

# WOMEN

Page 8 The Guardian Friday, December 3, 1954

## LET'S EAT

### Save Steps and Time With a Kitchen Wagon

By IDA BAILEY ALLEN

"Many homemakers would appreciate a Christmas gift for the kitchen. Do you have any suggestions?"

"Oul, Madame. A wheel tray or wagon with three shelves, the kind we chefs have been using for years in restaurants and hotels to present assortments of hors d'oeuvres, salads or desserts to the patrons. They can be even more helpful in the home."

"For example, if the kitchen is small, and needs extra work and

storage surfaces, I suggest an inexpensive three-shelf enameled wheel tray to stand next the range. It can also be loaded with dishes or food.

"Birchwood wheel trays are attractive, too. And for more elegant use in serving, there are the wrought iron or brass-framed hospitality carts with glass shelves, very nice for serving coffee or beverages."

#### TOMORROW'S DINNER

Lima Bean Saladettes  
Cris-Cross Beef-Vegetable Pie  
Winter Squash  
Escalloped Tomatoes  
Applesauce Cake  
Coffee Tea Milk

**Cris-Cross Beef-Vegetable Pie:** Into a good-sized frying pan, put 1 lb. bulk pork sausage meat; fry until fat runs freely. Then add 1 lb. chopped beef, 1 minced seeded green pepper and 1 chopped good-sized peeled onion. Slow-saute until vegetables are tender.

Stir in 4 tbs. enriched flour, 1 tsp. salt, 1 tsp. monosodium glutamate and 1 tsp. pepper. Add 1 c. water and 1/2 c. milk. Stir until blended. Summer 5 min.

Add 1 1/2 c. cooked shredded green beans, or beans and green peas mixed, and 1 c. cooked thin-sliced carrot rounds.

Line a 3 pt. baking dish with plain or cornmeal meat pie pastry. Spoon in meat-vegetable mixture. Arrange narrow strips of the pastry criss-cross over top, pinching at edges into crust-lining.

Bake 35 min. in a hot oven, 425 degrees F.

**Cornmeal Meat Pie Pastry:** Sift together 1/2 c. enriched yellow cornmeal, 1/2 c. already-sifted enriched flour, and 1/2 tsp. salt. Add 1/2 c. shortening, chop in with a pastry blender until the mixture resembles coarse crumbs. Add 6 tbs. cold water, a little at a time. Toss and mix lightly until mixture barely holds together.

Place on waxed paper. Fold up; press gently into a ball and let stand 15 min. at room temperature. Then cut in 2 pieces. Roll to a scant 1/4" thickness on a lightly floured board or pastry cloth. Three-quarters is used for the pie dish lining. The remaining quarter is cut into the strips which form the criss-cross pattern atop the pie.

**TRICK OF THE CHEF**  
Add 1/2 tsp. thyme to dry ingredients when making cornmeal meat pie pastry.

### Jean Murphy Is November Bride

On Thursday, November 25, at St. James Church, Georgetown, Rev. Owen Kiggins, P.P., United in marriage Jean, daughter of Mr. John J. Murphy and the late Hazel Murphy of Georgetown, and Edgar Boudreau, son of Mr. and Mrs. Fabian Boudreau, also of Georgetown.

The bride wore a grey suit and white accessories and corsage. She was attended by her sister-in-law, Mrs. Peter Boudreau, who wore a navy suit with corsage and white accessories.

Mr. Peter Boudreau, brother of the groom, was best man.

Following the ceremony a wedding breakfast was served, to the bride and her parents, at the home of Mr. and Mrs. John J. Murphy. The dining-room was decorated in pink and white. The three-tier cake, was of the same color and was topped by a miniature bride and groom and cut in the usual manner.

In the evening the bridal party and friends were invited to the home of the groom's parents, Mr. and Mrs. Fabian Boudreau, for supper and a social evening. Previous to their marriage an enjoyable dance and shower in Kory Hall, was tendered the happy young couple by their friends.

**SPECIAL**  
**Perfection**  
**ICE CREAM**  
Orange & Chocolate Ripple

### Spanking Not The Solution For Children

Almost every child must be punished at one time or another. Yours probably needs it occasionally, too. I know mine did.

There are, of course, right ways and wrong ways of dealing out punishment. For punishment can not only teach a child to be good; it can also teach him to be bad. It depends on how you do it.

#### Spanking No Cure-All

If you give your youngster frequent and severe spankings, you'll teach him just one thing: don't get caught the next time. Spanking is no cure-all. Neither is any other specific form of punishment.

But I think you'll find the most effective form is also the most logical one—depriving him of things he wants.

#### Take His Crayons

If your youngster insists on drawing on the walls instead of on paper, simply take his crayons from him. He will soon see that it is more fun to draw on paper than on all.

Or maybe your child stalls while getting ready for bed. Then warn him he'll miss his bedtime story or his snack before bedtime.

#### He Is Tired

As I pointed out earlier, you can frequently tame a rambunctious youngster by putting him to bed earlier than usual. But you must carefully explain that you are doing this because he is tired, not because he is naughty. Then, always point out that if he were not tired, he would not be acting up.

