

WOMEN

Page 10 The Guardian Tuesday, Jan. 3, 1956

Keep Family Healthy Throughout New Year

By Ida Joan Kala

Feel good, look good! That's our theme for a New Year's resolution. Add what better way is there to start a New Year?

However, the success of this plan will depend largely on you and the food that comes out of your kitchen to feed your family.

SKIMPY MEALS

Are you skeptical? Then, consider how you and the members of your household feel when meals have been too rich or too skimpy, too hurried or too dawdling, unappetizing or unpleasant.

First there are upset tummies, indigestion, foods that repeat, fatigue without apparent reason, the children downright naughty, grown-ups nervous and irritable. Then comes a raid on the package of baking soda or the castor oil bottle, perhaps sedatives or even sleeping pills come on the scene.

ATTRACTIVELY PRESENTED

In most cases, the difficulty can be traced to meals that have not been carefully prepared, attractively presented and eaten with enjoyment.

But this need not be the case. Any homemaker can plan and prepare meals that promote good eating, good health and good nature. Come along with me and the Chef in 1956 and let's have a good time accomplishing this together.

TOMORROW'S DINNER

Straparound Sections
Pork Steak Creole
Sweet Potatoes
Kale with Lemon Juice
Apple Betty Whipped Topping

ELEANOR ROSS

Eliminate Home Accidents

Over one-third of all accidents reported in the United States last year took place in the home. It's a shocking fact but one to face up to and try to correct. Home safety is primarily the homemaker's job, for only the woman in the house is aware of and can appreciate all the hazards that exist in comparatively simple tasks.

KITCHEN FLOORS

That little splash of grease on the kitchen floor, for instance, can cause a pain or platter to slide off and injure someone. To prevent this, keep stove top and work counters scrubbed clean. If there are any small children in the house, make sure that pots and pans on the stove are turned with their handles well out of reach. Be sure bathroom tiles are scrubbed clean and dry after a

LUSTROUS FUR

See others, valued for shining brows fur sprinkled with gold and silver, bread in islands of the fur north Pacific.

Engaged Widow Dismayed By Subtle Critics

DEAR MARY HAWORTH: I am engaged to marry a man 11 years my senior. I am 40 and he is 51. We've both been married before and have lost our respective mates by death. More recently, we are converts to the same faith.

Now for the problem: I am one of those women who are still quite youthful at 40, with a very slender figure. Whereas my fiancé Joe is quite bald, a little plump and looks his age. I think. But he is such a nice man.

He is a moderate drinker, earns a fair salary, and is always gentlemanly in our modest social excursions. But the criticism I am running into! Critics say he is too old for me... I am much too attractive to settle for him... I can do better than that... I have a good job. I don't need to marry... on and on it goes.

HOW COPE WITH DISPARAGEMENT?

Most of the remarks are said in a very subtle way but nevertheless I know what they mean. Usually I simply ignore them but just recently I did speak my piece and told someone I fully intend to marry Joe.

I don't mean there is widespread criticism; but at least four persons have said unkind things to me about Joe. As I do intend to marry him, I want you to tell me how to cope with these disparagements. Joe is a God-loving man and I think I am very lucky that he wants me to be his wife. B.G.

WIDOW HERSELF ONLY HALF-SOLD

DEAR B. B.: It seems to me that you are of two minds about Joe - as you privately weigh the pros and cons of his character, personality, competence, looks, etc. You feel that he is a decent fellow, who would be a good husband for somebody - and his desire to marry you has been quite a contribution to your peace of mind. It affords a sense of emotional security, in your erstwhile lonely widowhood.

On the other hand, you aren't at all in love with Joe, in the generally accepted (the delighted) meaning of the term. You probably rate Joe as likeable, restful, companionable, socially presentable, etc., and you may be genuinely fond of him. But I repeat, you aren't in love with him - an emotional bewitchment that gifts even defects with endearing charm - and, therefore, you can see him objectively, even while thinking of him with personal interest.

