WOMEN

LET'S EAT

Milk Quota For Adults

By IDA BAILEY ALLEN

"Now so much is said and written about using more milk in the adult diet it seems strange to me, Madame," said the Chef, "that more nutritionists are not suggesting the use of cafe au lait."

"Perhaps, Chef," I suggested, "this is because they think most persons do not know it merely means coffee with hot milk. It is certainly a good way for any adult to drink 8 ounces of milk a day regularly, between their breakfast and dinner cups, almost without being aware of it. At the same time, it supplies calcium, which is lacking in most adult diets.

"How is cafe au lait made in France, Chef?"

Making Cafe au Lait

"The coffee is dripped twice as strong as usual, and combined for service in a large cup with an equal amount of very hot milk. The coffee pot is held in one hand, the milk jug in the other, and the two are poured simultaneously into the cup to mix thoroughly."

"In this country, Chef, we can use homogenized milk, which makes a smooth blend even more complete. And the coffee beverage can easily be made double-strong by using 2 teaspoons instant coffee to each half coffee cup of boiling water."

TOMORROW'S DINNER

Vegetable Soup
Blanquette of Veal
Parslied Potatoes
Carrots and Peas
Tossed Lettuce Bowl
Cream Cheese Heated Crackers
Jelly
Coffee Tea Milk

Blanquette of Veal: Cut 2 lbs. shoulder or breast of veal into 8 portions suitable for serving. Place in a 2 qt. saucepan. Add 1 tsp. each salt and monosodium glutamate. Pour in 4 c. boiling water. Bring to boiling point.

Add ½ sliced peeled onion, 1 sliced peeled carrot, 2 whole cloves, 2 sprigs parsley and 1 small bayleaf.

Cover: simmer about 1½ hrs., or until veal is tender. Then remove meat and strain off broth. There should be 1½ c.

Melt 2 tbs. butter in a saucepan. Stir in 2½ tbs. flour and, when smooth, slowly stir in the hot broth. Stir and cook until boiling.

Beat 1 egg with a fork, and add ¾ c. undiluted evaporated milk or dairy-soured cream. Stir into boiling sauce, and cook and stir 1 min. Add ½ tbs. lemon juice, ⅛ tsp. nutmeg and 1 tbs. minced parsley.

Arrange in center of a deep platter. Pour over the sauce. Arrange parslied white potatoes at each end.

TRICK OF THE CHEF

Add 1 tbs. minced fresh mint or 1 tsp. reconstituted dried mint to carrots and peas while cooking.

KEEP IN TRIM

Sad Saga of The Upper Arms

By Ida Jean Kain

As pounds pile on, upper arms inevitably fatten. And there seems to be no more annoying spot for fat to park — probably because flabbiness of the upper arms indicates that we are losing our grip on youth. But with or without excess fat, the muscles of the upper arms have a tendency to slacken on the job.

On the size score, arms may

Resist with arm muscles

measure from 10 inches for smaller sizes to 11½ inches up to size 16, and 13 inches for size 20, depending, of course, on structure. But the shape depends on the tone of the triceps muscles which flank the backs of the upper part of the arms. However, since arms are used most of the time, it may be puzzling why they should be either flabby and fat or thin and droopy.

The reason is that most arm movements fail to put the triceps muscles to work. If you haven't experimented on how these muscles loaf on the job, find out. With one hand, pick up a heavy object—a suitcase or even a heavy book—and with the free hand, feel which muscles are doing the lifting. You will find that it is the biceps on the forearms and the front of the upper arms. The muscles on the back part of the arm is not involved.

Kinesiology, the science of muscular movement, reveals the triceps are brought into action only when the elbow is extended forcibly or when the arms are in a position which is more horizontal than perpendicular. And, after all, arms are hanging on the sides a good share of the time.

Here's a beauty routine: Hold arms out at shoulder level, palms down. Make hands into fists, rotate arms—and hold the twist. Holding is toning.

Try this easy version of the push-up: Stand arms distance from wall, palms of hands on wall at chest level. Resisting with arms, push forward until chest touches wall. Ever so slowly, return to starting position again using arm muscles.

