

WOMEN

Page 8 The Guardian Wednesday, Oct. 13, 1954

LET'S EAT

No-Calorie Celery Is Good For Dieters

By IDA BAILEY ALLEN

"THE average person does not appreciate celery. Madame. To him, it is merely something to munch, which is a good thing to do. Celery has a flavor unique; it contains no calories, yet is the best filler-upper I know. If each reducer in the country would munch celery, between meals, when hungry, he would be able to hold out until time to eat, for a person is not hungry when the stomach is full."

Varieties of Celery

"Of course the way celery is to be used should determine the variety to be purchased. Chef. Bleach-

ed tender white celery is pleasant for munching or making elegant salads. "Pascal (green) celery has more flavor, contains vitamin A (lacking in bleached celery) and more vitamin C and food iron. Pascal celery has a large proportion of tough stalks, so it should be chosen for cooking, and they should all be used to avoid waste."

Use Every Inch of Celery

"There is a trick used by all chefs, Madame, to utilize to the fullest extent the outer stalks of celery. They are first scrubbed clean, and blemishes removed. Then, a knife is inserted at the root end and food strings and they are pulled up and off, way to the tops.

"The stalks are now tender enough to slice thin crosswise, and used in making salads of chicken, veal, lobster, shrimp or salmon."

Celery-Apple Relish Salad

"A most refreshing relish salad to serve on lettuce with poultry or fresh or smoked pork of any kind. I make by combining 1 1/2 c. julienned crisp celery with 1/2 c. finely-mincéd tart apple and 1/4 c. French dressing seasoned with table mustard."

"The de-striking celery stalks also add a real lift when cooked with other fresh or frozen vegetables, Chef. And for a chilly Fall dinner, there's something especially heartening about a big teaspoonful of cream of celery soup, whether home-made by the familiar time-honored method from celery tops and leaves, or canned, or made from a dehydrated celery soup mix."

TOMORROW'S DINNER

Celery Soup in Bowls Croutons
Casserole Meat Balls
Oven-Braised Carrots
Asparagus Vinaigrette
Pineapple-Orange Cup
Nut Rolls Tea Milk

Nut Rolls: Cream together 1/2 c. butter, 1/4 c. sifted confectioner's sugar, 2 egg yolks and 1/2 tsp. vanilla. Blend in 1/2 c. fine-chopped walnut, flaked, almond or pecan nutmeat. Then combine and add 1 c. already-sifted enriched flour and an additional 1/4 c. fine-chopped nutmeats.

Shape into small balls, then flatten slightly. Bake about 15 min. in a slow-oven, 325 degrees F. Cool and roll in sifted confectioner's sugar.

TRICK OF THE CHEF
Simmer 3 raw small shucked oysters per person for 3 min. in celery soup.

Wife Preservers

You can remove mildew from white linen by boiling the linen in water to which two tablespoons of peroxide have been added to each quart of water.

ELLEN'S DIARY

by an Island Farmer's Wife

How clearly were truths presented—how winsome the words of Biblical lore to young ears . . . The old Gospel songs—how well we enjoyed the rhythm and lift of them. And how pleasingly they have remained with us word-perfect though other lines we would have remembered as well, have vanished and gone from mind in the roll of the years.

The Church we visited last evening was no strange one to us but one we knew fairly well, "once upon a time" remembered. As we mounted the steps in company of our mature fellow-visitors, in shadow beside us walked young comrades. We could fancy the girlish whispers of once, the gay but muted and not freverent chuckles we always left without that door.

As we knew we should, we found much inspiration in the Service—in the lovely setting and the atmosphere of reverence about; in the music so beautiful and the timely messages, and interesting, given.

"Was it good, Ellen?" James asked drowsily from the room across the hall when, as we supposed, very quietly we had stolen up the stairs and come to this desk, leaving the autumn night, clear and somewhat chill without. "Good!" we replied softly. "Good!" There was a silence. Perhaps quick-napping man, that he is and as easily awakened, he had again fallen asleep.

"Yes . . . one to remember."

"I can recall some when I was a lad who could fairly make a fellow's hair stand on end," he chuckled. "A fearful God, they preached those times." But not usually, as we turn back to those years . . . a loving and merciful Keeper of all, Who did then, and still does, give His angels charge concerning folks to keep them in all their ways.

