

WOMEN

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LET'S EAT

Buffet Tea Suggestions For Your Women's Club

By BDA BAILEY ALLEN

RECENTLY the Chef and I attended an open house party given by a food organization in their new headquarters in White Plains, N. Y. The displays of foods shown at the party, prepared by the home economists in the Consumer Service Kitchens, were delightful. The Chef and I brought back recipes for two new ones we sampled. You'll find them in today's column.

SUNDAY DINNER

Tomato Cocktail
Roast Veal with Stuffing
Pan-Roast Potatoes
Mashed Summer Squash
Brown Derby Black Bottom Pie
Coffee Tea Milk

Brown Derby Black Bottom Pie: Bake a 9-in. pie crust shell. Meanwhile in a double boiler pot, mix 1 envelope unflavored gelatin, 1/2 c. sugar and 1/2 tsp. salt. Beat 1 egg slightly, add 1/2 c. milk. Stir into the gelatin mixture. Add 4 squares unsweetened cooking chocolate. Cook over boiling water until the chocolate melts; stir occasionally. Remove from the heat; beat with a rotary beater until smooth. Chill until beginning to thicken. Fold in 1 c. whipped evaporated milk and 1 tsp. vanilla.

Transfer to the baked pie shell and chill. Before serving, spread with a thin layer of sweetened whipped cream, or whipped topping. Decorate with long curls of semi-sweet chocolate made by running a vegetable slicer over the cake of chocolate.

Afternoon Buffet Tea

During the afternoon, hundreds of visitors enjoyed a buffet with tea and coffee, chocolate frosted cream puffs filled with a custard-like "no-cook" pudding, brownies, orange-

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Household Hint

Rusty water may often be eliminated by a device installed in the household water supply system. Although it may not always be possible for the homeowner to have an iron filter installed or to correct the plumbing that is causing the rusty water, the rust staining of laundry may often be controlled to some extent by soaps and synthetic detergents and packaged water softeners. These laundry supplies seem to hold back the iron and reduce its tendency to deposit on the fabric.

KEEP IN TRIM

What about between Meal Snacks?

By Ida Jean Kain

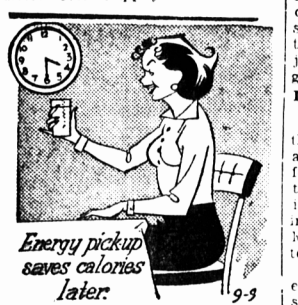
"I see that eating between meals is the authorized way to lose weight now," a friend remarked jubilantly referring to magazine articles which suggest three meals a day, plus snacks between. If you've been wondering about this, pull up a chair and let's find the reasoning behind the plan.

Scientific research emphasizes low blood sugar as the cause of too frequent hunger pangs that lead to overeating and consequent overweight. The idea back of between meal eating is to help maintain the blood sugar level. However, before you hurry to the cookie jar count the calories. The overall total of calories furnished in the diet plans is low enough for reducing purposes.

You can choose the plan of dieting that best suits your taste, temperament and way of life. If snacks between meals makes reducing easier for you, fine. However, keep the daily calories between 1100 and 1200, and make sure the snacks eaten furnish their share of the protective nutrients. The object of cutting calories is to force nature to call on stored fat for part of your fuel requirements. While reducing, the body requires material for repairing the wear and tear on its tissues, as well as for the continuous upkeep of the vital internal activities.

When you examine the snacks suggested in the various dieting plans, you will find they are low in calories and afford some protection. For example, tomato juice between meals furnishes vitamin C, and only 25 to 50 calories. A between meal chocolate soda cannot be substituted for the tomato juice, for the soda furnishes 400 calories, all in carbohydrates. Zero hour for the dieter is apt to be late afternoon, particularly

when there are 5 to 6 hours between meal and dinner. A pick-up in the late afternoon, around 4 or 4:30, can be a "diet saver." This snack can help to raise the blood sugar level and tide the dieter over happily until dinner



Energy pick-up saves calories later.

time. The pick-up can be a small glass of orange juice, or hot tea with a teaspoon of sugar and a wedge of cheese, a hard cooked egg, or a glass of skim milk or buttermilk. An overweight who was struggling to reduce found that she nibbled while cooking the dinner. "As I was getting a meal ready, I ate a little of this and a little of that . . . but it turned out to be not just tasting; it practically amounted to almost a meal before I ate dinner! Now I have a protein pick-up at 4:30 in the afternoon, and this takes away the temptation to taste as I cook."