The familiar push-pull also adds resistance. Place clenched right fist in palm of left hand in front of chest. Then, resisting with muscles of left arm and pushing with right arm, force hands to the left. Change positions of hands and slowly and forcibly push to the right.

To stimulate circulation, rub backs of upper arms vigorously with a rough wash cloth. Make this "mitten-friction" a part of your bathing routine. Or have a "salt-glow" — rub coarse wet salt on this flabby area.

A bit of regular attention and one simple daily exercise will keep upper arms young and shapely.

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DR. CHASE'S OINTMENT

MARY HAWORTH'S MAIL

Widowed Sister Now Settled In

DEAI MARY HAWORTH: I am 28, wife of a good man and mother of three little boys. John makes a fairly good income from a small business he owns and we have a modest little house furnished to our taste.

The problem is his sister Ann, who was widowed 18 months ago. After six months, when her insurance money was gone, we asked her to move in with us—hoping to help her readjust to life. She has two daughters, good children who get along famously with our boys.

Lately Ann has been going off in the mornings, spending the day with friends, leaving me to cope with all five children. She drifts in around dinner time, then is off again for the evening, several nights a week. Recently, when John and I wanted to go out, she reluctantly agreed to stay with the children.

My nerves are wearing thin. It's little things. I've always made the evening meal rather special—with the children scrubbed and freshly dressed. Ann laughs at this "nonsense" and has told her girls to come to table "as is". Naturally my boys are beginning to balk.

Widow Repels Job Suggestions

Also I always read to my two older boys for about an hour each evening — worthwhile little stories that they enjoyed. I wanted to include Ann's girls, but she encourages them to read trash instead.

Ann inclines to be critical of my policies, and is cool to the idea of getting paid employment for herself. John's offer to stake her to a preparatory course of study in some field of work—to help her help herself — drew a wide-eyed look of injury.

I am conscious that the whole trend and pattern which John and I have tried to follow regarding our sons is being undermined. What is a fair and kind solution of this situation? V. R.

Parasite Merits The Bum's Rush

DEAR V. R.: The right reaction to Ann's parasitism at this point would be to toss her out into the world on her ear, and let her take it from there — if it weren't for the two little girls. Consideration for their welfare will automatically give pause to decent adults, who are saddled with the mother's irresponsible performance.

The sensible solution of the problem must begin in your mind—yours and John's—in recognizing the folly of your present course. It isn't helping Ann to help herself. Rather it is fostering meanness of character in her—as is plainly evident in her sly envious pecking away at your orderly pattern for gracious living.

It seems Ann resents your cozy security status as John's wife, in circumstances that permit such niceties as making a special event of the evening meal, and giving your sons a bedtime hour of good reading — in addition to sharing your good fortune with the needy (herself and daughters, for example). Lurking jealous resentment is implicit in her slippery obstructive attitude towards your wise leadership in child training.

Adult Freedom Must Be Earned

Of course Ann might argue defensively (or spitefully) that you are too precise, too fancy mannered, to suit her taste; that you are acting above your origins, hence it's a laugh, etc. If so, she doesn't make sense. It is her obligation to conform to your careful standards while she is on dole in your domain; and if she rebels inwardly, she ought to move out, and earn the right to exercise her own wild ideas of child-care.

As I see the picture, Ann's vagrant behavior at John's expense (and yours) is breeding trouble ahead for all concerned and, in simple justice to your household, something should be done to bring her to terms with reality. My advice is to discuss the situation confidentially with your local Family Service Agency. Staff specialists there will help you plan a deliverance program that takes due protective account of the mother's escapist temperament and her children's plight in her custody. M. H.

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

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Formality Takes Back Seat On Raft

An exciting eight-mile raft ride down the Rio Grande river during the day, and a romantic beach picnic at night enlivened Princess Margaret's last full day in Jamaica. The next, she embarked on the royal yacht Britannia for Nassau, Bahamas, her last port of call in her tour of the West Indies before returning to England. Prepared for one of the most interesting experiences of her month-long tour, the young Princess wore a green blouse and a flaring patterned skirt. She carried —but did not wear—a big straw hat and sunglasses. Lady Hugh Foot, wife of the governor, was Margaret's companion on the trip.

