

WOMEN

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LET'S EAT

Dash of Spice Peps Up Processed Foods Flavor

By Ida Bailey Allen

"Seasoning foods can be a real cooking adventure. Career-home-makers can use it to special advantage, for to save time they can use processed or already prepared foods and pep up the taste with flavoring."

As he spoke, the Chef settled back in his chair.

Dried Herbs

"For example, learn to use the wide variety of dried herbs and seeds sold in the stores. Poultry seasoning, American sage, Mexican sage (oregano) thyme, marjoram, are all good food enhancers. Get dried mint, flaked parsley and onion for soups and sauces. Don't forget the good old bay leaf."

"Fry a little cumin seed for seasoning pork, potato salad and cole slaw. Sometimes use dill in place of caraway seed; add a bit of crushed cardamom to sweet breads. Keep garlic in the kitchen, but use it with a gentle hand. Onion, garlic, allspice, dill or celery salt often will work wonders with a soup or stew that tastes flat. Curry mustard, chili powder and paprika are grand for flavoring food."

Nip of Clove

"Use a nip of ground clove in appauce. Experiment with ginger now and then. And remember that the most prized seasoning of the old days was a fine-grating of orange or lemon zest—which is just another name for the rind of orange or lemon."

TOMORROW'S DOUBLE-QUICK DINNER

Chilled Grapefruit
Braised Browned Liver

Horse-Radish Gravy
Mashed Potato
Big Tossed Salads
Fruited Rice
Whipped Cream
Hot or Iced Coffee or Tea
Milk

Prepare mashed potato. (Use dehydrated mashed potato if desired). Prepare fruited rice. Cook liver. Prepare grapefruit. Put a strawberry in center of each if convenient. Toss salad. Set table. Make coffee.

Braised Browned Liver: Pour boiling water over 1½ lbs. any kind liver sliced ¼" thick. Drain at once. Pull off outer membranes; cut away tubes.

Mix 1/3 c. flour, 1 tsp. salt, ¼ tsp. monosodium glutamate, ¼ tsp. pepper and ½ tsp. onion salt. Dust the liver all over with this. Brown quickly on both sides in savory drippings; then pan or oven-fry more slowly until well browned. Remove and make horse-radish gravy.

Horse-Radish Gravy: To the residue left in the pan after frying liver, add 3 tbs. flour; stir until smooth. Gradually add 1½ c. hot water and 1 beef bouillon cube or use liquid drained from cooked mild-flavored vegetables; add 2 tbs. prepared horse-radish. Cook and stir until boiling.

Fruited-Rice: In the top of a double-boiler combine 1 c. converted rice, 2 c. water, 2 c. fruit juice—any kind—4 tbs. sugar or honey and ½ tsp. salt. Bring to boiling point. Boil 5 min. Then cover and cook 40 min. over hot water. Serve with cream or whipped topping.

TRICK OF THE CHEF

Add a dusting of marjoram to liver before cooking.

KEEP IN TRIM

Inspiring Models Prove Slimming Possible

By Ida Jean Kain

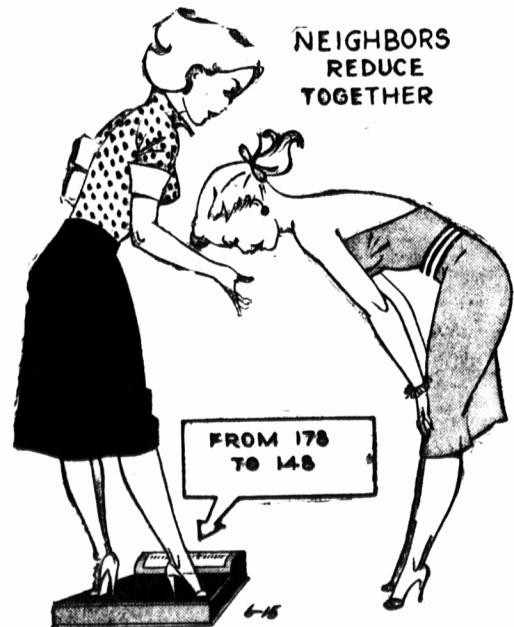
The key to slimming is in believing that you can do it. For this reason, letters from successful reducers, proving that it can be done, are often electrifying in their effects. Free from doubts, you suddenly make that important inner decision to take determined action.

