

WOMEN

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LET'S EAT

A Family-Size Dinner That Stars Boiled Beef

By IDA BAILEY ALLEN

THE Chef unloaded his shopping bag

"Here are two fine cabbages — one red and one white, a 5-pound piece of brisket of beef to boil, the grass-fed beef that is so plentiful and down in price; onions and horse-radish to make my new vegetable potatoes active; carrots, yellow cornmeal, Madame, for you to make into puddings; and a package of ten-terized prunes.

"We should have a fine dinner, a hearty meal, the kind a man likes.

Ingredients Increased

"I am glad, Mad-me, that you decided to increase the ingredients in the recipes used in this column. "Now I am sure the men, and every member of the family, will have plenty of the right foods to eat, when the ladies follow our menus."

Recipes' Yield

Our recipes provide generous portions for families of 4 adults, or 2 adults and 2 active adolescents. They also provide satisfying amounts for larger families, such as 2 adults, 3 small children and an elderly person, for young children and elderly people require less food than adults.

Hot Cheese Sandwich

1 cup grated nippy cheese
1 egg (well beaten)
1 tsp mustard
1 tsp Worcestershire sauce
1/2 tsp salt
Bacon and rounds of bread.
Cream cheese, add egg and seasonings and spread on bread. Cut 1/2 inch thick. Place a slice of bacon on each round. Bake in a quick oven until the bacon is done. Serve with a green salad.

Mince-meat Bars

1/2 cup shortening
1/2 cup brown sugar
1 egg
1/2 cup honey
1 1/2 cups sifted flour
1 tsp salt
1/2 tsp soda
1 1/2 cups rolled oats
Cream shortening and sugar. Mix in honey, egg, flour, salt, soda and rolled oats. Combine well. Spread mixture on bottom of cookie sheet, cover with mince-meat. Spread rest of mixture over the top. Bake in a slow oven 35 minutes. Cut into bars.

Anne Adams Patterns



8-GORE SKIRT
Ever-popular, tailored fashion with all the becoming fashion-ness of the season! See the charming neckline — lending itself to a bevy of jewelry, scarfs! You'll love sewing the easy 8-gore skirt — it's so flattering!
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Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.
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Sponge Cake

5 eggs; 1 cup sugar (sifted); 1 tablespoon lemon juice; 2 teaspoons grated lemon rind; 1/2 teaspoon salt; 1 cup sifted cake flour.
1. separate the eggs.
2. beat yolks well, add 1/2 cup sugar, 1 tablespoon at a time. Stir in lemon juice, rind and salt.
3. sift flour, egg white mixture; fold in lightly till flour disappears.
4. Fold yolk mixture into meringue whites with 1/2 cup of the sugar added 1 tablespoon at a time.
Pour into ungreased tube pan. Bake in 325 degree oven for 50 minutes. Remove from oven and invert pan.

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Norman K. Bundeon, M. D.

Some Causes Of Shoulder Pains

THE most common form of pain is headache, next is backache, and the third is pain in the shoulder. Each of these types of pain can come from many different causes, and it requires thorough investigation to find the cause before adequate treatment can be carried out. This is especially true of pain in the shoulder.

Irritation of Nerves

Sometimes, the pain may not be due to any condition in the shoulder itself but to some disorder arising elsewhere in the body. One of these causes is irritation of the cervical nerves. These are the nerves that come from the spinal cord in the upper part of the neck. The irritation of these nerves may either be due to inflammation, as a result of some type of infection, or it may be purely mechanical.

In the latter instances, the patient may have had a fall on his head, or what is known as a whiplash injury in an automobile. This occurs when a car is hit from behind and the head is thrust forward and then suddenly jerked backward.

Stiff Neck

Following such injuries, there may be attacks of stiffness in the neck, or what is commonly known as "crick" of the neck. There may also be pain in the muscles over the shoulder blades and the pain may pass downward into the arm and hand.

Physical examination in these cases does not reveal anything abnormal. The pain in the neck and shoulders may occur when the head is either bent forward or backward. Pressure on the top of the head, when turned either to right or left, may also cause the pain.

Sometimes, an X-ray of the upper part of the spine will show where the difficulty lies. Arthritis affecting the joints in the upper part of the spine may often be present. This is but one of the common causes for pain in the shoulders, and one which requires complete study and then carefully carried out treatment, such as improvement of posture and other measures, to relieve pain.

