. She graduated from high school a past June; and has been offered a job as a model if she will let her hair. But she refuses to let anyone touch it, so the model agency refused to hire her.

LETTER BY BOYS

As of now, Jeanine does nothing. She sits around the house in the daytime and has dates at night. She has a striking figure and is quite popular with boys.

I tried to cut her hair when she first moved in, but she almost had a fit. We get along fine; our only arguments are over her hair. What do you think? I don't know whether I should use force or not, as she isn't my own daughter. But when I think how much better she would look with short hair, I almost go ahead and do it. I shall appreciate your comments. E.L.

SEEM UNFRIENDLY

DEAR E.L.: It strikes me that your agitation about Jeanine's eye-

ALICE BROOKS DESIGNS



Crochet this adorable set in white with gaily colored flowers—your daughter will look as cute as she's warm. Jiffy — in heavy knitting worsted. Send now!

Pattern 7128: Cap-and-mitten set in easy crochet. Directions for sizes 4 to 10 included in pattern. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlotte town Guardian, Household Arts Dept., 60 Front Street, W. Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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ANNE ADAMS PATTERNS

HALF-SIZE FASHIONS

Sew-easy jumper and companion blouse—fashions that double your winter wardrobe! These new styles are designed especially for the shorter, fuller figure — with lovely, slimming lines. Proportioned to fit — no alterations!

Pattern 4654: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ jumper takes 3 yards 39-inch fabric; blouse takes 1½ yards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of (Charlotte town Guardian), 60 Front St., W., Toronto, Ont.



4654 14½-24½ by Anne Adams