

LET'S EAT A Grill And London Broil Aren't The Same Thing

By IDA BAILEY ALLEN

"Mixed grill" and "London broil" are two meat combinations popular in restaurants, Madame," said the Chef. "Are they commonly served in the home?"

"No, Chef. In fact, many home-makers don't know the difference. But one is based on lamb, the other on beef."

Mixed Grill

"The mixed grill is usually composed of a grilled (broiled) lamb chop along with the kidney, if cut from the loin, small sausages, crisp bacon and grilled, crumbled, halved, fresh tomatoes. London broil is composed of skirt or flank steak, sliced paper-thin after broiling."

Served on Toast

"It is often served on toast, sometimes with pan gravy or a thickened brown gravy. The accompaniments are usually bacon, grilled tomato and cottage fried potato, with a parsley garnish."

Quick and Easy

"I prefer grilled white or sweet potatoes with both mixed grill and London broil. This main course is easy and quick to prepare, because it can be entirely cooked in about 20 minutes in the broiler."

How to Arrange

Either the mixed grill or London broil look glamorous when arranged on a sizzling hot platter, the principal meat down the center, bacon on top, and sausages alternating with the tomato down the sides. The potato slices overlap at the ends. And, for the final touch, cress or parsley."

Grilled White Potatoes: Scrub potatoes; dry, and cut lengthwise in slices 1/4" thick. Brush with

Grilled Sweet Potatoes: Boil or pressure-cook medium-sized sweet potatoes for 20 minutes. Peel and finish as directed above.

TOMORROW'S DINNER

Zippy Tomato Juice
Mixed Grill Platter
Grilled Sweet Potatoes
Broccoli Tartare
Lemon Chiffon Pie
Coffee Tea Milk

Zippy Tomato Juice: For a pleasant change, make your own tomato juice as follows:
Combine 2 (No. 2½) cans juicy tomato, 2 medium-sized chopped green peppers, 1 chopped peeled onion, the diced, cleaned, outer stalks and leaves 1 bunch celery, 1 tbs. sugar, 2 tsp. salt, 1/2 tsp. each pepper and monosodium glutamate, 2 bay leaves, 6 whole cloves and 4 peppercorns.
Simmer 10 min. Add 1 tbs. lemon juice. Strain through a fine sieve and chill.

Tomato Bouillon: Combine equal parts of the above tomato juice and canned consommé (or use water with beef bouillon cubes). Serve hot in cups, a quarter slice of lemon floating on top.

TRICK OF THE CHEF

To make the famous "half-and-half cocktail," combine equal parts chilled tomato juice and clam broth.

ELLEN'S DIARY by an Island Farmer's Wife

Ours was a new world this morning. It was one fresh-spread with snow, picturesque, hushed, beautiful. But still not without a concern for the farmers and housewives here and hereabout.

How pretty it was, a rare morning of winter. Every bush and twig was richly overlaid with pearl, every evergreen, country-around fetchingly sprinkled in white; and "roofed with Cararra" every building.

And James first-footing it into the new workaday week was pleased when he surveyed the scene before him from the window of the room above the kitchen. "It's nice as it is now," he commented. "There's neither too much snow down nor too little. . . . Just enough" he nodded. Plenty for the haulings along the fields by horse and sleigh — the firewood to the yard and stable cleanings near or farther field-heaps; not too much for the tractor to bring in the day's requirements of hay from a stack or to use the truck on the road for any excursions that might appear.

How do we in rural places dig ourselves out after a winter snowfall? As it happened there was little today to delay us from entering upon our usual round. Foot steps made fresh imprints on the virgin white of the paths about, symbol it came to mind of the new day and week at hand. Doors out about were cleared away with little effort. And presently, from its recent parking-place at the end of the lane, the truck made its way, a bit slowly it is true, up the hill, bearing a little girl to her classes.

Our concern, which like many of our worries sooner or later pass was the over-night interruption of the power we have come to depend upon, the line which sparks the lights, starts the pump, makes our music, in many instances gives the time, and altogether contributes much to the well-being and comfort and happiness of thus favored farms.

The night of wind and damp, sleety snow-fall we could sleep it away, not caring much for lights and all, kept. But this morning a doleful "not yet!" was the hall when one or another of the Family chanced to meet. At Alderia in such interruptions occasioned by stormy wind and weather the stock miss the flow of water which reaches them in stable and sty.

"The pig" James said gloomily past breakfast, "those nursing sows. . . . And the hens" we offered. And he chuckled over that. . . . And all at once as if the subject most in mind had been only a disturbing dream, the light above the table flickered and glowed full and comforting again.