Dress Designers To Boost Ballet Guild

MONTREAL, (CP) — Canadian dress designers will give a boost to ballet at a fashion show here March 16.

The show will be sponosored by the Montreal branch of the National Ballet Guild of Canada and dresses will be provided by the Association of Canadian Couturiers.

The guild, with members from coast to coast and branches in Toronto and London, Ont., helps to provide financial support of the National Ballet Company of Canada.

Raoul-Jean Foure, president of the couturiers association, believes both organizations will benefit from the show, the first public display by the couturiers.

The couturiers, organized less than a year, have already staged shows in Ottawa, Montreal and New York for store buyers and the press, but never open to the general public.

Garments from the New York collection will be modelled as well as new creations named and designed for ballet principals. Proceeds will be turned over to the National Ballet Company.

Wife Preservers

A good way to stopper a tube of glue or liquid cement is to use a small nail for a plug. The adhesive will harden around the nail, but the nail may be removed easily.

Women's Meetings

BURTON W. I.

The February meeting of Burton W. I. was held Feb. 15 at the school. The meeting opened with the Ode followed by the collect in unison. Ten members answered roll call by displaying a home made Valentine. The treasurer read the financial report. Correspondence consisted of Institute News, Polio Post and Federated News.

It was agreed that we purchase a drinking fountain for the school. Sick committee reported visiting the sick and purchasing treats. Two thank you notes were read from residents who had received sympathy cards from the Institute. Mrs. Wilfred Dalton thanked the members for a treat received from the Institute. School committee reported the Science Kit was purchased, also other articles that were needed, Mrs. Harold Howard and Mrs. Clifford Collicutt, reported boxes of bedding and clothing was delivered to Mr. Claude Collicutt, whose home and belongings were destroyed by fire.

New committee appointed: Sick, Mrs. Elmer Cooke, Mrs. Peter Dalton; school, Mrs. Melvin MacGregor; lunch, Mrs. Eva Dalton, Mrs. Melvin MacGregor, Mrs. Henry Dalton, Mrs. Lance Dalton; entertainment, Mrs. Lance Dalton.

March meeting will be held at the home of Mrs. Eva Dalton and roll call will be an Irish joke. Entertainment consisted of a scramble word contest and was won by Mrs. Elmer Cooke. A dainty lunch was served. Meeting adjourned with the Queen.

MEADOW BANK W. I.

Mrs. Robert Jewell was hostess to the Meadow Bank W. I., when they held their meeting at her home on February 7th. "A cup of tea we remembered best" was the roll call. Nine members were present; one new member joined.

A get-well card was sent to a sick member.

The school committee gave their reports and bills were ordered paid.

The secretary read the minutes of the last meeting and correspondence was discussed.

The concert was discussed and advertising ordered. The sale of candy was agreed on for the intermission.

A deceased member was acknowledged with a spray of flowers.

A letter from Mr. Lawson Drake in Zomba was read by Mrs. Chas. Hyde our president and was of interest to all.

A card party was agreed on during the month, at the home of Mrs. Elmer Clow.

Mrs. Fred and Mrs. Elmer Hyde invited the members to their home for the March meeting; lunch committee, Mrs. Sterling Clow and Mrs. Harvey MacLean; collection 65c.

The meeting closed by singing the Queen, after which a dainty lunch was served.

A Valentine contest was contributed by Mrs. L. H. Drake who was unable to attend owing to illness. This was enjoyed by all.

LONG RIVER W. I.

The February meeting of Long River Women's Institute was held at the home of Mrs. Eustace Paynter. Twenty members responded to roll call with a Valentine. The president, Mrs. Francis Paynter presided and meeting opened with the singing of the Ode followed by Creed in unison.