Perhaps depriving your child of his Saturday afternoon movie date will get him to report for supper on time. Don't, however, refuse to let him eat simply because he's a little late. He needs that nourishment.

#### No Television

Television, too, can be a non-bruising form of punishment. I don't mean you should make an unruly child sit through some uninteresting programs, but you might deprive him of his favorite show a couple of times.

Sometimes, however, you may think it advisable to spank him. But let me warn you right here that, if this is the case, be careful you don't "blow your top."

Never punish in anger. Count up to ten, or up to two hundred if you have to, before you begin. And always have a smile on your face when you are spanking. Use your hand, not a strap. You'll know how hard you are striking, if you use your hand.

After you have finished spanking him, always think back and analyze the situation. Did he deserve that spanking? It may not do your youngster any good at the moment, but it will help you deal out punishment more justly in the future.

#### QUESTION AND ANSWER

Mrs. R. V.: Does the blood type and Rh factor ever change?  
Answer: It is not possible for the blood type or Rh factor to change.

### Get In Shape With Easy Exercises And Feel Fine

By Ida Jean Kain

The joy of exercise in a slimming program is its tonic effect. In our country, we make the mistake of over-dieting and under-exercising. In fact, exercise has been sold short—not only on the figure-shaping score, but from the fitness angle. Physical exercise releases tension, restores tone to muscles, and adds that extra fillip of fine feeling.

It's the middle muscles specifically which grow flabby from lack of sufficient exercise. Today's easy routine will not only put a stop to the spread, but will bring new strength and vigor.



For warming up, start with stretching. Make your morning stretchers a real rouser. S-t-r-e-t-c-h the entire body for a full minute, later longer. In stretching, the muscles acting against one another are a powerful stimulus to circulation.

Try this natural stretch . . . lying flat on back, push arms out at sides and push clear to toes and out to the finger tips. S-t-r-e-t-c-h, then twist and turn gently, getting the whole body into the stretching act. Take a deep breath and stretch again, turning this way and that. It feels wonderful.

Then stretch on the bias, crossing right leg over left, stretch right arm back and pull along the right side . . . reverse position.

For the last exercise, lie face down, head resting on folded arms. The first part of the exercise is to "tighten" with the buttocks muscles—hold for a slow count of 5, release. Try again, and after you get the gist of tightening with the buttocks muscles, simultaneously pull in the abdomen. Hold for a count of 5.

Finish with a thorough-going stretch. You'll feel the tonic effect of these circulation rousers.

When my husband was fatally stricken 10 years ago, we talked of a lot of things and made plans, mostly for the boys. In my extreme grief I told John that I had always been proud of him and of his name and would never marry or change my name—which seemed to please him; and I truly meant it. But as the years have rolled on I have been so lonely, so much of the time that I wonder what I ought to do.

A few years ago one of John's friends came to see me a number of times. Ultimately he wanted an affair and talked vaguely of marriage; and as I rejected an affair we stopped seeing each other. Now he is marrying, and for some reason I feel so bereft, even though I would never have counted him an appropriate suitor. However, he is a nice person and I am glad he is finding happiness with some person who is congenial.

But again I am faced with the question—what to do if I should start going out with some other man? What do other self-respecting women do in like circumstances? I know I must make my own decision in the final analysis; yet I wonder how others would answer. My only real need in this world is companionship. Can you or your readers help me?

### MARY HAWORTH'S MAIL

#### Lonely Widow Seeks Advice On Companions

DEAR MARY HAWORTH: I am a widow in my early 50s, with two married sons permanently settled elsewhere. They are fond of me and I am devoted to them and their families and see them as often as possible. I am employed here in my home town and enjoy the work.

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Weren't Right For Each Other

DEAR N. Y.: It doesn't make sense to be kicking yourself for losing this man's attentions. You weren't right for each other, so the situation just fell apart. If he was bidding for an affair, using vague talk of marriage as bait, he really didn't give you a chance at companionship; so don't waste

### Alice Brooks Designs

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Use large needles, heavy knitting worsted—and watch the inches g-t-o-w; Easy to knit in a smart pattern stitch. Toss this toast-warm shrug over everything!  
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7099  
by Alice Brooks

regret on the episode.  
You have some profit from the disappointment, at any rate. Namely, the recognition that you do yearn for another helpmate, contrary to your promise to your late husband. In my opinion, there is no principle at stake that requires you to cling to that pledge as a matter of honor—if you've undergone a change of heart, in process of lonely living.  
Presumably John's spirit has moved on to a vantage point of higher perspective on the human scene. And if he is still attuned to your existence, I am sure he is magnanimously concerned for your happiness, thus would gladly relieve you of your promise—if a feeling of freedom to marry again would improve your experience.

