

# WOMEN

Page 10 The Guardian Thursday, January 13, 1955

LET'S EAT

## Typical Sunday Dinner Served by Church Women

By IDA BAILEY ALLEN

At a recent luncheon given by United Church Women in cooperation with the United Nations in the Waldorf-Astoria ballroom, the women delegates to the ninth General Assembly of the United Nations were honor guests.

### The World, a Neighborhood

Over one thousand women were present, most of them connected with the work of the Council of Churches in the Greater Metropolitan area. The impression that has recurred again and again in my mind was to the effect that "the world has become a neighborhood, but not a brotherhood."

What to do personally to help this situation was the general topic of conversation among the guests at the table where I sat.

"We must begin in our own home," said one woman, "keep it peaceful and brotherly. Let's cooperate more and criticize less."

### Teach the Children

"Our children can be taught to quarrel less and share more," remarked a young mother.

### Less Gossip

"We can gossip less and converse more, gripe less and smile more," added a club woman.

The luncheon menu was simple, but elegant in the true sense of the word. Here it is, suitable for a Sunday or company dinner.

Recipes are proportioned to serve 4 to 6.

### SUNDAY DINNER

Grapefruit Sections  
Chicken Breasts  
With Brown Glaze  
Green Peas  
Ice Cream Loaf  
Coffee Tea Milk

Chicken Breasts with Brown Glaze: Buy 3 good-sized chicken breasts, and cut in halves to make 6 portions.

In a wide saucpan, spread a layer of 1 c. chopped celery stalks and leaves, 1/2 c. chopped onion, and 1/4 tsp. pickling spice. Place the chicken breasts on this. Add 2 c. boiling water or enough to half cover, 1 tsp. salt, 1/2 tsp. monosodium glutamate and 1/4 tsp. white pepper.

Cover and simmer 45 min., or until fork-tender. Remove the chicken. Strain the broth. Add 1/2 tsp. beef extract and boil uncovered until reduced to 1/2 c.

Add the chicken. Turn to reheat and coat evenly, and serve with the remaining glaze poured over. Garnish with cross.

Potato Croquettes: Beat together 3 c. hot, smooth mashed potatoes, 2 tbs. butter or margarine, 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. celery salt, a few grains cayenne, 1/2 tsp. scraped onion juice, 1 egg yolk and 1 tsp. minced parsley.

When almost cool, shape into balls containing 1 generous tablespoon each. Dust with flour. Then roll in 1 slightly beaten egg mixed with 1/4 c. milk. Coat with fine dry bread crumbs. Let stand 10 min. to firm on the coating.

Fry in deep fat at 375 degrees F. or hot enough to brown a cube of bread in 1 min. Drain on crumpled paper towels.

**Ice Cream Loaf:** Order 1 qt. carton vanilla-flavored ice cream, or use 2 pt. cartons. Unmold on a platter. Decorate with swirls of sweetened heavy cream whipped stiffened with 1/4 c. pureed thawed-frozen strawberries to color a delicate pink. For chic touch, stick thin diamond-shaped sweet chocolate wafers into the top center and at 2-inch intervals near the base.

Serve sliced; spoon over almost-thawed frozen strawberries.

**Drawn Butter Sauce:** "Madame, you have 'sold' me on the use of a simple butter sauce your mother used to make," the Chef remarked. "It is less rich than sauce au beurre, which contains many calories, because it contains only 1/2 c. butter to 1 c. boiling water. With a little thickening and plenty of seasoning, it is pleasantly rich in taste; perfect with baked or broiled fish, or with cooked asparagus, carrots, sliced beets, diced turnips or salsify."

### TOMORROW'S DINNER

Hors d'Oeuvre Salad Bowl  
Baked Stuffed Cod or Bass  
Drawn Butter  
Buttered Diced Turnip  
Deep Peach Pie Hard Sauce  
Coffee Tea Milk

Hors d'Oeuvre Salad Bowl: Into a large salad bowl, put 6 c. iceberg lettuce cut in bite-sized pieces, 1 c. thin-sliced celery, 2 sliced pimientos, a 1/2 sliced green pepper, 3 thin-sliced scallions, 1 tsp. salt, 1/2 tsp. monosodium glutamate, 1/4 tsp. curry powder, 1 raw egg and 1/2 c. olive (or salad) oil.

Toss and mix until the ingredients are coated; then add 2 1/2 tbs. lemon juice, tossing it in.

### TRICK OF THE CHEF

Add a few drops of almond flavoring when making deep peach pie.

### MORNING SMILE

After a strenuous day's shopping in town, Mr. and Mrs. Smith returned home in the moonlight.

