

WOMEN

Page 10 The Guardian Monday, Nov. 22, 1954
LET'S EAT

A Popular Pudding With Men For Dessert

By IDA BAILEY ALLEN

"Last evening Madame," began the Chef, "at dinner in one of New York's popular restaurants, I took my time, and observed what the customers were ordering. For dessert, six men sitting within my view ordered steamed pudding. Not a rich fruit pudding, Madame, as served on Christmas, but a steamed honey pudding with orange honey sauce."

Former Home Favorite

"The kind that was popular in the home cuisine up to a few years ago, Chef. They are not often served now at home, probably because many of the younger homemakers don't know how to steam them. They have either tried to do this in a double boiler, which is an unsatisfactory method, or else they think they must use a regulation steamer and don't own one."

How to Steam

To Steam Puddings: In a good-sized kettle, put several folds of newspaper. Set the filled pudding mold on this to raise it from the bottom. Pour in boiling water to 2 3/4 the depth of the mold. Cover closely. Bring to boiling point and boil slowly and steadily for the designated time.

Note: A pressure-cooker (covered, but with no pressure on) is also an efficient utensil to use in steaming puddings.

TOMORROW'S DINNER

Tomato Bouillon
Chopped Beef Croquettes
Creamed Whole Potatoes
Snap Beans

KEEP IN TRIM

Morale Boosting Suggestions From Other Dieters

By Ida Jean Kain

"I was in very bad shape with an arthritic condition. The doctor explained that I was aggravating two awfully bad knees by carrying almost 300 pounds with each step. Well, I am happy to say I am feeling 100% better. All who know me say I look so much younger, not nearly my age, which is 59. I get around every day and still feel fit at the end of the day. I never felt weak or ailing while dieting for 1 1/2 years. I don't advise anyone to keep unhealthy flesh, for it slows you down and makes you miserable.

"I now wear clothing 11 sizes smaller, which alone is something to be happy about. This letter is just to say a sincere thank you for your daily column. . . thought you would like to learn of further good work you are doing."

I know from the letters that reports such as this give encouragement to struggling dieters. Also, they are enormously heartening to this dietitian.

Many of you ask if appetite curbers and reducing medications make reducing easier. Sometimes they help an overweight to start reducing. However, from the majority of letters, it appears that when you reduce with a "crutch" of this kind and depend on it, the results are always temporary. When you make up your mind to reduce, you must eat to food habits, and learn to eat for normal weight — you do it for keeps! That's a real triumph.

Household Hint

To get the most help from the electric iron, push it with the heel of the hand and pull back lightly with the fingers under the handle. Gripping the iron tightly and "riding" extra weight on it are tiring and unnecessary.



Alice Brooks Designs

TOASTER-PROTECTOR
She protects your toaster — brightens your kitchen! Everyone is sure to fall in love with her on sight. Make her of scraps — the greyer the prettier!
Bazaar money-maker! Pattern 7332; embroidery transfer, pattern pieces for Toy Teardrop Doll.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks Designs, c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.
Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalogue — 82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

AEROWAX SAVES RE-WAXING!
The SHINE COMES BACK AGAIN and AGAIN WITH EASY BUFFING!
Cuts 22¢ a Pint!
FLOOR WAX 43¢ a Pint

Rabies Still Threat at This Time Of Year

RABIES is not, as many persons believe, a seasonal hazard. While it is usually more prevalent during the summer, rabid dogs and other animals still roam freely and are just as dangerous in November and December as in June.

Hence, some instructions may be in order at this time as to what to do in the event of a dog bite.

Wash the Wound
First, wash the wound thoroughly for about fifteen minutes. Use plenty of soap and running water. This will remove much of the animal's saliva and lessen the chance of infection.

Next, take the victim to a physician. He will probably wash the wound with green soap and water, then with a solution of an antiseptic such as one of the quaternary ammonium compounds.

Vaccine Treatment
I would suggest anti-rabies vaccine treatment be started immediately, if the animal is believed or known to have been rabid. The virus reaches the brain through the nerves; thus, the closer the bite to the brain, the quicker symptoms of rabies will appear.

On the average, it takes about eight to ten days before symptoms are noticed. However, the time may vary from ten days to several months.

