

# WOMEN

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## LET'S EAT

### Ever Caught An Eel? Here's How to Cook It

By IDA BAILEY ALLEN

OUR friend, George Anderson and his wife spend the summer on the New Jersey coast. "One evening," George tells us, "I was tinkering with the motor in the boat, and Helen was fishing off the pier. Suddenly, I heard a loud, 'Help, there's an eel in the water.'"

"Helen screamed, I screamed. Sure enough, there was an eel dangle and wriggling among the leaves. "Oh, George," Helen wailed, "I thought I'd hooked a real big fish, and I hauled and yanked and—look at it there!"

**Catch for Dinner**  
"An eel," exclaimed the Chef, "if Madame Helene had only known it is delicious broiled with sage, or cooked in a casserole, she would have screamed for joy. Of course, it is necessary first that the eel is skinned, and then it should be cut crosswise into serving pieces."

"Let's hear a little more about how you cook eels, Chef."  
Eels Broiled with Sage: For this recipe I use 2½ lbs. of thick eels, which have been cleaned and cut crosswise into 4-inch pieces, as I just stated.

First, I brush with olive oil, then dust with 1 tsp. salt, ¼ tsp. pepper and ½ tsp. each paprika, sage and monosodium glutamate. Into the broiler they go, 4 in. below the heat. In 20 minutes, they are broiled, and will look golden brown and flaky.

**Ear Canal Infection**  
INFECTION of the ear canal of even one ear is not uncommon and poses a double problem. Most of such conditions start from infections that are due to some form of skin disease affecting the skin lining the canal.

Common diseases that affect the glands of the skin are seborrheic dermatitis, psoriasis, eczema, or some form of allergic skin disease. One of these skin diseases may be the underlying cause of the ear canal infection. It has been found that people with these infections have some evidence of a skin disturbance somewhere on their bodies.

The infection that occurs secondarily to the skin disorder in the ear canal is most often due to germs that invade the weakened skin. Therefore, the doctor has two separate disorders to cure. He must first clear up the disease that has invaded the ear canal and then cure the skin condition that is the underlying cause of the difficulty.

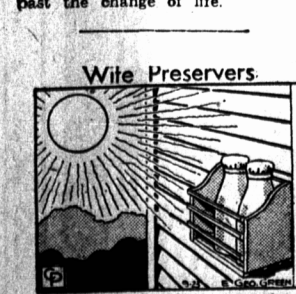
With an ear canal infection, the canal that leads into the middle ear from the outside is red and painful, and the person complains of itching. There may be also some discharge of pus from the infected ear.

Recently hydrocortisone was used along with the antibiotic drug, neomycin, to treat infected ear canals. The discharge from the ear as well as the redness and itching subsided as soon as treatment was initiated. Immediate treatment by the physician should be sought when such symptoms are first noticed.

**QUESTION AND ANSWER**  
M. E.: Do female hormones help a woman after she has passed through the change of life?  
Answer: In many instances, it has been found that the giving of female hormones may increase the feeling of well being in women past the change of life.

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## MARY HAWORTH'S MAIL

### Wonders About Re-Marriage

low casserole or baking dish that can go-to-table, and take 45 min. in a hot oven, 400-425 degrees F. The garnish is lemon wedges.

#### TOMORROW'S DINNER

Orange Tomato Bouillon  
Baked Bluefish or Fried Bels  
Creamed Potatoes  
Swiss Chard or Spinach  
Pears  
Coffee  
Gingerbread Squares  
Tea  
Milk

**Orange Tomato Bouillon:** Prepare tomato bouillon according to the usual recipe. Add ½ slice seedless orange for each serving and simmer 3 min. Garnish each cup with a slice of orange, and eat skin and all.

**Baked Bluefish Topped with Stuffing:** Order a 3-lb bluefish cleaned for baking. Rinse and dry the fish. Dust inside with ½ tsp. salt and ¼ tsp. pepper. Open out and spread skin-side down in an oiled large baking pan. Top with herb or onion stuffing.

Cover with a pan or aluminum foil. Bake 30-35 min. in a hot oven, 400-425 degrees F. Uncover the last 5 min. to brown the topping.