In the first letter, from Oregon, two neighbors reduce together: "I think I have hit upon the perfect way to reduce—having someone on a diet with you. My next door neighbor and I both

From Florida comes a success story from a courageous reducer who has made remarkable strides reducing by herself, but now prefers the group reducing approach.

"I would like your leaflet on 'Slimming Clubs' and the exercise leaflet 'Slim Hips in a Hurry.' I have been reducing for 19 months and have lost over 100 pounds. I've taken off 19 inches but still need to lose more in the hips."

A bouquet to you! What a



NEIGHBORS REDUCE TOGETHER

FROM 178 TO 148

needed to lose weight and about the same amount. We discussed various diets, found the one we wanted, then weighed in and started. In four months we have each lost thirty pounds. I have gone from 178 to 148, and would still like to lose about 5 or so pounds more. I am 5' 7".

"We discuss our weight every morning over black coffee. I think the moral support has done more than anything else to take weight off. And now that the fat is gone, we have changed our eating habits. We are not going to let each other gain it back. Perhaps our idea will help others."

Once again we have beautiful proof that reducing together takes the boredom out of dieting.

heartening and inspiring example you will be to struggling club members.

Thanks to a new figure, life takes on new zest for this delighted reducer:

"Just to prove that 'Life Begins at Forty,' I'm writing you this note. I am the mother of four children, two boys and two girls, the latter both being born since I was 40. Four years ago, I tipped the scales at a sloppy 130 pounds. Today, at 45 I weigh a neat 116 pounds—all due to reading your column and following your suggestions. I feel better and get compliments from everyone. People remark how nice I look in my clothes and how much younger I look. Here's hoping all the younger women reading this will 'perk' up—and not let the past-forty women show them up!"

Now there's a challenge! If you are overweight, you might find it easier to reduce with a friend, with some neighbors or in a club. Perhaps you prefer to go it alone. At any rate, the important thing is to make up your mind—and then take decisive action. We're looking forward to your success letters!



Relax with TEA

Words Of The Wise

When you rise into morning, form a resolution to make the day a happy one to a fellow-creature. (Sidney Smith)

MARY HAWORTH'S MAIL

Woman Ashamed to Confess Wrongdoing

DEAR MARY HAWORTH: A few years ago I found I was going to have a child, which I wanted more than anything. However, the man—a wonderful person, successful, with many friends—was married to someone else.

He offered to obtain his freedom and marry me, but I didn't accept, although I loved him very much. I didn't see how we could manage without disgrace and problems, and distress to many, and it might have ruined him in business. I didn't want to hurt him in any way, so I added another sin to the list. I didn't have the baby.

Constantly since then this has been on my mind, with untold remorse and regret. I've read books which should be helpful—and weren't. I consulted a psychiatrist, who neither condemned nor condoned. He felt I didn't need analysis and wasn't helpful at all. I talked with my doctor, who expressed sincere regret and said I probably would make a wonderful wife and mother—but he was no help either.

Shrinks From Taking Her Life

To make matters worse, I ended the affair with the man whom I loved so much, and about a year later his marriage blew up and he suddenly married a woman he had met shortly before. I have feared for my sanity and often considered suicide, but that would be another sin, and because of my fine family I can't go through with it. When younger, I was quite religious, but can't seem to find comfort in religion now. And I can't bring myself to confess my sin and distress to a minister. I am too ashamed.

I often wish I had taken the first course offered me. With all the unhappy ramifications it would have brought, it couldn't have caused me more suffering than I am and have been enduring. Is there any way I can cleanse my soul and find peace of mind? Any help or comfort you can give me will be greatly appreciated. I have learned this—sooner or later, we all pay for our sins.

Follows Devil's Leading Strides

DEAR A. Z.: Well, obviously, the only way to cleanse your soul and get peace of mind is to confess your sins to a man of God and accept his help in renewing your hold on the life of God. You need the help of the Christian sacraments of confession, absolution and Holy Eucharist, and the help of intercessory prayer offered by others on your behalf—all of which can be obtained only by going to a churchman and asking for it.

