

WOMEN

Tuesday, Feb. 22, 1955 The Guardian Page 3

KEEP IN TRIM

Curves For The Thin Girl

By Ida Jean Kain

STRESS AND STRAIN MAY PREVENT NORMAL GAIN

As you may recall from my "Shoo-out" days, "No good digestion" was the main cause of my weight problem. Well, thin girls, curves on both sides. So at ease with me talk a bit about the effects of stress and strain, which unobviously affect the digestion and assimilation of food.

Individuals react differently to stress. Through nervous tension, some of you tighten up and burn fat from diarrhoea, and some of you lose your appetite. All of these reactions have a bearing on digestion and assimilation. So, get at the cause rather than merely soothing the affect.

Only food which is properly assimilated can help you to turn good nutrition into curves. That is, only when the food gets into the blood stream can it be of value. The hurry habit puts the body under undue pressure. Are you in the habit of eating breakfast on the run, and often having a quick lunch? The increased rate of movement of food through the intestinal track is no help to gaining. Relax — at least at meals — and give nature a chance.

MARY HAWORTH'S MAIL

Popular Girl Asks How To Fall in Love

DEAR MARY HAWORTH: My problem seems to increase in complexity with the passing of time. I am in my early twenties, very attractive, bright, well educated and popular with men. A recent college graduate, I am now teaching and living at home. I am happy in my work, but unhappy with myself and my personal life. Although I have dated literally hundreds of men, I don't know any with whom I would like to settle down. Until lately I have enjoyed playing the field — but now I very much want a more permanent and stable type of companionship.

Family Life Is Dismaying

My home life is, and always has been, most inadequate to my emotional needs. There is no real co-operation amongst family members; nor any praise, encouragement or demonstrations of affection — all of which I sorely crave. Yet I realize emotions are inconsistent and always changing, that I must lack character, ambition, etc., which my father has, though he lacks "feeling" — qualities.

Further Reductions for February

LADIES'
Dresses, reg. to \$29.50, now clearing at —
\$5 and \$8
Skirts, reg. to \$6.95, now —
\$3 and \$4
Blouses to \$5.95—Nylon, Crepe, Wool Jersey, etc. Special —
\$2 and \$3
Balance of Ladies' Winter Coats—regularly priced to \$9.50—
Now clearing at —
\$35, \$30, \$39.50
Wool Housecoats—Reg. to 14.95—
Priced to clear —
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See our new Spring Coats, Suits and Dresses. The newest shades and styles. Choose yours now while the selection is large, and use our Lay-Away plan. A deposit will hold any garment.

The GREENDAL Co. Ltd.
LADIES' STORE 150 GT. GEO. ST.



COOK'S CORNER

PINEAPPLE SUPREME

Step 1: 20 graham crackers, finely crushed. Use half amount of crumbs for top and half for bottom.
Step 2: 1/2 cup butter
1 1/2 cups icing sugar
2 eggs well beaten all together.
Step 3: Half pint whipped cream whipped stiff. One 20-ounce can crushed pineapple, drained thoroughly. Blend whipped cream and pineapple. Put on layer of top crumbs. Set four hours in a tray 12 x 12 inches. Serves 6 to 8.

Recipes For Today

Make Pancake Day a festive day and delight the family with one of these recipes.

HAM-FILLED PANCAKE-OMELET

Pancake-Omelet
3 egg yolks, beaten
1 c. Ready-Mix for Pancakes
3 egg whites, stiff beaten
1 c. milk

Filling
1 c. diced cooked ham
Combine beaten egg yolks and milk. Add all at once to the pancake ready-mix, stirring until smooth. Fold in beaten egg whites. Heat about 1 tsp. butter in a 9 or 10-inch frying pan; pour omelet into hot frying pan and cook over direct heat until bottom of omelet is golden brown, about 3 minutes. Place in broiler about 3 inches from source of heat and continue cooking until top is delicately browned. Crease omelet through center. Fill with diced ham. Fold over. Serve immediately with hot raisin sauce or pineapple sauce. Makes 5 servings.