#### Usefulness Heals Loneliness

As to how self-respecting widows cope with the approach of would-be wolves, I should say it is every woman for herself, in her own way, in this field of finesse. There are no specific rules, aside from putting a fair value on oneself and refusing to settle for less. Usually there's no need to be frightened by talk of an affair, which may be deftly dismissed almost without words.  
If a man doesn't linger for friendship—  
Continued on page 9

### Wife Preservers



When you are hanging your laundry outdoors in a brisk wind, and have both hands full, try slipping the clothespins into your belt. You will then be able to hold the clothes in one hand, while the other is free to pull out and fasten the clothespins.

### ELLEN'S DIARY

by an Island Farmer's Wife

"Now, you won't put me in the Diary!" a farmwife from a distant part of the Island smiled shyly at parting this afternoon. "You know, being near, I just called to see you," she said. "She was a stranger to us, and yet not really strange as are none of that wide sisterhood of women whose lives follow like trails to those ways that we take. Our way of life, the round of farm affairs that come and go with the seasons, the household tasks and duties, all of this is the 'touch of nature' which serves to make us kin."

She is the mother of a young and interested farmer who "was in Grade X and then . . ." We joined in her chuckle, for the pattern was similar to that we had known . . . "he stayed at home one day to help his father at some work of the farm, and that was the last of his schooldays! But, I'm not sorry. It's a good life" she said.

It is a good life for those who feel it's call—for those not so up with the gains in dollars and cents that it gives, necessary as these are, as with the incidental values it bestows. If a father is not satisfied to sit down to his meal, until he knows that the animals in his care have been fed . . . if he can stand a long minute to admire a pen of fattening hogs or cattle, as we see these farmers of ours do—and always be sorry to see the farm lose them, the day of their marketing . . . if he can see a poem in his fields, find joy in the sowing and harvesting, and only content in the farmhouse that is his home, then we need have no pity over the lad who chooses to settle on a farm. His will be a

life worthwhile, very full and complete.  
Sunny today? Aye. But the smile lacked the warmth and salutation of Old Sol's heyday. Wan it was, but nevertheless sweet—and in our ears we heard the "old man" that is Father Time make preparations to ring out the death-knell of the year.  
Now that the work at this farm has come to the orderly pattern of winter with the chores of feeding and cleaning not nearly the tasks they were before the new barns were in place James is pleased to spend his days at his old love of a place—Alderia.  
Left to himself Rob took up the challenging task of digging a trench between his barns, there to place the pipeline which is to take water from one to the other. The work made surprising progress.  
"Wouldn't it be good if there could be a water-bowl in the poultry-house?" we suggested tonight.  
But James laughed and said, "It would be unkind of us to deprive you of the little exercise you get, Ellen—the odd drink that you carry to them now . . . Any pullets' eggs yet?"  
"None yet" we replied, "but they are scratching busily in the litter and singing." And James chuckled and commented, with some insinuation over our care of them "You're sure they were singing!"

The kettle sings in this kitchen where we write. And out of doors, the stars brightening now "for Christmas", light the quiet farm-lands.  
Until tomorrow . . . . . Diary  
— Good-night . . . . .

### Anne Adams Patterns

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Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.



**Morning Smile**  
A swanky chap applied at the recruiting office to enlist. "I suppose you want a commission," said the officer.  
"No, thanks," was the reply. "I'm such a poor shot I'd rather work on a straight salary."

4654  
by Anne Adams

### Pecan Rolls

2 cups flour  
2 tsp. ice water  
1 tsp. almond extract  
1 cup chopped pecans  
1/2 cup butter  
5 tbs. brown sugar  
Cream butter and sugar. Add other ingredients. Roll in sugar to sausage shapes. Bake in slow oven 300 degrees about 40 mins.

### Coconut Tarts

Line tart tins with rich pastry then into each tart put 1/2 tsp. raspberry jam and on top of that, the following mixture:  
1 cup fine coconut  
1 cup white sugar  
1 large egg, slightly beaten  
1 tsp. butter  
Bake in moderate oven.

### White Fruit Cake

1 cup butter  
1 1/2 cups white sugar  
1 lb. bleached sultanas  
1/4 lb. citron peel  
2 1/2 cups sifted flour  
5 eggs  
1/2 lb. cherries  
1/4 lb. shelled almonds.  
Method: Cream butter, add sugar gradually. Add eggs one at a time, and beat after each egg. Cut cherries and chop almonds. Add slightly floured fruits to first mixture. Prepare square cake tin with four-ply newspaper. Line cake tin with wax paper. Bake slowly for two hours, 275 to 300 degrees. Keep cake in a cool place before cutting. This cake will keep for one month or more.

**Cook's Corner**  
**CORN CHOWDER**  
1/4 to 1/2 lb. pork or bacon, cut in small pieces. Fry until brown. Add 1 can corn.  
1 1/2 or 2 potatoes, cut fine and cooked  
1 small onion, sliced  
Pepper and salt to taste  
1 quart milk, added last.  
—Mrs. Stanley Hutchinson, MacNeill's Mills W. L.

### Household Hint

There's no need to soak clothes overnight. A two-hour soaking in warm water will accomplish just as much.

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