I am struck by your statement that you can't bring yourself to confess your sins and distress to a minister, because you are too ashamed, you say. This is a morbid attitude, quite in line with the devil's purposes—and it amounts to rejecting Christ's teaching about man's relationship to God, and God's love of mankind, and the divine provisions made, at divine expense, for remitting previous sins.

The forces of evil in life, personified by the legendary figure we call the devil, have led, and still are leading you, step-by-step into "outer darkness," where there shall be weeping and gnashing of teeth, and all manner of suffering. Now the devil's latest argument for holding you there is that you are "too ashamed" to expose your sinfulness to healing agents.

Antidote To Discouragement

As an antidote to moral discouragement, and to refresh your mind on the Christian teaching, read "Christian Behavior" (Macmillan), a lovely book by the brilliant Clive Staples Lewis, noted author of "The Screwtape Letters"—that incomparably witty expose of the devil's campaigning methods.

On pages 68-69 in "Christian Behavior," Lewis writes: "Christians have often disputed as to whether what leads the Christian home is good actions or Faith in Christ. I have no right really to speak on such a difficult



MR. AND MRS. D. H. JONES

The marriage took place at St. David's United Church, Manse, Saint John, N.B., of Gloria Eileen, daughter of Mr. and Mrs. Angus MacLean, Albion Cross, P. E. I., to Donald Harold, son of Mr. and Mrs. Percy Jones, Saint John, N.B. Reading from left to right are Sheldon Campbell, best man; Shirley Roberts, bridesmaid; Mrs. and Mr. Donald Jones, bride and groom.

Aluminum Goes Indoors

By ELEANOR ROSS

Young couples setting up house-keeping, who have to work well within a budget, would do well to consider the summer furniture collections now in the stores. Some of the newest pieces seem to have been designed specifically for them rather than just for outdoor living. Although it is intended for summer porches and gardens, summer furniture today will be perfectly at home in the living room.

Not A Luxury

Instead of being a luxury, something to be used only for a few months of the year and then stored away, the new aluminum pieces are actually a sound investment. Nowadays the manufacturers have a way of sealing the color finish on aluminum so that it won't fade from the sun. And of course, wet weather can't harm it.

Those delicate pastels as well as vibrant hues are all well represented in this sort of furniture, so that one can even keep the liv-

ing room rug in mind when making a selection of "outdoor" pieces."

Easy To Clean

Nothing is easier to move about than furniture of lightweight aluminum. And when it's upholstered in plastic material, as it generally is, nothing is easier to keep clean and bright. All you need do, is to wash down the entire piece with a sudsy cloth and the furniture gleams like new again.

Formal Fabrics

Pieces that look just as well indoors as in the garden, patio or on the porch, are finished in upholstery that simulates more formal fabrics. Some of the pieces are extremely graceful, since aluminum tubing can be bent and worked into any pattern.

For households that include children, aluminum furniture is an excellent idea since it can take quite a beating and survive.

The facilities of St. Dunstan's University will be at the disposal of delegates and visitors. Accommodation will be available for out-of-town guests in the two residence halls on the campus and meals served in the university dining hall. Most of the meetings will be held in the university gymnasium.

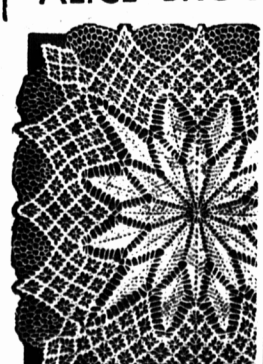
H. B. Chandler is chairman of the 1955 Conference Committee. He is assisted by J. L. Dewar, vice-chairman, and Roy Grant, secretary.

MORNING SMILE

A woman got on a bus and took the only empty seat, next to a harmless-looking reveler. Soon she opened a map of Spain and began to study it.

The reveler gazed at the map for a while and finally addressed the woman: "Sure you're on the right bus, madam?"

ALICE BROOKS DESIGNS



CROCHETED TV COVER

Easy-crochet this attractive cover for any size TV set—in your very favorite spider-web design.