"That interruption was only to have us appreciate better what we are already commencing to take for granted," we commented.

"It's to make folk be better prepared for it" James nodded, "to have pails of water drawn . . . and lamps and lantern ready. That's the trouble with the world nowadays, Ellen, folks live with no thought of any care ahead. They believe that example of the Psalmist's about the ant, applied only to those olden days. . . . Now the next time the lights give any warning of dying Ellen, you jump to your feet and fill the kettle and draw off an extra pail or two, and be prepared for the like!"

And how, when these again appear shall we best save a piece of the sunset, a bit of the moonlight, a twinkling wishing-star, to have with us against the gray skies of a day such as this?

Until tomorrow Diary
Good-night

Women Are Stronger Sex

Women not only live longer than men, they are more humane, more loving, and more intelligent. That's what the experts say, including Dr. Ashley Montagu of Rutgers University. In The Standard this week Dr. Montagu gives some very good reasons why it has long been established that women are the stronger sex. You will enjoy reading this article in The Standard this week — on sale now, complete with Magazine, 12-page novel and 20 pages of comics! Only ten cents!

The Standard

MARY HAWORTH'S MAIL

Widower Attracted To Young Girl Who Resembles Late Wife

DEAR MARY HAWORTH: I am a man in middle age, of very good habits, who lost my wife several years ago—and I am lost. My wife and I were very close pals, never going anywhere without the other, so you can see how hard it is for me.

I have great faith in God, and prayer helps a lot; but still there is an awful empty place in my life. I have a heap of mighty good friends, who have done everything for me; but still this doesn't fill the bill. The plain fact is I am a terribly lonesome.

I have a good job, own my home and am comfortable. I know many girls, but they just don't suit. I am not keen on divorced persons; a married girl is out; and an old maid just doesn't understand. So who is there for me, except a widow or a young girl?

Couldn't Love Older Person

A widow probably would be best if I could find the right one — for she has been through grief and knows what it means. But it happens that the person I care for is a girl, years younger than I. She resembles my wife so much, at the same age. Although my wife was about my age, she was very young looking — and that's why I could never marry an older person; or one who appears old. That's why I like this girl—and I know she thinks a lot of me. I know she would go along with me — but what about her folks? I am wondering what their reaction would be. I don't think they would object to me, except for the difference in age—although I don't begin to look my age. My folks were all young looking.

The miserie fact is, I am much older than the girl—and that, I wouldn't care for any other much younger girl, but Ann certainly resembles my wife. I wouldn't want to date her and have trouble with her family—yet I do care for her. Is there any hope for a man my age, or am I simply licked? Will you please advise?

H. F.

His Tendency Isn't Unusual

DEAR H. F.: According to my reading of history, there is an immemorial tendency amongst older widowers to marry younger women — although there are exceptions to the rule, of course. Now and again an older man marries a woman his age or older, because they have friends and interests in common; or perhaps as a renewal of a romance broken off in youth.

Your self-questioning diffidence in respect to Ann, also your misgivings about presenting yourself as a suitor to her parents, are natural to a man of your temperament, probably. One gets the impression that you are shy around women, as part of a characteristic New England reserve — and likely you relied upon your beloved wife to set the pace in social interchange, and negotiate friendships and recreation.

Thus if Ann resembles her, she probably is a cheerful outgoing girl, who has self-confidence and finesse in helping herself to the things she wants of life. And I take it she has her eye on you, matrimonially, else you wouldn't say so firmly "I know she thinks a lot of me." And, "I know she would go along with me. . . . but what about her folks?"

Can He Keep Youth's Pace?

A substantial difference in ages isn't necessarily a hindrance to happiness in marriage. But I think you ought to give sober consideration to the question of whether you — now middle aged — could be a satisfactory social companion to a young spouse.

A middle-aged woman manages to stay very youthful looking (as your wife did) usually knows how to conserve her energies, by enjoying a good deal of quiet routine, with only occasional outings and social splurges. Whereas a really young wife might expect and plan to be on-the-go to a far greater extent than you could accommodate, without feeling exhausted and irritable.

Also there is the potential of children by a young wife, and the question whether you would welcome the obligations of fatherhood in later life. But in my opinion, you've nothing to apologize for, in appraising Ann as a possible helpmate.

M. H.

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

Realistic Appraisal Of The Polio Menace

Probably no disease holds more dread, or causes more worry for parents, than poliomyelitis, or infantile paralysis.

While polio, of course, is a terrible disease and has caused tragedy in many an American home, it is not the wholesale killer or paralyzing terror that most of you have come to believe.