Of course the animal must be apprehended, if at all possible, and kept under observation for fifteen days. If, during this time, it shows a marked change in behavior, has a tendency to hide, a stumbling gait and begins to develop signs of paralysis, usually in the lower jaw, it is a good bet the animal is rabid.

It has been estimated by various sources that the chances of getting rabies from a dog bite are from one in 1,200 to one in 2,100, if the dog is rabid.

Rabies Always Fatal
Despite these odds, you must take all necessary precautions. The odds against a person surviving rabies without anti-rabies treatment are even greater. No one has ever done it.

What medical science is doing to combat this menace to you and your children will be discussed in tomorrow's column.

QUESTION AND ANSWER
A. A.: For the past few months, I have been bothered by spots and snake-like flimsy things floating through my eyes. Can you tell me if this condition can be cured, and what causes it?

Answer: Spots before the eyes is a symptom that appears in several diseases. It may be due to conjunctivitis, a defect in the vision, to high blood pressure, or to migraine.

MARY HAWORTH'S MAIL Husband Grim Since Birth Of Third Child

DEAR MARY HAWORTH: My husband is a good provider and I know he loves me very much. He says he couldn't live without me, yet he must know he will kill my love or drive me away unless he straightens out. If I don't put his mail in the same spot daily, if I forget or mislay a letter, he throws a fit and says I care for him only as a source of income. This is untrue. I love him with all my heart.

We have three children — ages 6 and 4 years, and 14 months respectively. My trouble with Jim really began about three months after the baby came. Always before he was so gentle and gay and joked about things that infuriate him now.

I am a good mother and housekeeper, and the children's welfare is my first concern. But Jim is critical with a superior air, and if one of the children catches cold, he promptly blames me. Also he tells the older children they are dumb or crazy like their mother, if they can't put on their socks, count numbers correctly, etc.

Does He Regret Having Married?
He supervises the children very sternly, in a hard cruel manner; and lately he curses very badly; foul language unfit for their ears — and he never seems sorry or ashamed. If I protest, he snaps "Shut up!"

(Continued from page 13)

Autumn Wedding at Long Creek



The marriage took place on November 2 of Miss Gloria Emeline Burdette to Mr. Daniel Floyd Stretch. They are shown above with their wedding attendants following the ceremony. From left to right are: Mr. Cecil MacKenzie, usher; Mr. Russell McQuarrie, best man; Mr. and Mrs. Floyd Stretch, the groom and bride; Miss Viola Munn, bridesmaid; Mr. Ivor Burdette, usher. — (Photo by Meyers).

An interesting autumn wedding took place in Long Creek United Baptist Church on November 2, at 2:30 p.m., when Rev. Owen Cochran, B.A., B.D., united in marriage Gloria Emeline, youngest daughter of Mr. Thomas E. Burdette and the late Mrs. Burdette, Fairview and Daniel Floyd, son of Mr. and Mrs. Frederick W. Stretch, St. Catharines.

Bouquets of mixed flowers and potted plants formed the setting for the ceremony.

The wedding music was played by Mrs. H. T. Currie and during the signing of the register, Mrs. John Currie, sister of the groom, sang, "I'll Walk Beside You."

The bride, who was given in marriage by her father, wore a gown of ivory nylon tulle over

slipper satin, which was fashioned with long pointed sleeves and fitted bodice of Chantilly lace displaying portrait neckline encrusted with seed pearls and rhinestones. Her fingertip veil of bridal illusion was held in place by a coronet of orange blossoms and lily-of-the-valley. She wore a pearl necklace, gift of the groom, and carried a bouquet of American Beauty roses.

The bride was attended by Miss Viola Munn as bridesmaid, who wore a floor-length gown of blue nylon tulle over taffeta with matching headress and mitts and carried a nosegay of pink and white carnations.

Mr. Russel MacQuarrie was best man and the ushers were Mr. Ivor Burdette brother of the bride and Following the ceremony a recep-

tion was held at the home of the groom's parents for approximately 80 guests.

The bride's table was centered with a three-tier wedding cake topped with a miniature bride and groom and flanked by tall tapers and candelabra. A toast to the bride and groom was proposed by Rev. Owen Cochran and responded to by the groom.

Miss Marion Stretch was in charge of the guest book.