CRITICS REVEAL THEIR NEGATIVISM

In my opinion, Joe's 11 years' seniority isn't a serious difference. Indeed, it is in your favor, since it gives you a girlish youthfulness as compared to him - which no doubt intensifies his pleasure in your society. And if he isn't handsome, that doesn't matter, so long as his looks are acceptable to you. "Handsome is as handsome does," and if he is decidedly nice, that's the quality that counts.

MORNING SMILE

Customer—"Can you shave me with my collar on?" (asked the bald-headed, always-in-a-hurry customer as he jumped into the barber's chair).

Barber—"Sure thing (as he tucked a towel under his chin). And I can cut your hair with your hat on."

COOK'S CORNER

CARROT PUDDING

1 cup grated carrots
1 cup grated potatoes
1 heaping cup brown sugar
1 cup currants
1 cup raisins
1 cup chopped dates
1 cup suet OR 3 tbs. shortening
1 tsp. baking soda
Steam 3 hours

For Colds use lemon and soda

Put the juice of one lemon in a half glass of water and add 1/4 teaspoon of soda (baking soda). Take this excellent neutralizer several times a day to help reduce acidity and relieve discomfort.

PRETTY COCKTAIL SUIT

Grey and black wool is featured in this cocktail suit designed by the designer of Florence. The dress has a low neckline and skirt is thickly pleated from the hips. It is worn with a moulded, long-sleeved jacket. (CP Photo).

MARY HAWORTH'S MAIL

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VERSATILE KNIT JACKET

The knit jacket has long since proved its worth as a practical and pretty accessory, good anywhere, almost anytime. Rosanna has designed an all-wool, full-fashioned bulky knit which she offers as a jacket for cool shipboard evenings or as a ski-resort runabout. It's a pretty versatile piece.

The lines are long, the silhouette slim, with large pockets placed low. The flattering shawl-collared collar is a new design feature.

ELLEN'S DIARY

By An Island Farmer's Wife

"Years flee like hunted deer
Like hunched deer
That toss their antlers down
The trail, where only memories
Come back."

Thus beyond sight and sound and knowing, another year of the store of our time has gone, on winged feet.

It was a good year to folks of the farm. It blessed them with generous returns from their meadows and fields to fill plentifully their lots and bins. And occasion now memories of enchanting days that were...

"Will you just take a sniff of this!" one of the farmers said with a wistful smile this morning, opening in a barn, one of the bales of hay going to the breakfast-mangers. It was as sweetly fragrant as a full-blown June rose. "Good, isn't it?" he offered, adding "It brings back the scent of the haying."

Yes, good the year gone, was to us on farms, yet not without its measure of concern: its losses and crosses, and the minor and major problems peculiar to our estate as keepers of the soil.

What was it, the "culled" mammy used to advise folks about their troubles? "Trouble is so high you can't walk under it, so deep you can't dig under it, so I be dogged if the only way to beat it, ain't to duck yo' head and wade right through it!"

So we heart-rooted for years, indeed for generations of a name to the fields that spell H-O-M-E, had to "duck and wade" through last year's troubles of the farm. As we shall continue to do in the year fresh and new at hand. And with hopes high. The past was good but this, we promise ourselves will be the very best of them all.

Where will its path lead, we wonder, the trails we shall break into the recesses of that unknown way? Into a future, similar to a rolling countryside-of-place we go, not always by flowering meadows and around enticing bends of sunlit road, but dipping sharply to the depths of dim valleys and again climbing expectantly to hilltops wide and clear. Laughter, we shall

Is This The No. 1 Villain In Heart Disease?

Coronary heart disease is the greatest single cause of death in Canada. Does the food we eat contribute to the effects of this killer?

January Reader's Digest brings you the results of new research indicating that the real villain in heart disease is the fat-like substance cholesterol - and tells you how to reduce this fat in your diet. Get your January Reader's Digest today. 33 articles on lasting interest condensed to save your time.

ALICE BROOKS DESIGNS

Easy-sew aprons take one yard 35-inch! No embroidery! Iron-on red petunias with green leaves. Make for yourself and for gifts!