CHEESE-FILLED PANCAKE-OMELET

Prepare omelet as above. Fill with several slices of processed cheese and top with currant jelly.

BACON STRIP PANCAKES

Cut bacon strips in half and pan-fry until crisp. Drain well on absorbent paper. Prepare pancake batter. For each pancake place 2 half strips of bacon on hot, lightly greased griddle and pour 1/4 c. batter over bacon. Bake.

WHIPPED CREAM PANCAKES

Whipped Cream Filling
2 tsp. gelatine
2 tbs. water
1 c. whipping cream

Pancakes
1/2 tsp. soda
2 1/2 c. buttermilk
1 egg, beaten
2 tbs. melted shortening
2 c. pancake mix

For the filling, soften gelatin in cold water in a custard cup; set in a pan of hot water to dissolve gelatine. For the pancakes, dissolve soda in buttermilk; add with egg and melted shortening to pancake mix and stir lightly. Use a scant 1/4 c. batter for each pancake; bake on hot lightly greased griddle, turning only once. Stack 3 pancakes together with whipped cream between. Top with whipped cream. Four hot maple-blended syrup over each stack.

MORNING SMILE

The teacher pointed out to his class that a surname often indicated the trade of the ancestors of those who bore the name. He gave the obviously simple examples of Smith, Taylor and Baker. Then he asked one of the boys: "What were your ancestors' Webbs?"

"Spiders, sir!"

Enjoy MELARENS OLIVES

Everybody else does!

A COUNTRY GARDEN

WINTER TWIGS

I picked you, little naked twigs. Because I know that hidden deep You hold the springtime's love-lines.

Now I will keep you in the warmth And quench your thirst with waters cool, And are your brothers of the woods Have dared the frost and wintry winds, You will let your buds unfold And deck my room with April green.

Stolen fruit, 'tis said, is sweet, And you will bring: All the strange enchantment Of a stolen spring. —Slade.

Twigs and branches of the Forsythia were cut this week and placed in deep water for early blossoming. Every year these lovely golden yellow flowers hang from the branches of these bare twigs after a few weeks in the warmth of the house.

The ornamental Crabs and Cherries can also be forced in this way, making the springtime seem nearer.

On a warm day last week when the snow had disappeared from a sunny corner of the rock-garden in the shelter of the evergreen hedge I picked three pansies. One in yellow and another in purple and blue, with a yellow face. They are now in a glass eggcup on the dining room table where they are admired far more than the long-stemmed beauties of the summer garden.

For a number of years now, pansies have been picked every month of the year in sunny spots whenever the snow melts from the sheltered spots in the garden here. This is not the case in other parts of the garden where the ground is like iron and the way I wish it to be with a covering of snow and no freezing and thawing because many times plants cannot endure the continual thawing and heaving.

If plants are found heaved out of the ground, press in and cover with some mulch. When wandering around the garden to see if all was well with the bulbs and then to the Forsythia shrub to cut the branches for forcing, I thought of all the lovely shrubs brought from many lands to our gardens.

John Forsythe, the mariner, when homeward bound

From his last voyage over China seas,
His swift, tall-masted clipped laden deep
With porcelain, silks, and chests of fragrant teas,
Brought also, safe in the ship's dark hold
Roots of a shrub, whose blooms were bells of gold.

These in his Cape Cod garden planted he,
So that, when homestead for far-off Cathay,
His eyes might feast upon their loveliness.
Long years ago that was — but still, each May,
Their yellow flame lights the New England scene —
Forsythia keeps his name and memory green. —Carruthers.

So many of our loveliest shrubs and plants have been brought to us by travellers to these foreign lands, and China has a wealth of beautiful material suitable for our climate.

I saw some wonderful African Violets last week. On a wide window sill there were dozens of these African Violets had all been grown from leaves placed in water. Many good gardeners grow many house-plants in this way but I have never been successful in this culture. Geraniums in water were ready for planting out in clay and again the foliage was very fresh and

LET'S EAT

Traditional Pancakes, A Pre-Lenten Special

By IDA BAILEY ALLEN

"On Shrove Tuesday, the day before Lent begins, pancakes are featured at the evening meal in many countries. They are considered a real treat," the Chef began, adding:

"I would like to explain, Madame, that these pancakes are not as thick as the breakfast pancakes of the United States. They are thin, dainty, and contain more egg yolks. Neither are they served with butter and syrup.