For travelling the bride wore a grey wool gaberdine suit with black accessories and a corsage of Sweetheart roses.

Mr. and Mrs. Stretch left by plane the following morning for Toronto on an extended honeymoon. On their return they will reside in St. Catharines.

ELLEN'S DIARY

by an Island Farmer's Wife

A first day of a new workday week! Sealed up forever is that one just past; toward this one our fondest hopes turn with much expectancy. What will it bring? Dreams realized or further deferred? Shall we in it, we wonder find our rainbow's end? Or having reached that spot of hill-top where one extremity of the colorful span rests, learn that its spot of gold does not lie there. It must be over that next rise, or beyond.

Will our ship come in? Dropping glittering sails, casting anchor in some fairy cove . . . for us idling wistfully in some depth of the miststream? With what cargo would we have it laden? Pieces of gold? To purchase what? To take us whither? There is no coin that can buy the delights we now enjoy, there is no place we could go, is there? where we should not remember with much longing, the familiar round of farming that is ours on these Island farms, and the dear hills of home.

This morning gave to our farmers, favorable hours in which to gather the last of the turnips from the field. How good it was to have that and every crop at last under cover, safe from winter's icy clutches!

"And now, well sit here by the fire and smoke our cigars," our helper commented to James after dinner with an infectious chuckle. "We've done well at the work and earned both the rest and the smoke. All your crops are saved now and the livestock are snug and warm in the barns. What more could a farmer want than that?"

"We may take time to light them and take a puff or two, just to get the taste of them," James laughed back, "but what farmer could rest this day of the year, knowing that no sod of his plowing had been turned?"

This then was the first afternoon of the plowing, when new shares and older were tried out and as it

Morning Smile

A small boy's head bobbed up over the garden wall and a meek little voice said: "Please, Mrs. Jones, may I have my arrow?" "Certainly," replied Mrs. Jones. "Where is it?" "I think it's stuck in your cat," replied the boy.

new the bait in an off-side trap. "Remember the frogs!" Gage laughed. "Down here then you couldn't hear your ears" for the noise of them! And it won't be too long before we hear them again," he nodded. "Winter'll be here and gone before we know it."

Meanwhile November, month of pale brittle sunshine, of mixed showers and frosts . . . and warm heart-fires, spends fast her days. Until tomorrow . . . Diary . . . Good-night . . .

Jok's Corner

Wife Preservers

If you're looking for a really delicious supper dish that you can make when unexpected guests drop in, then you'll be pleased with our recipe from Bonshaw W. I. All the ingredients used are items that you would normally have on your pantry shelves.

BAKED CHICKEN PUFF

1 can cream of mushroom soup
1/2 cup of milk
1 cup cubed cooked chicken
2 cups cooked green beans
4 eggs (separated)
1/4 cup grated cheddar cheese.

Combine soup and milk in a 1 1/2 quart casserole. Add chicken and beans. Bake at 375 degrees F. for 10 minutes. Meanwhile, beat egg yolks and add grated cheese; beat egg whites and fold into egg cheese mixture. Pile fluffy egg topping over chicken; continue baking for 30 minutes. Makes six servings.

—Mrs. Stephen MacLeod, Bonshaw W. I.

Bad Colds Are Hard To Avoid.

Now — more than ever — you need this medication that does more than work on chest!

With miserable colds all around, this is no time for untried treatments. Use the home-proved medication that does so much more than just work on the chest — Vicks VapoRub.

When a chest cold strikes, you need relief deep in the cold-irritated large breathing passages. And one reliable way to get this relief is to use Vicks VapoRub. Because VapoRub acts two ways at once:

1. VapoRub relieves muscular soreness and tightness, stimulates chest surfaces.
2. At the same time, VapoRub's special medicated vapors also bring relief with every breath.

You can't see these vapors, but you can feel them . . . feel them as they travel deep into the nose, throat and large bronchial tubes! The congestion starts breaking up. Coughing eases. Soon you enjoy warming relief that lasts for hours.

So when a bad cold strikes, insist on this medication that does more than just work on the chest to bring relief. Rub on relief . . . breathe in relief with Vicks VapoRub!