Pattern 7391: Crocheted TV cover, 28 inches in No. 30 Cotton; smaller in No. 50 Cotton; larger in mercerized bedspread Cotton. Join 4 to make 56-inch cloth.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

ORDER OUR 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!



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New Cream Deodorant SAFELY STOPS PERSPIRATION 1 to 3 DAYS

½ Times as Effective as any other leading deodorant!

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More men and women use ARRIID than any other deodorant.

ELLEN'S-DIARY

by an Island Farmer's Wife

We commenced to paint the kitchen today—the old boards of the wood-work that are scarred and marked by many a mark of living, run, not up and down as is usual, but widely about the room, built, of course, in an era of plentiful lumber when our woodlands held fine virgin growth of spruce and pine. We remember that the stumps of the latter were often the despair of James at his endeavours of clearing land, though these like other old tokens and landmarks have now disappeared.

There was a last one, wide and well-rooted up the hauling-road in the stumpland. There in its shade we used to set the berry-pail when we came to gather raspberries in that neighborhood of canes. And sometimes when we returned to it to empty the measure of jug or cup we carried, we would sit on the mossy knoll beside, a long minute to enjoy more fully the wood sounds about: James in a field close by guiding the old mare at a bit of scuffling, it might be, his insistent "Gee, now! Haw, haw there!" reassuring to us in the tangle of bracken and bush about. If a snake should suddenly slither in a glint of green across our path to make us call out in alarm, well, James would

be there to "rescue" us, even though he would be apt to finish the round before he came! but there in the quiet the fascinating echoes came to us from ours and the farms about, and intermingling shrilly the sound of the sawing at the mill. And invariably if one lingered she could hear sweet and enchanting the rare call of a thrush.

And when the time had arrived to take the path toward home and the preparation of a meal, more than once we gathered to our apron weathered chips from the old stump to be quick fuel for our fire. It is gone now, the old stump. In its place and all about is a smooth field, which brings returns of grain and hay, but nothing more exquisite to our mind than the delights of that olden time that is gone.

"If I were you, Ellen, I would have that old wood-work replaced with..."

"so many times down the years we have been given this advice, 'It wouldn't cost much—and besides, well, nowadays 'they' just don't have the like of that in kitchens. That belongs with grass between the wheel-tracks and pioneer days.' And still the prospect never even edged into our fondest dreams. How could we set down the scars of the years—the marks which were dear: the notches against a door precious to James? They marked his growing-up. There too our compared heights, and in their turn Jamie and the rest, James can read the marks like a book: 'There, that was the year my father...' 'And that was the time...' And here, why it just seems like yesterday!—How the old days and the old times return, in an indentation, a scar on the old wood-work about!"

"What shade do you call that?"

Granddaughter came in to query "You name it."

"Can't!" she replied. "I'd say" she laughed a tinkling little-girl laugh. "It's cream with a little coffee poured in. Where did you get it?"

"Made it up from odds and ends of left-over paint."

"Well," she nodded, "at any rate, it will be fresh and clean." As is tonight's sky. There are stars in the pond and a moon in the wind-stirred branches of the white birch on the lawn.

Until tomorrow — — — Diary

— — — Good-night . . .



Neckline News

By ALICE ALDEN

It isn't the neckline, it's the fill-in that is attracting fashion's eye this season. Gleaming white neckwear had a terrific success as have fill-ins that take over smartly, so discreetly, when it comes to open-throated suits and dresses. Helping along the covered-up look, this white fill-in of birdseye pique. It has jaunty bows that are etched in loop embroidery and a perky pique bow. A good idea for those cool summer suits!

HOUSEHOLD HINT

Wash ironware in hot soapsuds and rinse thoroughly. A little baking soda in the last rinse water will help to retard rusting. Dry the ware thoroughly before putting away. If food sticks, soak the utensil in hot water to which a little washing soda has been added; then wash, using scouring powder, and brush if necessary. Rinse and dry.

Wife Preservers

Always hang slacks or any type washable trousers by the legs after washing. The wet weight of the garment will take out many of the wrinkles so that the garment will need little steaming.

CANAL CITY

Ghent, historic city in Belgium, is divided by many streams and canals.



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