Fried in Butter
"Instead, they are lightly fried in butter, rolled up, and served with a jam or stewed topping. Or the hot pancakes are often spread with jam, jelly or a thick cooked fruit puree, then rolled up and served at once with a topping of soured cream."

"May I suggest, Chef," I said, "that these pancakes be cooked a little in advance, rolled, and kept warm in the oven, ready for the topping?"

Shrove Tuesday Pancakes from a Mix: Follow recipe given on the package of your favorite pancake ready mix, but add 2 beaten egg yolks and 1 more milk than the recipe calls for. The batter should be the consistency of light cream.

To fry, heat a large pan or griddle, and oil generously with butter. Drop the cakes 1 1/2" apart from a large tablespoon. Fry on one side; then turn to brown the other side.

CRANBERRY PANCAKES: Spread pancakes with soured cream. Roll up; top with hot cranberry orange sauce. Allow 3 to a serving.

Cranberry Orange Sauce: In a saucepan, combine 1/4 c. sugar, 1/2 c. orange juice, the grated rind of 1 orange and 1 (No. 2) can cranberry sauce. Simmer-boil 5 min.

TOMORROW'S DINNER
Corn Cream Soup Celery Sticks
Fish Cutlets Caper Sauce
Whipped Potato
Cabbage with Grated Beets
Jellied Apricots with Soft Custard
Coffee Tea Milk

Fish Cutlets: First make a thick cream sauce as follows: Melt 3 tbs. butter; stir in 1/3 c. enriched flour, 1/2 tsp. salt, 1/4 tsp. monosodium glutamate and 1/4 tsp. pepper.

Gradually stir in 1 c. milk. Add 3 drops tabasco and 1 1/2 tbs. lemon juice and cook 1 min. more. Add 2 1/2 c. minced cooked or canned lobster, crab, shrimp, or any kind of fish. Cool.

Shape into balls containing 1 tbs. each. Flatten, and with the thumb, make an indentation in cutlet shape. Dust with flour. Brush with 1 egg, slightly beaten with 1/4 c. water; roll in fine dry bread crumbs. Let stand 10 min. Sauté until browned on both sides in a large frying pan containing heated shortening to generously cover the bottom. Drain on crumpled paper towels. Serve with caper sauce.

Late February days; and now, at last, Might you have thought that Winter's woe was past, So fair the sky and so soft the air.

It is possible to think that summer is coming when a warm sunny corner is found, and a great English writer says: "There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer."

Weather signs have always been interesting and in The Shepherd's Boyometer we read: "Certain Rules to Judge of the weather: grounded on fifty years experience and observations by an ancient shepherd on the South Downs, Sussex."

If the sun rises red and fiery, It certainly betokens more or less wind and rain; this observation agrees with the old English rule:

If red the sun begins his race, Be sure that rain will fall apace. If cloudy at sun-rising, and if decreases the sun, Certain sign of fair weather: There is an old proverb to this purpose, which also deserves our notice: A red evening, and a grey morning, set the pilgrim a walking.

Clouds. Little Clouds like a dapple grey and the same north-wind blows denotes fair weather for a few days. Lord Bacon says, he had always observed that if clouds appear white, and fly to the north west, he had generally several days of fine weather.

One of our English minor poets says (and it generally holds good): If woollen fleeces spread the heaven, Be sure that rain disturbs the summer day.

And the old English proverb is often right: In the decay of the moon, A cloudy morning bodes a fair afternoon.

Large clouds, like rocks, denote large showers; this is an old observation, and generally proves true: in one of our old Calendars it is expressed thus: When clouds appear like rocks and towers, The earth's refreshed by frequent showers.

But the quotations from other observers do not in the least diminish the credit of our shepherd, who certainly made his observations from nature and experience, and then compared them with what others had written before him.