Reports of committees given and new ones appointed as follows: School, Mrs. Murdoch MacLeod, Mrs. Elmer MacLeod, Mrs. W. B. Doughaih and Mrs. Oliver Paynter; Sick, Mrs. Francis Paynter, Mrs. Ralph Johnstone and Mrs. W. J. Profitt; Lunch, Miss Mae Found, Mrs. Arthur Johnstone, Mrs. W. E. Johnstone and Mrs. Oliver Paynter, to make a cake for the month.

The treasurer gave her report for month, $6.00 paid out for hall rent. Money that came in $33.15 from entertainment committee. New entertainment committee, Mrs. Edwin Bernard, Mrs. James Bernard and Mrs. May Brown.

Correspondence read: one thank you note for fruit sent; letter from Red Cross, a house to house canvass would be collected. Moved seconded that $10.00 be sent to March of Dimes. A letter of thanks from Greek Relief for knitted squares sent, and a letter from Miss Robin about old costumes for the one hundredth celebration in fashion show.

The secretary was asked to write a letter that Arts and Crafts to be still carried on radio on Saturday mornings. Miss Mae Found invited the Institute for March. Roll call an Irish joke. Meeting closed with the Queen after which a social evening followed, twenty members and twenty visitors being present. Program consisted of two contests, one Valentine feature. Readings, step-dancing and music by Mr. Alvin Bernard and Mrs. Ralph Johnstone. An Auction sale followed bringing in $31.55. After which lunch was served and a nice social evening came to an end.

NEW LONDON W. I.

The New London W. I. met on Feb. 8, at the home of Mrs. George Cole. Meeting opened by singing Clementine. The creed was repeated in unison; 14 members answered roll call with a home made Valentine. Minutes of last meeting were read and approved. Correspondence was read and discussed. It was decided to send $5.00 to March of Dimes, a letter from Red Cross was read and collectors to canvas the district, Mrs. Leigh McEwen, Mrs. Nelson Roberts, Mrs. Oliver Bernard and Miss Elva McAllister.

Report of committees: sick reported two calls made; and school, nothing needed. New school committee is Mrs. Ellis Burgoyne and Mrs. James E. Cole, for next two months.

It was also decided to have woollens ready by next meeting to send for blankets to Fairfields. Program.

Then followed a paper on Alberta; a spelling match using the vowels; and a trip to New York by Mrs. Eric McEwen and Mrs. Don McEwen.

Next meeting is at home of Mrs. Harold Mayhew; roll call to be answered with an Irish joke. Collection was $2.10; meeting closed with the Queen. Lunch was served by hostess and committee in charge.

ELLEN'S DIARY

by an Island Farmer's Wife

So March came—month of change: of blustery snowfall and gentle shower; of dour gray days and those, sapphire-skied and sun-lit, pleasant to have and remember. Month when Winter's steely bands are broken asunder and Spring comes in to reign over the farmlands.

* * *

Homing from school as the month wanes, children will gather willow-catkin treasure from the roadsides, in first bouquets of the year, holding the soft furry gray against young cheeks above which will shine pleased eyes . . . And in the mornings presently with the sun looking out rapidly from above the eastern hills shall we not keep ears alert to catch the first robin's chirp?

"But it's not Spring yet, Ellen —March can be pretty winterish remember," James said at supper. "Still it's a month I like. If storms do come up suddenly something, there's no last to them. The days lengthen . . . the evenings are nice. It's always a busy time with young stock arriving. Yes, we'll have plenty to do—and besides we have the wood to split. That's something that must be done, before the month slips away."

Supper came in the sunset, when the lovely shades of the afterglow were reflected brightly in the gable-window of the mill and the hush of the evening was spreading about. It brought a convenient break in the farmers' choring. Now the cleaning was over, hay and bedding—straw down from the lofts, some of the feeding done in the piggeries. After supper—"With the lights it's as easy to work after night as by day" James says—would see the last of it, though naturally this season keeps the farmers "on call" during the hours of the night.

"Could a farmer confine himself, if he wished, to a given number of work hours—say, from 6 to 6, which would allow a fairly good day?" the question came up not long ago when a number of farmers chatted in this kitchen.