**Creamed Potatoes:** Boil or pressure-cook medium-sized potatoes, allowing 2 per person. (Save the liquid.)

Make a sauce by melting 2 tbsp. butter, dumping in a saucepan; add 2½ tsp. enriched flour, 1 tsp. salt, and ¼ tsp. pepper. Stir in ¾ c. of the liquid in which the potatoes were cooked, and ¼ c. homogenized milk. Bring to boiling point; simmer 3 min.

Add the potatoes and heat thoroughly. Garnish with minced parsley.

**Duckling a Good Buy**  
Duckling is a good buy, usually costing less than other meats; it is also easy to prepare and serve.

Massachusetts duck growers have many suggestions for using all the duck meat. The giblets and neck make good broth, the basis for an appetizing duck soup, seasoned with a little ginger and garnished with dumplings containing the chopped cooked duck liver.

When roasting or broiling duck, try basting with barbecue sauce containing no fat. The flavor will be delicious.

And for utilizing oddments of duck meat from the frame, make a French omelet filled with small-diced duckling; duckling Newburg; duckling à la king; or an unusual duckling salad.

**Duckling Salad:** In a bowl, measure ½ c. diced celery and red-skinned tart apples. With a

fork, mix in 2 tbsp. lemon juice, 1 c. diced oddments duckling, ¼ tsp. salt, ¼ tsp. ginger, ¼ tsp. each pepper and nutmeg, 3 tbsp. mayonnaise and 2 chopped hard-cooked eggs.

Chill 30 min. Serve on lettuce, with a garnish of olives.

#### SUNDAY DINNER

Oysters on the Half-Shell  
Chili-Roast Duckling  
Panned Sweet Potatoes  
Green Beans with Celery  
Orange Parfait Cake  
Coffee  
Tea  
Milk

**Orange Parfait Cake:** Bake a lemon or orange flavored sponge cake in a tube pan; cool thoroughly. Fill with frozen Orange Parfait. Chill 4 hrs.

To serve, arrange on an attractive platter. Garnish with orange compote and small rosettes of whipped cream. Slice in wedges to the center, so each person receives an equal quantity of parfait and cake.

**Orange Parfait:** Add 1 tsp. unflavored gelatin to 2 tbsp. orange juice and let stand 5 min. Heat ¼ c. frozen concentrated orange juice to boiling point.

Separate 2 eggs. Beat the yolks light; add 2½ c. sugar and 1 tsp. lemon juice. Stir into the heated orange concentrate and cook and stir over boiling water until slightly thickened. Add the gelatin and stir until dissolved. Chill until beginning to thicken.

Beat the egg whites stiff; add 1 c. whipped heavy cream; fold into the orange gelatin. Transfer to a freezing tray and freeze from 1 to 2 hrs. or until firm.

#### TRICK OF THE CHEF

Dust a duckling before roasting with 1½ tsp. chili powder.

### Tropical Hamburger

Brown 1 cup shredded coconut in skillet until crisp. Stir in ½ lb. ground chuck beef. Cook until lightly browned.

Add ¼ tsp. nutmeg, 1 tsp. salt. Combine 1 cup pineapple juice, 3 tbs. lemon juice, ½ cup water with 2 tbs. cornstarch. Stir into meat mixture and cook gently 5 to 10 minutes.

Serve garnished with fried noodles and pineapple wedges. Serves 3 to 4.

## Unwanted Bride



Pretty Jamaican model, Dorothy Holtz Hewitt, bride of teacher John Hewitt of Shawinigan Lake School near Victoria, says she was ordered to leave the school before "the boys come and see a colored person here." A bride of four days, she returned to Jamaica where her father, who is accountant-general, says he will ask the Canadian government to investigate the matter.—(CP Photo).

## Books Enhance A Room

By ELEANOR ROSS

CICERO said that a room, without books is a body without a soul. Most thoughtful persons will surely agree with him and plan bookshelves for an apartment or house with careful attention to accessibility and convenience.

While some people seem to think that the living room is the only place for books, there is no reason why a bookshelf or two should not grace other rooms in the house—the dining room, if you have one, and the bedrooms.

An interesting kitchen we know features a shelf of cook books. These volumes, both recent and old favorites, add a pleasant touch to a room which usually looks purely functional.