It is satisfactory to have an energy pick-up between low calorie meals, provided the snack adds protection without too many calories. So take your choice . . .

MARY HAWORTH'S MAIL

A Bachelor's Views On Women

DEAR MISS HAWORTH: Would you believe that a bachelor can get a kick out of your column? My problem is this: The impression I got, somewhere along the way, that woman embody almost angelic virtue has been shattered. Life has taught me to reserve about them. Now I believe almost every woman is a potential trollop selfish and cruel.

I am not talking about women of the street. I refer to millions of wives, seemingly pure as sunshine, delicate as a rose, who marry men they don't love or respect, just for support. The men are grizzled old codgers, whose looks would repel a female gorilla; but they can give mink coats and Cadillac to the lady. To me, the woman of the street seems more honorable.

I had thought women were morally fastidious, repulsed by ugliness; that they shrink from indecent behavior, revolting even to crude men. But no, I find they can be as wanton as the worst. I am baffled by women's inconsistency in every phase of her exist-

ence—but especially the sexual aspect.

ASKS INSIGHT INTO RIDDLE

I have observed numerous cases of first husbands being driven to unhappiness, ill health and early graves by their wives' claim to frigidity and fear of child bearing. When widowed, however, these women are wretched until they get another partner, for whom, in mid-life, they gladly risk all—with old age and insecurity threatening. And they do it without a qualm of conscience.

It seems when a woman takes a notion she wants to do something, it's to blazes with heaven, justice, society, everything and everybody. Being a woman yourself, perhaps you can give me insight into the sex that has baffled the race forever. My faith has been shaken even in the few who appear to be decent and loyal. I can

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Brown-MacNeill Wedding



Shown above are Mr. and Mrs. Donald Bernard Brown following their marriage in the Immaculate Conception Church, Wellington, on August 24. The bride is the former Ann Marie, daughter of Mr. and Mrs. Ambrose MacNeill of Grand River and the groom is a son of Mr. and Mrs. Harold Brown, Grand River. From left to right are: Groomsman, Gerald MacBride, Mr. and Mrs. Brown and Margaret MacNeill, bridesmaid, sister of the bride. (Photo by D. W. Sears.)

Herman N. Bundesen, M. D.

Children Should Have Shots Against Tetanus

THE active playing years of children are filled with countless bumps and bruises. In most instances, a little cut or hurt can be adequately cared for by first-aid treatment in the home.

However, any deep cuts should be examined by a physician at once. Many of these wounds have to be closed by the doctor suturing or sewing the wound together. Injections to prevent infections and lockjaw or tetanus may also have to be given.

Destroying Germs

Many of these wounds occur while the child is playing in mud or dirt and must be carefully cleaned before the suturing is done. Many times penicillin must be injected into a muscle in order to prevent infection, for even if the wound looks clean, germs may have entered it.

Most children should be immunized against lockjaw or tetanus with shots given at two- or three-year intervals. At the time of injury, a booster injection is usually given along with the penicillin.

Use of Tetanus Antitoxin

If the child has not been im-

munized against lockjaw, tetanus antitoxin must be administered. This entails two separate injections for the child. However, with the wide occurrence of injuries, it is recommended that all children be immunized against tetanus.

Recently, it was shown that penicillin and tetanus can be combined and given in one injection so the children need not have the discomfort of two separate ones. Prompt medical attention for wounds of any severity is of the utmost importance.

QUESTION AND ANSWER

Mr. K.: Is there such a thing as a low grade carbon monoxide poisoning?

Answer: There have been reported low grade or chronic cases of carbon monoxide poisoning due to improper venting of gas refrigerators. A common cause of so-called low grade carbon monoxide poisoning is fumes from a motor vehicle. The early symptoms of this poisoning are weakness, nausea and vomiting with headache. If a group of people in the same household all have the same symptoms, there should be suspicion of carbon monoxide poisoning.