Onion and Horse-Radish Sauce
Add 1/2 c chopped onion to 1/2 c water. Measure in 2 tbs. butter or margarine. Simmer-fry until the onion is tender and the water evaporates.
Stir in 1 1/2 tbs. flour, 1/2 tsp pepper, and 1 1/2 c stock from boiled beef, or use 1 1/2 c boiling water and 2 beef bouillon cubes. Simmer 3 min; add 2 tbs prepared horse-radish and reheat.

QUESTION AND ANSWER

J. C.: What would a pulling sensation in the cords of the neck indicate?
Answer: This might be due to a disturbance in the upper part of the spine, from inflammation of the muscles in the neck, or even to some disturbance in the body.

Morning Smile

He was genuinely enthusiastic about the virtues of temperance, but his face made people doubt him. Toward the close of his lecture, he squared his shoulders, held his rather large head erect, and said: "Lecturer — I have lived in this town all my life. In this town there are fifty-five public houses, and I am proud to say that I have never been in one of them!"
Voice from the back — Which one is that?



COOK'S CORNER

RADIO PUDDING
Put 2 cups of water on stove. Add:
1 cup brown sugar
Pinch salt
1 tsp butter
Let boil, then stir in 1 tbs. flour mixed in 1 cup water.
Mix together:
1 tbs. melted butter
1/2 cup milk
1 cup flour
2 tsp. baking powder
1/2 cup raisins or chopped dates.
Drop this mixture by spoonfuls in boiling mixture and bake in oven 20 minutes.
—Mrs. John Coughlin, Bideford W. I.

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Television Telephone



TV PHONE — This new video phone being demonstrated in Chicago, Ill., by pretty Hope Ryden, lets the talkers see each other on the television screen. The device was developed primarily for inter-office communication.

MARY HAWORTH'S MAIL

Youth Married Widow; Regrets Mistake Now

DEAR MARY HAWORTH: I am a young man 21 years of age, very much in need of advice. I am afraid I have made a terrible mistake — I think it has made a mess of my life.

Two years ago I married a 38-year-old widow. At the time I thought it was the right thing; but now I feel that it was a mistake. I guess I was too young for such an undertaking; and, in my ignorance, acted foolishly.

More recently I have become interested in an attractive young girl who is one month younger than myself. I have realized that she and I are more suited to each other than my wife and I are — although I never could say a word against my wife. She has always treated me wonderfully and even me anything I wanted. But there is something called happiness that I don't have.

What should I do? Should I go on and pretend that I am happy? Or should I tell my wife that I am not happy with her? If I were to tell her this, it would hurt her very deeply. I know I am so mixed-up, trying to decide what to do. I am not sure that I can not find the answer for myself. I would deeply appreciate your comment.

WOMAN WAS AGGRESSOR

DEAR F. F.: I can well believe that you weren't old enough to have better sense when you married the widow two years ago. But she, an experienced woman nearing middle age, surely knew what she was doing — and the forfeits you were blindly making. So if grief and disruption overtake the venture now, she can hardly hold you wholly accountable. She was largely to blame for involving herself.

Apropos your problem, I cannot make up your mind what to do. Marriage, even a foolishly made contract, is in part a spiritual investment of sorts that cannot be "recinded," without something of self being lost in the shuffle. But even so — even though I recognize that imperishable aspect of the venture — still I cannot argue that you ought to perpetuate this misalliance. That is for your conscience to decide; you must search your soul for the equitable answer, reviewing the history of the courtship, to determine your responsibility for the mess. Were you a fool rushing in? — or were you coaxed to folly?

In my opinion, it is rather unthinkable for a lad your age, and a woman old enough to be his mother, to be paired off as marriage partners. It is an unwholesome type of interdependence, a departure from patterns of growth on the part of both, especially if they have no intellectual or psychological or spiritual quests in

TRY TALKING THINGS OVER

Your mixed-up mind, your instability as regards two objects of affection — your wife and the young girl — are indicative of a childish or undeveloped character. And Jane herself isn't a mature-minded, generous, deep thinking person, evidently — or she would have prepared you for stormy weather, in trying to make a go of this kind of marriage. She would have pledged you a friendly hearing, if the difference in ages or younger women, ever became a problem to you — because the only insurance such a marriage has is rare wisdom and beneficence of heart in the senior partner.

All things considered, I am inclined to recommend a thoughtful frank talk with your wife about your emotional distress. Not so much in a mood of apology, as of honest stock-taking. Psychologists call this "mutual psychotherapy" in troubled marriage. In the giving-and-take of ideas, speeches, explanations, etc., the pair begin to see themselves through each other's eyes; and to discover anew what they think and feel about the partner — also what his (or her) greater potentials, if any, are. Thus informed, you will be better able to decide whether your alliance with Jane is "for real" — or a mere illusion that should be renounced.