Arranging books is relaxing, a good therapy, in fact. Scholars usually prefer to set up their libraries according to subject matter,

while the more frivolous may classify volumes according to binding color and size so as to make an attractive design. This method is sneered at by real bookworms, however, as a brainless system of arrangement.

#### Leave Enough Room

Try not to cram books too tightly together. There should be sufficient room to remove volumes easily, without scratching bindings or tearing dust jackets. Book bindings are apt to swell like a stout person's feet in hot, humid weather. If they are too tightly jammed together, the bindings may split.

Never let books lean against one another in partially filled shelves. Use book ends to keep them upright, and fill the empty spaces with

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## ELLEN'S DIARY

by an Island Farmer's Wife

"We read in the newspapers of so many misfortunes—of fires and accidents and the destruction left in the wake of that hurricane—Edna that I haven't been following the news very closely of late," a farmwife offered yesterday, adding with a chuckle, "I don't like to hear of them. With the harvest and children and all, I have trouble enough of my own!"

"And you didn't read about the shark they shot in the water 'over across' the other day?" Gage queried. "Boy, was he big! It took seven shots to put him out of business. The water would churn then! Guess he must have come up from the South."

"I'm afraid I missed reading that," she smiled. "But one of these times I'll have to catch up with the news again."

Mad too we find some of the news items; especially sorrowful are those tragic accidents of highway and farm accompanied by death and bereavement. When somewhere a home that was very happy is suddenly over-hung with the darkness of despair and an era of living that had been good has forever passed beyond reach.

But nice things we read, heart-warming and good. Here is born a babe and here a wedding. True we may not be acquainted with the principals, but we do know someone of the line.

"That's what I said to . . . a niece remarked with a lively laugh not long ago of an item of news of mutual interest, "If Aunt Ellen

doesn't know her, I'll wager she knows either her grandmother or grandfather! Now do tell me . . . and so we settle our glasses at a better angle for seeing and bringing back many a pleasant memory in the process, look into those years that are past.

And sometimes reviving those golden days we read of an Anniversary honored. And not long ago it was of the retirement of an Irish boy of those young years who had reached the heights in his chosen profession, one who to our mind had remained young in that interval. It is difficult to make allowance for time's flight.

"There . . . see, Ellen! That's someone nudged us at a gathering last summer. 'Remember you said you hadn't seen him for years? Well, there he is!'"

"No," we said in an amazed whisper, "it can't be! His hair is white."

"Oh, naturally," she offered, glancing quickly at ours, "his hair is white!"

Good it was too to read of recent laurels won, and see faces smile from the pages, proud of some goal reached, another honor won: the youthful public speakers . . . the plowmen and girls of the plow who now with talents cultivated will go to further triumphs.

"It's too bad that plowing competition should have come on one of our busiest days, Ellen," Jane said. "But next year . . . May 'next year' be one to fulfil many a dream!"

Until tomorrow . . . . . Diary

### Pilaf With Tomatoes

2 cups rice  
4 tbs. butter  
2 tsp. salt  
3 medium tomatoes  
¾ cup chicken liquid (water, meat or chicken broth)

Wash rice 3 times, then pour boiling water over it. Let it stand until cool.

Peel tomatoes and remove excess seeds. Cut into small chunks. Heat butter and tomatoes together until a tomato paste texture is obtained. Add liquid and bring to a boil. Allow to boil one minute. Drain rice and add to mixture.

Cover and cook without stirring over medium flame until rice soaks up liquid. Turn flame very low, and cook rice 30 minutes longer.

### Shish Kebab

2 lbs. leg of lamb  
1 lb. olive oil  
Juice of 1 lemon  
Salt and pepper  
1 Medium onion  
1 Medium tomato  
Bay leaves

Cut meat into one inch cubes. Mix olive oil and lemon juice; rub into meat. Place in dish, sprinkle with salt and pepper, and cover with sliced onions and tomatoes, and a few bay leaves. Place in refrigerator for 4 to 5 hours.

Arrange meat on spits alternately with tomatoes and onions, and an occasional bay leaf. Broiling over charcoal is preferable, but it may also be done over an open wood fire or in an oven broiler.

Green pepper and sliced eggplant may also be inserted between meat on spits.

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