

# WOMEN

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LET'S EAT

## Easy Christmas Dinner For One or Two Couples

By IDA BAILEY ALLEN

PERHAPS you are a busy business or professional girl away from home, maybe a bit homesick. But you can have fun right in your own little apartment.

Why not fix a Christmas dinner for the boy friend and/or another couple? How to do it? Just read carefully through this menu.

### CHRISTMAS DINNER FOR TWO OR FOUR

- Tomato Crown Salad
- Hot Biscuits
- Celery Cranberry Jelly
- Baked Stuffed Biscuits
- Mushroom Sauce
- French Fries
- Asparagus Tips Hollandaise
- Steamed Plum Pudding
- Hard Sauce
- Coffee

There's going to love your dinner, and it's going to be easy. For "hurry-up" preparation, you can use commercial cranberry jelly, herb stuffing, canned biscuits, frozen French fries and asparagus tips, commercially jarred Hollandaise, canned plum pudding and instant coffee. This leaves only the salad, broilers, sautéed mushrooms and hard sauce for complete preparation.

### Doing the Marketing

Put down the supplies you need. Add paper dishes if necessary, candles for the table and greenery for decorations. Then take along a big marketing bag and do the shopping, perhaps with one of the interested parties to help tote the packages.

On Christmas Day you can get the whole meal ready, table setting and all, in an hour and a half, giving you time to relax and look your prettiest before the guests arrive.

### KEEP IN TRIM

## Fat Upper Arms Tell Age

By Ida Jean Kain

"Cover your elbows, girls, elbows are not pretty after thirty" — was the pointed instruction given a group of newspaper women when we were to appear on the TV Home Show. Elbows nothing, I thought to myself, this is just a neat ruse to get all upper arms safely covered. Alas, pounding the typewriter does little toward keeping upper arm muscles toned. There is no blinking the fact that the muscles on the

yourself. Thrusting out forcibly with the right arm, with the fingers of the other hand feel where the action is centered, then pull back and thrust again. That action is directly through the triceps muscle.

Many reducers complain that as weight is lost, the muscles on the backs of the upper arms sag. Since the triceps areas, that spot is fat-susceptible. As the fat is lost, tone must be restored to those muscles. This trio of exercises, based on the science of muscular movement, is right in the groove.

Start with an easy twist of the wrist. Hold arms out at shoulder level, clenches fists and tense arm muscles, then twist arms slowly until the fists are palm side up. Repeat a half dozen times. Follow by placing fist of right hand in the left hand, with elbows chest level, then p-u-h with the right hand to the left as you resist with muscles of the left arm. Push and resist to the right and repeat. Resistance exercise is doubly effective.

Follow through on the kinesiology rule of putting force behind a blow by shadow-boxing, thrusting straight out in front of chest vigorously. It might help to suspend a firm sofa pillow in the doorway and punch away at that. Always after bathing, rub the backs of the upper arms briskly with a rough towel. coarse salt is a circulation rouser. One everyday way to help maintain tone in the muscles that flank the backs of the upper arms is to get into the habit of carrying the inside of the elbow (the soft part at the bend of the elbow) toward the body. Figure it out, it's the right twist.



Tug of muscles tones upper arms

backs of the upper arms, the triceps, sag sadly as tone goes by.

Just why these particular muscles tend to lose their grip on youth baffles many women, particularly busy homemakers who do not sit with their hands folded. Kinesiology, which is a high powered word for the science of muscular movement, reveals the reason. Most arm movements involve the biceps, the muscles on the front of the arm. The triceps muscles, little used in every day routine work, are brought into action only when the arm is more horizontal than perpendicular. They are used vigorously when it is necessary to put force behind a blow.

You might like to test this for

## ANNE ADAMS PATTERNS

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6-14

by Anne Adams

MARY HAWORTH'S MAIL

## Secret Sin Haunts Girl Planning Marriage

DEAR MARY HAWORTH: I am a girl 22, and I live in a small town where I keep house for my father since my mother died last year. There are no clubs nor any kind of social activity for young people here—so I am home alone most evenings, especially lately, as my father is out on dates nearly every night.

I have a fiance whom I haven't seen in two years, as he moved West to a better job, so that we could afford marriage. We plan to get married next Spring. However, a few weeks ago I met a man, 32, through a neighbor. After he came to call several times we got into an affair, and I was terribly sorry, especially when I learned that he is married and simply wanted me as a conquest.

I have prayed to God for forgiveness and I believe that He has forgiven me—but I can't seem to forgive myself. I live in fear that my fiance will find out my sin. I know it would hurt him—and that's the last thing I'd want, for I love him very deeply and respect him very much. He has told me that he loves and respects me, and I know he does; but what will he feel about me if he learns what I've done?

I don't know why I let myself be drawn into an affair, as the thought of it disgusts me now and makes me feel cheap and miserable. The guilt I feel is almost intolerable, and I am afraid that I may be frigid towards my husband-to-be. Perhaps I am alone so much that I think too much about myself—and too seriously. I only know that I need help, for my fiance and myself.

C. J.

### Self-Rejection Basic Problem

DEAR C. J.: The crux of your problem is loneliness, which is both an inner state and a social habit with you, I gather. You are pretty consistently cut off from other people, in the sense of having no warm reliable friends or confidantes available, with whom to be truly yourself, it seems.

This solitary routine derives from an unconscious pattern of self-condemnation, as a rule. It begins with guilt feelings ingrained almost before the age of reason—when you were as yet too young to comprehend your "wrong" from the accuser's view. Thus disturbed, the personality tends automatically to "act out" a blind assumption of "being somehow unfit" for meritorious association on a basis of happy equality.