WORKS GREAT IN STEAM, TOO

For most effective relief from croupy coughs, that congested feeling . . . use Vicks VapoRub in steam, as directed in package. You'll get such fast, direct relief!

Made By World-Leading Colds Specialists **VICKS VAPORUB**

FOR CAT'S SAKE! AND KITTENS TOO — FEED

Puss 'n Boots

Made from Fresh Whole Fish!

Puss 'n Boots is made from fresh whole fish and select cereals pressure-cooked in the can. It supplies the proteins, minerals, vitamins and carbohydrates found in salmon, beef, liver, milk and food from the table . . . including vital Vitamin D . . . conveniently and at thrifty cost.

Puss 'n Boots is especially prepared for cats and kittens, and is endorsed by Good Housekeeping Institute.

A-BRIDAL OUTFIT . . . \$1.98 B-SLEEPING OUTFIT . . . \$1.49 C-DRESS-UP OUTFIT . . . \$.89 D-SPORTS OUTFIT . . . \$1.69 E-RAIN OUTFIT . . . \$1.69

WASH IT COMB IT CURL IT

THE WORLD'S BEST DRESSED DOLL 10 COMPLETE OUTFITS

JANIE the walking doll

DRESS HER - WALK HER - TURNS HEAD WHEN WALKING

ARMS MOVE

JANIE'S AN EXCITING, WONDERFUL DOLL THAT ACTUALLY WALKS! She'll keep your favourite little girl enthralled for hours on end. Made like a big, expensive doll, Janie's arms, legs, head move . . . her eyes open and close . . . have real eyelashes. Her shining Saran hair can be washed, combed, curled. AND SHE'S MADE OF UNBREAKABLE PLASTIC for hours of sturdy play. Never before such value at only \$1.49!

10 EXCITING CUSTOM MADE OUTFITS TO CHOOSE

Hurry! Order your Janie now and order any of her 10 exquisite outfits. Perfect in each tiny detail, custom-made for Janie of hard-wearing materials with finished seams. Special extras include miniature dress hangers, real lace and braid trim, stoles, purse, socks, shoes. Everything a well-dressed doll could wish for.

ONLY 1.49 (doll only)

MAIL THIS COUPON TODAY! NO RISK — MONEY REFUNDED BY RETURN MAIL IF NOT DELIGHTED.

STRATTON MANUFACTURING CO., 47 Colborne St., Toronto, Ont. Dept. 20-62

Please rush me Janie Doll(s) at \$1.49 (doll only) and outfits as indicated below at prices as shown.

| | |
|--|--|
| ... A Bridal Outfit . . . @ . . . \$1.98 | ... B Sleeping Outfit . . . @ . . . \$1.49 |
| ... C Dress-up Outfit . . . @ . . . \$.89 | ... D Sports Outfit . . . @ . . . \$1.69 |
| ... E Rain Outfit . . . @ . . . \$1.69 | ... F Heidi Outfit . . . @ . . . \$1.69 |
| ... G Formal Outfit . . . @ . . . \$.98 | ... H Ballerina Outfit . . . @ . . . \$.89 |
| ... J Red Riding Hood . . . @ . . . \$1.29 | ... K Farmerette Outfit . . . @ . . . \$.69 |

I enclose cheque cash money order for \$
Please send C.O.D. I will pay postage.

NAME
ADDRESS
CITY PROVINCE
Please Print Clearly. Satisfaction Guaranteed or Money Back.

YOUR FAVOURITE LITTLE GIRL WILL HAVE STARS IN HER EYES WHEN SHE TAKES HER JANIE FOR A WALK IN ONE OF THESE WONDERFUL OUTFITS—DON'T DELAY—ORDER YOURS NOW!

| | |
|------------------------------------|--------------------------------------|
| A BRIDAL OUTFIT \$1.98 | F HEIDI OUTFIT \$1.69 |
| B SLEEPING OUTFIT \$1.49 | G FORMAL OUTFIT \$.98 |
| C DRESS-UP OUTFIT \$.89 | H BALLERINA OUTFIT \$.89 |
| D SPORTS OUTFIT \$1.69 | J RED RIDING HOOD \$1.29 |
| E RAIN OUTFIT \$1.69 | K FARMERETTE OUTFIT \$.69 |

STRATTON MFG CO. TORONTO, ONTARIO