M. H.
Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

BRINGING UP BABY

Hints Collected by Mrs. Ben Under (Mother of 5)
A new baby's cries often bewilder a first-time mother. But it's comforting to remember that crying is a natural fact in a baby's life. Apart from some physical discomfort (like hunger, need of a diaper change or hiccups), crying is baby's only means of communicating with you. For example: baby may be lonely or bored and just longing for the reassurance of a heartfelt cuddle, seasoned with a couple of crooning words. Another comforting thought: the assorted hugs and squeezes baby loves so much, give you a glow of satisfaction, too.

Many doctors prescribe orange juice (for its high vitamin C content) at a very early age. Important facts to remember about Gerber's Strained Orange Juice: it's made from tree-ripened oranges, selected for high vitamin C content and mild, natural flavor. Processed just for babies, it has minimum peel oil for easy digestibility... is carefully pasteurized for baby's protection.

Patience pays. If baby seems bewildered by his first try at cereal, be patient. There's a big difference between textured food and milk taken from a nipple. Helpful hints: try making sure consistency very soupy at first. Serve only tiny portions, placed well back on baby's tongue.

Solid five for the crib and bib set — there's Gerber's Cereals when baby is ready for his first solid food. For variety, Gerber's offer five cereals: Rice, Barley, Oatmeal, Wheat, and Mixed Cereal. Most tots take instantly to these mild-tasting, easy-to-digest cereals. All pre-cooked! Just add milk, formula or other liquids to get the smooth, easy-to-swallow texture babies like. Each one of Gerber's Cereals is enriched with blood-building iron, bone-building calcium and B-vitamins. For maximum interest and variety, rotate all five cereals. Gerber-Ogilvie Baby Foods, Limited, Niagara Falls, Canada.

ELLEN'S DIARY

by an Island Farmer's Wife

"Are we nearly done?" our helper at the harvesting of mangels repeated our query when he came innoors at noon. "No. They'll provide us with entertainment for a few days yet," he chuckled.

"This wasn't a good year for mangels," James following in his wake offered. "Too damp... too damp."

Yet it was the best of days for Mack, little lone boy of the farms now, to catch rides on the carts which, empty or full, plied to and from a far field, gathering nice memories to remember always as we do those of a farm where winds of the Strait, tangily salt, once threaded our days.

"Do you remember, Ellen, how we used to enjoy rides, when we were children, on the carts of seaweed brought from the heaps on the shorebank to the outdoor pens of the piggery or for the fall-banking?" a sister asked not long ago when we spoke of time that had gone. "Were there ever better excursions than those, with Dad making sure we were seated comfort ably — and firmly," she chuckled, "for the long ride home along the lanes? I think not. I can picture it yet: along and along the lanes from the shore-field to a bit of a hilltop, and down then to the little hollow where the brook flows — there never was such a brook as that, was there, Ellen? Not even in any enchanted fairy tale we read! Up the gentle rise then, and around a turn... and Home!"

The shore-banks of that farm, where once sat the heaps of weathered silver of seaweed are bare of such treasure now. Even the lanes at either side of the field where once the horses and carts went down to the sands or shingle to gather the dark, damp gift of the tides have been washed away in the intervening years. The old seaweed-weigh of whitened timbers and stone, as much a part of our childhood as was the store at the corner, the smithy, the school on the hill, and as we always fancied an immovable construction, is gone too, no vestige of remaining stack or stone now to mark the place.

One beautiful day of last summer we stood on the bank of that shore-field measuring by sight the distance we must descend to reach James and the sands and tide below.

"You'll have to slide down, Ellen," James smiled, reaching up a helping hand, "there's no other way!"

So Mack gathered his nice

memories today. And after school the other three children were to be found back in that far mangel field.

And the day which saw the harvesting of mangels continue — and the sands of October run thin, is almost gone from sight now, lost to us in the cool dew reaches of the night. "Another morn and night will follow" this one.

Until tomorrow... Good-night...
Diary

MORE BUILDING

CAPE TOWN (CP) — Building plans for £35,000,000 worth of construction were passed in the first half of 1954 in the nine principal areas of the Union of South Africa. The total, of which more than half was for private dwellings

Household Hint

Never apply oil to a waxed surface. Oil will soften the wax thus making it smeared and sticky.

and apartments, was nearly £7,000,000 higher than the same period last year.

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*HERE'S THE SECRET!

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