"Today, which brought us a rosy flush of dawn above a hilltop—what of it?" This is no morning to be taking it easy. "James re-

mind us." If there's no dew, Ellen, we want to get away to that threshing. If the weather keeps, we have a busy day ahead. . . . What, sleepy, are you? You were, I thought fairly brisk when you came home last night. Come now," he chuckled, "make haste with the breakfast!"

So with the day clean and bright along the hillsides, men, boys, truck, tractor and dog were off to Alderlea, and the threshing and baling, leaving us to be cook today in name only. To Jeanie's hands we gave the crew as at week-ends we had given our carpenter, his work ended at this farm for the time—a painted barn, another extended and repaired to remind us of the faithful round of his days.

Now night in her stary gown walks the farmlands, and still we are alone. Or are we? There are lights in the lane . . . and a dog barks a pleased bark. The hours have given them back to us. The day has been good!

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

Herman N. Bundesen, M. D. Varicose Veins In Arms & Legs

ONE of the most common types of trouble which may develop with the circulation is the occurrence of varicose veins.

These are dilated or enlarged veins, occurring most often in the legs, but they are far from unusual in the arms, particularly in women who are overweight. This dilation, or stretching of the veins in the arms may affect both sides and may produce pain and numbness and tingling from the shoulder to the fingers.

It is believed that the disorder occurs most often because of a weakness in the walls of the veins which has been present from the time of birth.

In some cases, there may be swelling under the skin in the region of the armpit. This swelling may be decreased by putting pressure on it, but quickly returns when the pressure is released. The disturbance is not only more common in overweight women, but also is more difficult to recognize in them.

The pain produced by these veins may be similar to that caused by nerve disturbance, injury to the shoulder, arthritis and such disorders as cervical rib, a condition in which there is an extra rib coming from the part of the spine located in the lower neck.

The condition may be definitely diagnosed by making what is called a venogram. This is done by injecting a substance into the veins, followed by the taking of an X-ray plate. The dilated vein, if present, may then be seen in the X-ray.

Treatment of the condition usually requires surgery and removal of the abnormal veins, whereupon the symptoms disappear. The pain in the arms and shoulders always requires careful study by the physician to determine the cause before proper treatment can be utilized.

QUESTION AND ANSWER

Mrs. I.: Can epilepsy ever be cured by operation?
Answer: Certain cases of epilepsy which may be due to scar tissue in the brain may be helped by removal of this scar tissue.

KEEP IN TRIM

To Lose Fat Amidships

Whip out the tape and take the most critical measurement—the abdomen. This is the part of the figure commonly dubbed the stomach. Anatomically it is the abdomen. But under any name, this is the problem measurement, for the abdominal extension increases as excess pounds pile on. Alas, the more the maternity.

In measuring, circle the tape around to include the curve of the abdomen at the level of greatest protuberance as viewed from the side. This measurement should be from half inch to two and a half inches smaller than the bust circumference, depending on structure. The figure that is long from waist to hipbones will be proportionately slimmer through the abdomen than the short compact figure.

In misses' dress sizes, the standard proportion for the abdominal extension is two inches less than the bust measurement. In women's sizes, this proportion is 1 1/2 inches less than the bust, until the large sizes are reached. Past 38, the abdominal extension exceeds the bust circumference.

To lose the fat amidships, bring your weight to healthy normal. Strengthen the muscles which form the abdominal wall with corrective exercise, and maintain good muscle tone by pulling up and in firmly. That's the pull that keeps posture on the beam.

On the diet score, plan three daily meals around the protective foods—lean meat, fish or fowl, one or two servings daily; a pint of skim milk or buttermilk; 3 vegetables, including one green leafy or yellow; a choice of potatoes or two thin slices of bread, lightly buttered; 2 fruits, always one citrus; 1 or 2 eggs. That totals around 1000 calories daily and provides optimum amounts of the nutrients essential to buoyant health. On that plan of eating, you can lose 1 to 2 pounds a week without going hungry.