Hungarian Communists Draw Line Against Western Fashions

VIENNA (Reuters) — "That's a pretty dress you're wearing—but it is ideologically correct!" That is the sort of question a party member in Hungary might ask his wife or girl friend, judging from recent indications in the Hungarian Communist press.

For fashions behind the Iron Curtain have to toe the party line—and the present line is against wholesale imitation of Western clothing trends, against anything jazzy and daring.

The Hungarian monthly Uj Marcus looked at fashions through a microscope—with a Red lens.

NO HUNGARIAN FASHION

It found that Hungary has, by and large, succeeded in defeating "cosmopolitan" styles in clothing. Nevertheless, clothes designers were "seriously lagging behind" from an artistic and ideological point of view, and had failed to show "what the conception of Hungarian fashion really means."

The magazine found that, particularly since July, the spirit of "we do as we please" had been making a comeback. It reported in a shocked tone that at a fashion show of the state stores recently, 40 to 50 per cent of the models shown were imitations of Western dresses.

A considerable proportion of the clothing and fashions industry in Hungary is under state control, but there still are a number of private manufacturing firms.

SLOPING SHOULDERS

The Hungarian magazine found

their sins were ever greater. They had produced "ridiculous men's jackets with sloping shoulders, of striking colors, drain-pipe trousers, tight skirts slit at the side or back, dresses and blouses of striking colors."

It appears that artists and their wives are the worst offenders in dress style. The women often wear "dresses without taste, in nightclub style."

It said young women are favoring too tight skirts which "emphasize erotic tendencies," and low-cut blouses of striking colors.

Uj Marcus called on the Communist Youth Movement to fight such tendencies in dress which "involve moral and political danger."

Daring dress, it added, was the fashion adopted by "depraved elements in night clubs and other disgusting types of people produced by a bourgeois society."

ELLEN'S DIARY

by an Island Farmer's Wife

These mornings, harvesting given for the time to younger hands, it is left to James to drive the children to school. And sometimes, as today, for company we suspend our housework to accompany them there . . . To glean for ourselves lovely scenes from the new day, looking fresh about; to gain a wider perspective of the harvesting spread so abundantly along the reaches of the countryside, every last grain-field this year bearing appreciable treasure.

We like to catch too some idea of the busy-ness not confined to farms, but found apart from these, where folks not at all idly but it would seem to us with even greater intensity than we, earn too their bread needed daily.

We like to see again the children converging from the various roads of the district to the school. And for a moment we wondered if we were to come indoors with the boys and girls there, should we at once forget the adult cares we now know, and with a good heart, turn to the teaching our girlhood days knew.

"Would you like to go with them?" James, who often unceasingly and sometimes embarrassingly follows our line of thought, smiled, when the children left the truck to join others trekking there.

"Not today!" we chuckled. We had other interests today. We must gather the day's vegetables from the patch of garden-loitering a minute to listen to the mood of the harvest-breeze as it moved in the corn-tops beside.

Today there were little rustles in the leaves, reminding of the pas-

sings of taffeta-gowned ladies of the past; but sometimes it moves with a chuckle—and odd times, we fancy, it laughs; and sometimes there is a keening in the wind that moves lonely or disconsolately there.

Now that the new-grown are sizable, Gage appoints himself the chore of bringing in the potatoes from the patch up the rise. He enjoys the element of surprise the chore affords him. "You never know just how many you'll uncover—that's what I like about it," he said this morning, picking up a little basket and preparing to go. "Be sure you get them all," James reminded him. "Dig clean!"

"I do!" Gage nodded.

"How do you know when you have enough?" James queried.

"When I count twenty," the youngster replied.

"And what if they don't come out even?" James smiled.

"Oh a few more don't hurt . . . I take them too. They're for her to come and go on!" he laughed.

Light cloud-shadows of September's weaving skimmed today's fields—and the shadowed part was dark and the bright was the sunlight wherein shone the meadow flowers. And on the hillside where the cattle grazed and sheep nibbled in pastures and stooks climbed the ways-toward the summits, lay the smoky haze of autumn.

Lovely it was about . . . Great days, these are, on Island farms, busy now with the affairs of the harvest!

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

New Houseware Trend

By ELEANOR ROSS

THERE was a time when utility was the only important factor in a housewares show.