"Oh, darling!" exclaimed Mrs. Smith. "What a lovely moon!"

"Yes," replied her husband absent-mindedly. "How much is it?"

### COFFEE CUSTARD

2/3 c. sweetened condensed milk  
1 1/2 c. hot water  
1 c. hot black coffee  
3 eggs, slightly beaten  
1/2 tsp. salt, nutmeg

1. Mix sweetened condensed milk, hot water and coffee, add salt.

2. Pour gradually over eggs. Add salt.

3. Pour into greased baking dish or custard cups.

4. Sprinkle with nutmeg.

5. Place in pan filled with hot water to depth of custard.

6. Bake in slow oven (325 deg.) about 1 hour or until custard is set. (A knife blade inserted will come out clean when custard is done).

Cook green vegetables quickly for best quality. Use a cover on the pan to speed cooking, and cook until the vegetable is just tender and still slightly crisp. Long cooking makes the vegetables limp, and changes color and flavor.

### Wife Preservers

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## Editor - Playwright Wed

Mr. and Mrs. Joseph Schull prepare to cut their wedding cake after being married at St. Patrick's Roman Catholic Church. He is a well-known radio and television playwright and his bride, the former Helen Gougeon, women's editor of Weekend Magazine.—(CP Photo).

## ELLEN'S DIARY

by an Island Farmer's Wife

Warm winter fires.

"Better watch those stove-drafts, Ellen!" James said today when a wind entering the chimney trafficked with the flames in the kitchen stove. "Even if we have just cleaned the flue and pipes, one never knows—they might catch! And that's something I don't like to see, at any time, and certainly not when there is a high wind about. This is a bad season for fires. Folks should take every precaution they can against them."

"Fires have already taken a high toll from the new year—homes destroyed and barns, grown-ups and children . . . we offered."

"Dead before they've really had a chance to live!" James nodded.

"Poor little things. It's sorrowful to think of it. In many cases, Ellen, it seems as though the parents, one or the other or both, had been careless. They leave them alone just for a few minutes' fires burning, matches within reach . . . And too often it's a sad sight they come back to."

"In winter, children should not be left alone. And" we said "it's not the best thing either, particularly on those farms at a distance from neighbours to leave children and mother alone. What could she do if she saw the house-roof on fire?"

Good too, we find those days when there is crystal of raindrops jewelling the panes; when as today the skies are wearing a habit of gray and the miser-sun hoards his gold against the loveliness of the springlike ahead. Then indoors there is to be found the added enchantment and comfort of the

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MARY HAWORTH'S MAIL

## Forgives Husband For Affair Then Wonders If He Loves Her

DEAR MARY HAWORTH: After 27 years' happy marriage, my husband told me some months ago that for two years he had been going with one of the girls in his department. Truthfully, I was surprised. He had been just as sweet and devoted as ever, aside from so many business obligations. I had been a bit skeptical, but never thought he would stoop to this.

In telling me, he said he was uncertain which of us he loved better. I listened calmly, but couldn't think coherently and waited until next day to discuss it further. By then Wayne was remorseful, grieved and so ashamed. He said it was me he loved, and always had loved, and wanted more than anything on earth. He said he had been a fool, flattered by the fact that he appealed to a girl in her late twenties. He is 49 and very good looking.

Of course he made all kinds of promises if I would just stay with him; and I accepted all this, but I wonder if I was wise to do so? It was instilled in me always to avoid divorce, and I do love my husband, and our home life has been exceptionally good, considering everything. But the question eternally before me is—"Does he love me? Can he possibly love me after such a rotten deal?"

Nobody knows of the affair, it seems. Had it been otherwise, I couldn't have endured it, I know. Wayne swears it wasn't adultery, which strangely enough isn't the most important thing to me. The gross deceit and disloyalty seems the greater injury by far. My anxiety and sense of disillusionment are almost insupportable at times.

It is terrible to be unable to discuss it with anyone and get an unbiased opinion. What do you think?—that I am a fool, no doubt. I agree.

## Innate Wisdom Was Displayed

Dear L. P.: All things considered, your response to the crisis has been utterly praiseworthy. When the news broke, you listened and held your tongue, wisely waiting until you could think straight, and talk sense, and control panic. Your very silence, and the brave struggle for objectivity behind it, formed the most effective possible answer to your husband's confession, at the time.

By your silence you helped him to see his misconduct through your eyes, as you never could have done with words, which he would have been combatting with other words, defensively. It isn't surprising that he had undergone a complete revulsion towards his amour by morning—having wrestled all night with the whole-some implications of your consternated quiet.

His urgent insistence on healing the breach, and on wanting your allegiance more than anything in life, meant that he had rediscovered your worth to him; and that he realized, to the depths, his dependency upon your kind of womanliness, to redeem his mistakes.