If the weather be hazy, and the wind falls away, and small clouds increase, depend on much rain and that soon. If large clouds break away, decrease in bulk, and ascend higher in the atmosphere, it is a certain sign of fair, pleasant weather. The large black clouds in summer evenings, which seemingly threaten much rain overnight, are frequently resolved into dew, and produce a very misty morning, and a fine warm day.

MISTS:—When they rise in low ground, and soon vanish, nothing is a surer sign of fair weather; when they are heavy, rise slowly, and keep visible on the hill-tops, they are soon condensed, and fall down in rain, which seldom lasts long.

A mist in the morning before sun rising and the air about full of the moon, betides fair

ELLEN'S DIARY

by an Island Farmer's Wife

In truth, today at Alderlea was "busier still" than yesterday. It brought the sawing to the farmers. In the afternoon only, since these days the mornings are pretty well filled with the choring.

The anticipation accelerated the tempo of the housework and "for once" as James said the dinner was on time. No pot-luck, "pick-up" meal this could be, but of planned substantial fare to stay the strength and spirit of our delegate to the task. Lengths of firewood do not tend to lighten in a man's hands as the work continues.

There could be no pleasant and companionable spell of loitering after dinner, either to read the morning paper or to listen to the noon farm-market reports, an item always of much interest to these farmers. "You keep an ear to that, Ellen" James said picking up his cap, "I can't wait to hear it. Notice the trend of the beef prices, will you? And the hogs—see if there's any move at all to them. Markets are unpredictable these times." And he was away then to join the younger farmer already on his way from the House across the Lane.

Now, the tractor stoutly defended by Mack when Gage declares "It's not as good as ours!" though the two machines are close kin, was backed from the garage and taken to the woodyard in a near meadow. We saw a man hurry thither carrying a machine-belt, and soon with Mack closing his ears with his palms to shut out the first shrill rings of it, the sawing was here.

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

New! Scientific Medicated Formulation



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Now at last! A new medicated formulation called CLEARASIL developed especially for pimples! CLEARASIL has such remarkable drying action it has proved amazingly effective to bring relief to pimple sufferers. Greaseless and fast-drying in coming with pimples...dries pimples surprisingly fast. And CLEARASIL's antiseptic action stops the growth of bacteria that can cause and spread pimples. Skin-colored to hide pimples and end embarrassment. CLEARASIL is pleasant to leave on day and night for uninterrupted medication.

Reader's Digest reported on clinical tests using CLEARASIL type medication. Now the largest-selling special pimples medication in America...because CLEARASIL has helped so many teenagers and adults. Must work for you or money back. Only 69¢ and \$1.19. At all drug stores. Get CLEARASIL today.

HOUSEHOLD HINT

Fine cleaning powder is advisable for use on glass, lest the delicate surface get scratched by rougher abrasives.

COMING MONDAY!

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Go young with a smooth-contoured bosom line—made possible by 3R's ingenious circular stitching—firm yet flexible! Because of this special stitching your 3R Bra clings as it r-r-r-e-t-t-s...fits you perfectly with every move you make! Ask for it by name. Also in longline style.

GO SLIM, TRIM AND AT EASE

Sarong

Go in perfect ease in the girdle that walks and never rides up! Exclusive criss-cross front lets you walk, sit, bend, dance or run. Your tummy's in, your hips are slim. through the magic of Sarong!

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creamy, dreamy.

Butterscotch crunch pie

Here's a dream pie with a wide-awake flavour. Because it gives you extra creamy richness—extra old-fashioned butterscotch flavour—sealed "fresh" in the quick dissolving Shirriff's Flavour "Bud".

Just stir 1/2 cup of finely crushed peanut brittle into a cooled Shirriff's Butterscotch "Bud" Dessert. Bake a quick and flakey pie shell with Shirriff's Pie Crust Mix. Cool. Then fill with the pudding mixture. Top it off with whipped cream and crushed peanut brittle.

Shirriff's
"bud" desserts

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GORA is a pleasant additive that brings immediate relief to itching gums and soothes both mouth and throat. It's easy to enjoy and doesn't stain. At all drug counters.

GORA
FOR SORE GUMS