"I don't believe it would work out at all, would it James?" a youngish but much experienced farmer queried soberly. "No, for the life of me, I don't see how it could . . . take in the haying season . . ."

"Take in any season!" James offered. "When a farmer commences to talk about his hours, it's time for him to quit the occupation altogether! Because there is no limit to the time he must give to it. What sort of planning," he smiled, "would assure him of daytime births among his livestock? No, if a farmer is interested in his work he has to be on call all the time or else see to it that he has left a pretty good man in his place. Stop work at 6 in the evening, not to go near the barns till 6 the next morning ? . . . to find what? A choice animal dead it might be, or past saving. A few experiences like that would soon end the farming, I'm thinking. He would not have to worry then over his hours, at any rate not on his own farm!"

At Alderlea there was no mention of hours of work today—nor of the work itself, for was it not as always preferred labor?

* * *

And now? "I brought this magazine from the House across the Lane, Ellen" James smiles coming in last chorings over. "Granddaughter's coming. We thought you would read us our story."

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

MORNING SMILE

Axle—They kicked him out of school for cheating.

Taxle—That's tough. How come?

Axle—They caught him counting his ribs in a physiology exam.

Bringing Up Baby

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

A question frequently asked by first-time mothers: "Why is it necessary for baby to have more than milk during the first few months?"

* * *

Answer dept. While milk is the best-known, almost complete food, it does not supply enough blood-building iron, vitamin C (for healthy gums and tissues) and vitamin D (for strong bones and teeth). Hence, orange juice is added for vitamin C; fish-oils for vitamin D; enriched cereals for iron, calcium and B-vitamins.

* * *

Taste-ful tip. Gerber's Strained Egg Yolks have a delicate, fresh-egg flavor that's especially appealing to baby's wakening taste buds. Add to this, appealing, sunny color . . . a smooth, custard-like consistency, and you've a specialty made to order for a royal heir's taste. Rich in vitamin A and blood-building iron, Gerber's Egg Yolks are completely heat-sterilized for baby's protection.

* * *

Protective agent. A budget-minded mother tells me that a plastic tablecloth, or regular sheet plastic, makes a good, inexpensive mattress cover for baby's crib. Waterproof, odorless, easy to clean.

* * *

5 in 1 for a solid start. When baby's ready for solid food—usually cereal at first—you'll find Gerber's Cereals helpful for that first try with textured food. A selection from Rice, Barley, Oatmeal, Wheat and mixed cereal, make it ever so easy to offer baby variety. All are enriched with the supplementary iron, calcium and B-vitamins baby needs shortly after birth. All are pre-cooked and ready to serve. Simply add milk, formula or other liquids. Result: a smooth, good-feeling texture—bland, but distinctive flavors. Gerber-Ogilvie Baby Foods Ltd., Niagara Falls, Canada.

Lady in Red

This timely tailored two-piece dress is perfect for resort and spring wear and looks lovely on its own or under a coat.

Made of shirred silk organza the frock has the new long line that is so popular this season. The top is designed like a cardigan with a red binding down the front, around the neck and on the short little sleeves. Tiny pearl buttons form the closing and the skirt is slim.

Cook's Corner

RAINBOW ICING

Dissolve ⅓ package (3½ tablespoons) any flavor jelly powder in ⅓ cup very hot water in top of double boiler. Add 1¼ cups sugar, dash of salt, and 2 unbeaten egg whites; beat about 1 minute, or until thoroughly mixed. Then place over rapidly boiling water and beat constantly with rotary egg beater (or at high speed of electric beater) 7 minutes, or until frosting will stand up in peaks. Transfer frosting at once to a bowl and beat about 1 minute, or until thick enough to spread.

Household Hint

Steam from tea kettle or bath tub will return the depth of nap to velvet, suede or felt.

For Colds use lemon and soda

Put the juice of one lemon in a half glass of water and add ½ teaspoon bicarbonate of soda (baking soda). Take this excellent neutralizer several times a day to help reduce acidity and relieve discomfort.

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Pattern 4688: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3⅝ yards 35-inch.

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