It is slimming strategy to start your day with a good breakfast, including a citrus or juice, 1 or 2 eggs, a thin slice of toast, lightly buttered, and black coffee. If a teaspoon of sugar in the coffee

makes this seem less like a diet, have the sugar. The importance of breakfast, including protein, is that your metabolism is elevated for many more hours of the day than it is when breakfast is slighted. Regard a protein breakfast as a meal that pulls its own weight. As weight is lost, it is essential

Morning Smile

Policeman — "What's the idea of racing through town at that speed?"
Motomist — "My brakes aren't working and I wanted to get home before I had an accident!"

to restore elasticity to the girle muscles. This calls for corrective exercise, and that's tomorrow's story.

Household Hint

Glass baking dishes are fine to freezing baked goods, casserole dishes and leftovers. You can freeze homemade pie in a glass plate and, when you bake it, it is safe to put the glass dish directly from the freezer into the hot oven. However, hot glass baking dishes should be thoroughly cooled at room temperature before they are put in the freezer.

HERE AT LAST! The Modern Way to do Dishes!

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NOW AT YOUR GROCER'S

Cook's Corner

SULTANA CAKE

1 1/2 cups butter or shortening
1 1/2 cups sugar
5 eggs
3 cups flour
1 teaspoon baking powder
1 cup cream
1 lb. sultana raisins
1/2 cup chopped cherries
1 lb. citron
Flavor to suit taste. Bake 1 1/2 hours in moderate oven.
—Mrs. P. R. Boyle, Hunter River W. I.

Perfection ICE CREAM

IN BULK

GALLONS HALF GALLONS

Bringing Up Baby

Hints Collected by Mrs. Ann Carter (Mother of 5)

Along about the age of 10 or 12 months some babies show a definite inclination to shy away from a nap. And who's to blame them? There are so many wonderful things to do besides sleep. So when your baby balks at an afternoon siesta, gauge baby's naptime by tiredness instead of your convenience or the clock. And a reassuring hug, a song or a story are usually awfully good calmers-down. Drifting off is easier when baby is relaxed.

Toothsome tale. When sparkly little teeth make their debut, it's time for baby to make the switch from strained to more grown-up foods. Gerber's Junior Foods help baby make the transition with a minimum of trouble. . . . a maximum of pleasure. For they have the tender, evenly-minced bits that tots with a few teeth can manage nicely. Then, too, they have the naturally good flavors and tempting true colors that give a pint-size appetite. For mealtime variety galore — Fruits, Vegetables, Soups, Meats and Desserts.

Manu magic for high-chair sitters—Gerber's "Recipes for Toddlers" booklet. For free copy, write me at Box 47, Toronto 18, Ontario.

In the bag. Bright brainstorm from an inventive mother! She uses a shoe bag to store her toddler's small toys. The bag, hung low on the inside of the nursery closet, gives baby Susan the opportunity (and fun) of finding and putting away each toy in its special pocket. Mother claims her daughter is learning neatness as well as coordination.

Soothing story. If baby's having trouble cutting teeth, Gerber's Teething Biscuits help provide relief for tender, aching gums. Made from wholesome ingredients, they're smooth-surfaced and extra hard, to give baby real biting satisfaction. Individually wrapped in cellophane—easy to tote when you and baby go out.

Dream Cake

1 cup flour and 1/2 cup butter
Mix as for pie crust and put in eight inch by 8 inch pan. Bake 15 minutes at 325 degrees. Cool.
1 1/4 cups brown sugar
2 eggs
1/2 cup coconut
1 to 1 1/2 cups walnut
1/2 cup dates
3 tbs. butter
1/2 tsp. baking powder
Chop all fruit and nuts, add eggs, butter, and baking powder. Spread on top of first mixture. Bake for 25 minutes at 350 degrees. Cool. Spread with butter icing if desired. Cut in squares and keep in refrigerator.

Pin-ball Machines Ruin Teen-agers

The old slot machine may have disappeared, but an equally vicious nickel gypster has taken its place—the pin-ball machine. Right across Canada, these machines click merrily away, spinning uncounted millions of dollars from the pockets of the young and foolish. These mechanical monsters are often the downfall of youngsters, tempting them to steal money to play them. For an enlightening expose of this vicious racket, read "Nickel Gypsters" in The Standard this week. Get The Standard — on sale now, complete with Picture Magazine, 20-page novel, and 20 pages of comics. Only ten cents!

The Standard

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