I know you've probably been reading a lot of newspaper stories about polio and the current March of Dimes campaign. But I think a few more articles are in order to help you better understand just what polio is, what it does and does not do, and what you and science can do about it. Incidentally, I want to urge you to support the National Foundation for Infantile Paralysis' March of Dimes program before it ends next week. Polio is on the increase in Canada and the United States, and this organization is spearheading efforts to find an effective preventive.

Statistics Tell Story

Just how great a menace is polio? Well, let's look at some of the statistics.

The number of cases, of course, varies from year to year. In 1954, there were only 1,705 cases in the entire country. In 1952, the total was 57,628. More than 1,000 of these were in Chicago alone, and I had to declare that it had reached epidemic proportion there. There were about 40,000 cases in 1954.

Yet even in the worst years, the proportion of those stricken with diagnosed polio is relatively small. Actually, the chances of your child contracting a diagnosed case of polio during the first 20 years of his life is as low as 156 to one.

Adults Have Good Odds

You adults have even better odds.

Wife Preservers

With proper care you can keep your kitchen and bathroom fixtures as bright as new. One of the best ways to keep them bright is to wash off and rinse thoroughly the sink, lavatory and bathtub after each use. This keeps them free from any solutions that might stain or paralyze that might tend to roughen their surface.

Each year, on the average, the number of cases of measles, scarlet fever and tuberculosis is far greater than the reported cases of polio. Still, for every recognized case of polio it's estimated there are at least 10 cases of unrecognized polio.

QUESTION AND ANSWER

E. M. J.: Is dilantin helpful? Will it increase the blood pressure?

Answer: Dilantin, properly employed under the physician's direction, is helpful. It is employed to control convulsions.

Cook's Corner

HONEY DATE BREAD

This "Honey Date Bread" is a sweet, dessert-type bread that concludes the meal with "rares." Spread thin slices of the bread with butter and that's all that's needed. However, if you're a cheese fan, try it with sharp Cheddar. Never have you tasted a more satisfying dessert.

1 1/2 cups fresh dates
1 cup walnuts
1 cup boiling water
2 tbs. shortening
1/2 cup brown sugar (packed)
1/2 tsp. salt
1/2 cup honey
1 egg
1 tsp. soda
2 cups sifted all-purpose flour

Pit and slice dates; chop walnuts. Place dates, boiling water, shortening, sugar, salt and honey in a large mixing bowl. Stir until blended, then cool until lukewarm. Add all remaining ingredients and beat until well mixed. Turn batter into a well-greased loaf pan (8 x 5 x 3 inches). Bake in a moderately slow oven (325 degrees F.) 1 hour 15 minutes. Cool thoroughly before slicing. Makes one loaf.

Do You Keep Your Age A Secret?

By Ida Jean Kain

Do you like to tell your age, or do you agree with Oscar Wilde that no woman should ever be quite accurate about her age since it looks so calculating?

In an actual poll which this department made, it was found that most career women, for bread and butter reasons, shied away from the subject. The homemakers seemed not to mind stating their birthday, particularly those who looked years younger than their actual age.

You might be interested in our approach to this ticklish subject. The lead question was: "Do you think women mind telling their age?" Usually the answer was to the effect that most women didn't object to telling their age. However, to the pointed question, "Do you mind telling me your age?" the replies varied. If a woman was alone when asked, she usually told her age. However, if she was with a friend, she was more apt to laugh it off.

At talks when I inquire how many do not mind telling their age, there is always a brave flurry of hands. But when asked to shout it out, the reply is mostly laughter. They would just as soon their seat neighbor didn't know . . . exactly.

Perhaps that's true with most women. See if this description fits: You like being your age and have no wish to be younger, for that would necessitate giving up maturing experiences. Still and all, telling your exact birthday is something else again, for you realize that many people have fixed notions that a certain birthday, say 50, automatically puts a person on the downgrade. And who wants to be thought of as being past their prime!

Today a healthy woman of 50 can be beautifully young. Fact is,

MORNING SMILE

First Pharmacist — Do you use your old prescriptions for any purpose?

Second Pharmacist — Sure do. Why, I used one last year to get into a ball game; another as a pass on the railway; and just last month when an officer was about to give me a ticket for speeding, I waved one in front of his nose and he let me off.

BACKACHE May Be Warning

Backache is often caused by lax kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest or middle aged and heavy-headed feeling may soon follow. That's the time to take Dadd's Kidney Pills. Dadd's stimulates the kidneys to normal action. Then you feel better—sleep better—work better. Get Dadd's Kidney Pills now. #1

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