Such reflex action amounts to passing destructive judgment on self—a process which, if long continued, leads inevitably to really self-damaging behavior. This kind of thing underlies your self-betraying episode with the dishonest married man, and explains your fixed inability to forgive yourself, even though in the wake of contrite prayer you believe God has forgiven the weakness disclosed.

### Unlovingness Handicaps Her

From another angle, may I also mention: You are probably obscurely resentful of your father's doting and your fiance's far-off scouting for money to make marriage possible—feeling forlorn and pitifully needy of special attention most of the time. Because you are (or were) secretly pined at these persons you love (or dependently cling to, in fantasy), you were emotionally hitting at them in turning to Mr. Wolf for consolation behind their back. Thus you feel alienated from them, by your own sin, so to speak—hence can't imagine their being compassionate if the facts came to light.

It isn't so much the sexual frailty, as it is the spiritual barrier of unlovingness, the lack of charity



## Material Success

The fine fabric coat, slim yet easy of line, warm without being bulky or heavy, is the coat this winter. The stores are showing a wide selection of such coats, good buys all, in every price range. In the upper brackets but well worth the cost is this soft Chesterfield fashioned of the finest, softest of wool fleeces in a soft beige. The collar is black velvet as are the buttons.

## MORNING SMILE

The horse trainer confessed that just before the big race he had given his nag a big shot of whiskey.

"Did he win?" asked a friend.

"Nope," said the trainer, "but he was the happiest horse in the race."

In your own heart, that causes you to feel hopelessly outstaged from human sympathy. And this chronic condition of emotional poverty, this self-perpetuating system of painful limitation, was foisted on you by background influences, years ago, suppose.

I'm sure it's true, as you suggest, that you are too much alone, preoccupied with baffled self-searching, trying to find the way out of your inner distress. It would be easy to say, identify yourself with social groups and good works. But until you've begun to dissolve the condemnation bias within your soul, you can't do much about being friendly, because to win friends one must first respect and accept himself. So, to build enduring happiness on a solid foundation, get rid of the roots of your twisted thinking—via psychiatric and spiritual counselling. You live next door to a great city, where such help can be found if you earnestly seek it.

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

## Cook's Corner



### BAKED HOLIDAY PUDDING

- 4 cups milk
- 1/2 cup yellow corn meal
- 1/2 tsp. salt
- 1/2 tsp. mace or cinnamon
- 1/2 tsp. ginger
- 1 beaten egg
- 1/4 tsp. cloves
- 1 tsp. nutmeg
- 2 lbs. butter
- 1/2 cup light molasses
- 3 cups milk
- Vanilla ice cream or hard sauce

Put the four cups of milk in top of double boiler. Gradually stir in corn meal. Place over boiling water; cook and stir frequently until thick, 10 to 15 minutes. Add salt, spices, butter, molasses, egg and two cups milk. Mix well. Pour into two-quart casserole and bake in very slow oven (250 degrees) five hours. Cool until just slightly warm. Serve topped with ice cream or hard sauce. Serves eight.

HERMAN N. BUNDESEN, M. D.

## First Aid For Burns

BURNS are especially likely to occur during the busy holiday season when we are all in a hurry and inclined to be a little careless.

Unfortunately, there isn't much you can do to aid a severely burned person. Your best bet is to get him to a doctor or hospital as quickly as possible.

### Handle with Care

If someone in your home is burned extensively, wrap him in clean sheets before taking him to a physician or hospital. Don't try to remove fragments of clothing or clean the wounds. That is a job for an experienced medical man.

If the burns are over a limited area, wrap them loosely and lightly with sterile gauze. Don't apply unguents or salves as first aid measures. They are messy, and if carelessly applied may even increase the possibility of infection.

### Infection and Shock

A doctor's first action will be to combat infection and shock. Antibiotic or sulfa drugs usually ward off infection. Shock must be treated by keeping the victim warm and giving him lots of fluids.

There are other measures he can take, too, such as administering pain-relieving drugs and giving blood transfusions.

### Superficial Burns

If a person is burned superficially over a large area, he is usually in more danger than if he were burned severely in a limited area.

I would like to caution you right here that burns frequently may be more extensive and deeper than they first appear.

Some burns can, and should, be given first aid treatment at home. Chemical burns, for instance, can be washed with water and covered with a wet dressing until you reach your doctor. Again, don't smear greasy substances over the burned area.

Wash with Soapy Water

If your youngster should come crying to you after he has burned a hand or finger on a radiator, stove or hot iron, wash the injured area with soapy water. Then cover it with sterile gauze.

If you don't have this gauze—and every home should have it—you can use several freshly ironed handkerchiefs. Cover the burn sufficiently to prevent any blisters from breaking open.

### Psychological Treatment

For minor burns, there is something you can do, too, but its value is more psychological than medical. That is, spread baking soda over a wet bandage and place it on the burn. Keep the bandage moist.

While this might not speed healing, it won't do any harm, either, and your youngster will feel that you are doing something for him. That's important. It calms his fears and makes him feel much better. Then it won't be long before he forgets the burn.

### QUESTION AND ANSWER

R. K.: Every month prior to my period, I have some soreness in the breasts. What would cause this trouble?

Answer: Pain in the breasts oc-

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7285  
by Alice Brooks

## HOUSEHOLD HINT

Cheap paint is rarely a bargain, so better check before you try to economize on your painting job. Your best guide to good paint is the manufacturer's reputation.

curing just prior to the menstrual periods has been thought to be due to some disturbance in the glands of internal secretion, possibly due to a lack of ovarian secretion.



AND A HAPPY NEW YEAR

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