Today when functionalism is at its height, we see more emphasis than ever before on the extraneous things—color, design, lightness, charm. No matter how useful a thing may be, the modern housewife demands that it be pleasing to the eye and harmonious in design.

Aesthetic Appeal

From mixers to mops, everything is good to look at as well as efficient to use.

In this modern mood is a new vacuum cleaner. The millennium has at last arrived! Girls! A shoulder strap model!

This cleverly contrived portable gadget, which is hung over the shoulder like a pocketbook, weighs just seven pounds, is about 12 inches long and half as wide.

Eight Attachments

It has eight attachments and utilizes those convenient throw-away paper bags.

Rubber sheets in delightful colors may now be cut to order by the busy housewife to cover shelves, work counters, steps and window sills. What a horizon this innovation opens up! No more need to constantly change the paper lining of your dish closets and a like. This rubber marvel will stay in position without cement. And it's so easy to clean.

Handsome copper-colored aluminum canisters topped with walnut knobs are due soon for their debut in the stores. Birdcage shaped ceramic canisters are lovely enough for important wedding gifts.

Smart Cooking Ware

Cooking ware includes many attractive items such as a line of rounded saucepans, copper-tipped that can go smartly to table. Coming in again and in improved form, are copper-bottomed, stainless steel pots and pans that give even, quick neat distribution.

Pizza enthusiasts will want a new 12-inch pizza pan, while users of frozen citrus juices will like a new blender which is ideal for orange juice, and is also fine for salad dressings and gravies.

New Juicer

Then, there is a new all-plastic juicer from abroad which is said to do a really fine job. For instant coffee users, one house has designed a new electric coffee pot, while another product is suggested for mak-

ing instant hot chocolate, tea or coffee. New percolators are nicer than ever, some with entirely new lines.

Handsome enough to come to table is a new steel skillet, black porcelain outside, beige porcelain coating the interior.

Coming on the market, there's an iron with a sole plate of stainless steel, which will do a wonderful job of heat conducting and has the advantage of resisting scratching or marring.

Cook's Corner

ORANGE PUDDING

2 oranges
1 pt. milk
1 tbs. cornstarch
1 tbs. flour
2 tbs. sugar
1/4 tsp. salt
1 egg
Vanilla

Peel and cut oranges into pudding dish. Sprinkle with sugar. Heat milk, mix dry ingredients with cold water. Add beaten egg yolk. Add to boiling milk. Stir until it thickens. Remove from stove, add vanilla, pour over oranges. Beat egg whites stiff, add 2 tbs. sugar. Spread over pudding. Brown in oven. Serve cold.

Wife Preservers

Try waxing zippers that are inclined to stick and cause trouble.



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New Scarab Line



This pink-lame jacket illustrates the new scarab line introduced to London's fall fashion by designer John Cavanagh. The scarab line, with flat front and bloused back effect, follows the outline of the scarab beetle. A sacred symbol of ancient Egypt. The jacket curves in a half-moon from the rounded shoulders to just below the waist. It is fur-lined with sapphire bassetisk and is worn over a straight short linner dress.—(CP Photo.)

Morning Smile

"What flavors of ice cream do you have?" asked the customer. The pretty waitress answered in a hoarse whisper, "Vanilla, strawberry and chocolate."

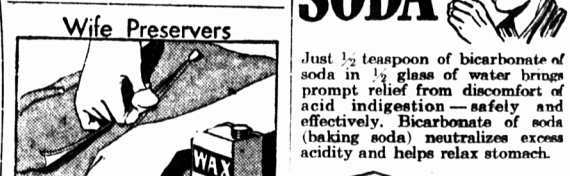
"Trying to be sympathetic he said. 'You got laryngitis?'"

"No," she replied with an effort.

Acid Indigestion?

use SODA

Just 1/2 teaspoon of bicarbonate of soda in 1/2 glass of water brings prompt relief from discomfort of acid indigestion—safely and effectively. Bicarbonate of soda (baking soda) neutralizes excess acidity and helps relax stomach.



Wife Preservers

Try waxing zippers that are inclined to stick and cause trouble.

Try waxing zippers that are inclined to stick and cause trouble.

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TINY TOTS

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