## Her Attitude 'Steadies Man'

Now you ask: "Can he possibly love me after such a rotten deal?" In all probability he loves you more than ever, and has more confidence in his ability to be true, since you proved your capacity to really accept his "for better, for worse." Because you yourself met the test of married love in an exemplary way. This you did when you decided to rise above the affair and cancel it out and go on as before, in love with each other and enjoying your partnership.

From what you say, it is a good marriage, despite the transient triangle. To understand the nature of Wayne's folly, you might read "The Revolt of the Middle Age Man," by Dr. Edmund Bergler (A. A. Wyn publishers). Using

## HOUSEHOLD HINT

Your carving set deserves special care when you are washing dishes after a large dinner. Do not let it soak; keep it separate. Wash and dry it quickly and thoroughly in hot water immediately after the meal. If you do this, the handles will last forever, instead of coming loose.

"She could at least get the children to safety!" James commented. "But that's what I always say—look out for every fire hazard about. The time to stop a fire is before it starts! And besides, every farm should have an extension-ladder, extinguishers, if there isn't plenty water available, and . . ."

"And an axe handy!" we said. "Where are they now?" we chuckled remembering what elusive tools these mostly are. James smiled.

"They're—or at least there's a pair of them in the porch. I brought them in to give them a bit of a 'touch up' before we go back to the wood-cutting."

It is to a meeting of the W. I. we go presently—James trig in tweed cap and brown "station wagon" coat, we in one of fur, his gift of younger years. Snug in the box-sleigh we shall be, drawn by the brown mare. Above will be the quiet gray of a mild starless night and all about the chaotic white of a January countryside.

Until tomorrow . . . — Diary

— Good-night . . . .

(Continued on page 11)

## Clothes - Washing Tips

By ELEANOR ROSS

With all the wonderful equipment available, the weekly wash-day seems to be on its way out, and any day is washday. Here are a few tips to follow:

### Remove Pads

Always remove shoulder pads when wetting a garment, so you won't have to struggle with lumpy pads when they're dry. Close all slide and other fasteners and buttons, cardigans, sweaters and jackets to help preserve their shape. Turn collars up and cuffs down. This lets the suds go to work on soiled creases.

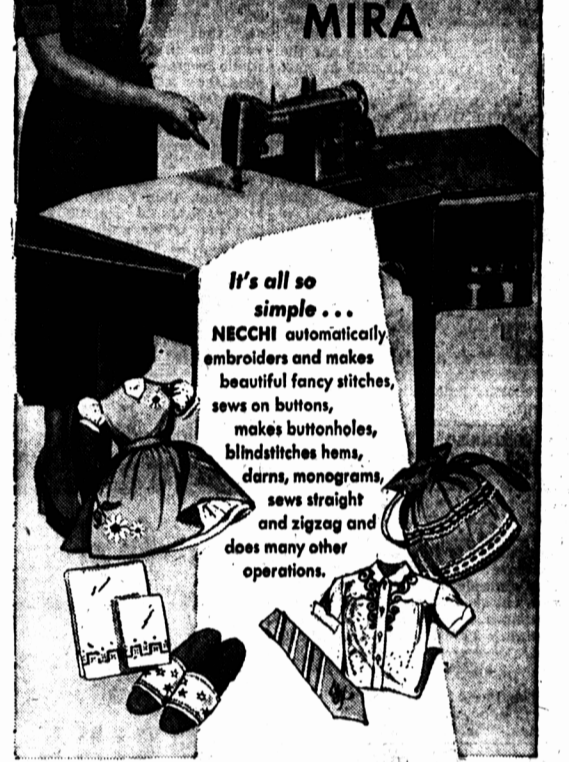
For the same reason, straighten those balled-up socks that fill the hamper.

When washing comforters or quilts, use an extra amount of soap-suds, for the padding absorbs much more than a flat fabric does. Incidentally, this generous use of suds holds good for woollens, too.

One washing with extra rich suds does the work of two skimpy ones. And time and labor are saved thereby.

When it's pillow-washing time, remember that the ticking is very closely woven to keep in the feathers, which means it can also keep those cleansing suds and rinses from penetrating as easily as they should. So transfer feathers to a main bag or pillow slip for quick and thorough washing, either by hand or machine, and wash the ticking separately. If you take the time to put slide fasteners along one short end of the ticking case, you'll bless the day you did.

If you launder bedspreads in the wash-tub, rather than in a washing machine, use a "plunger"—that familiar plumber's helper—to force the suds through. This saves not only one's back and arms, but also precious time, and it gets the spread cleaner.



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