Pattern 7316: Tissue pattern, washable iron-on color transfer in combination of red and green. Medium size only.

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

Order our 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!

HOUSEHOLD HINT

You'll find an empty soft drink bottle carton comes in handy for holding household cleaning supplies. Put soaps, detergents, scouring powder, polishes, cloths and sponges in the different compartments and it's quick and easy to carry them from place to place as you do your cleaning chores.

WHEN COLDS MAKE HIM CRY - Give Your Baby Relief that DOES MORE THAN WORK ON CHEST!

When a chest cold strikes, use Vicks VapoRub - the proved medication that acts two ways at once.

When you rub it on, VapoRub quickly relieves muscular soreness. At the same time, VapoRub's medicated vapors bring relief with every breath. Soothing vapor medication travels deep into Baby's nose, throat and large bronchial tubes. Congestion starts breaking up. Coughing eases. Warming relief comes, lasts for hours.

So when colds strike, depend on VICKS VAPORUB.

STOCKHOLM STYLE

This black, white and gold-brown skirt is built out with a stiff under-dress designed by Rune Ull-skirt. Set-in sleeves reach to the hammer of Stockholm, Sweden, and the neckline is cut in of rice-patterned wool. The 1/4 wide V. (CP Photo).

MRS. GORDON MACMILLAN A COUNTRY GARDEN

The snow swirls at the window sills. The drifts are high. The pale-gold winter sunlight spills from a cold sky.

But in my hands I hold a small And lovely thing: A nursery catalogue, with all The light of spring And summer in it...

Swirl at my window, snow, and see If you can prison me!

—Crowell.

The first flower catalogue of the New Year has arrived and here on they will be the favorite reading of the gardener who is looking forward to this year's garden and planning for it.

Anticipation is almost as good as the realization of anything which contributes to our happiness and certainly this applies to gardening. At this season of the year we are dreaming of the garden as it will be in a few short months, and hoping for a more beautiful and satisfying year than ever before. If you have left your dreams behind, if hope is lost, then you are old. Age is a quality of mind, if your ambitions, fires are dead-then you are old. But if from life you take the best, no matter how the years go by, you are not old.

The weather this season has kept us on the jump to do our garden work under difficult circumstances. We have been digging up some clay under the snow for my hybrid tea roses and find it is not frozen, so little by little the roses have been hilled up and the snow will be a protection until this is done (I hope). Our mild seasons have not fitted us for such an early winter. Walking up through the orchard and sunny meadows is delightful when the load is not too heavy, and we remember that snow cherisheth the ground.

JANUARY EXHIBITION

The leafless landscape too is beautiful. Each branch a stroke of mastery sign. Here man may look upon simplicity And read another season's chronicle Within the harmony of tone and line On field and hill, wherever eye can see.

Now is the birch no longer alien. Matching its whiteness with the un-marked snow. And the dark regiments of oak and fir In gray of crayon. Black of brush and pen. At last are featured in a classic show - Winter both artist and exhibitor. —Jacobs.

In the winter garden room the Camellias are showing color and the sixteen buds are counted. When morning when watering this lovely plant as it needs much moisture. Last year it was a great joy to me and when through blooming was reported in leaf m'uld and well rotted manure added to the good soil then placed in a shady spot under a shrub surrounded by peat moss kept moist. It has grown into a large plant with lovely waxy green leaves. This flower is of Oriental origin and seems to do best grown outdoors in the belt between Florida and the northern Georgia border. Some however, are surviving in protected areas as far north as New York. The Massachusetts Horticultural Society will hold its annual Camellia Show on the Nineteenth of this month and blooms will come from private indoor collections and from Camellia gardens in the south. Azaleas and other seasonal flowering plants will be shown and this Camellia show is the oldest continuous exhibition of the society.

In Jacksonville, Florida, the community is as camellia-conscious as Portland, Oregonians are rose-conscious.

In Jacksonville, the world's largest garden club staged its Camellia Show and Camellias were everywhere, indoors and out. Circling the patio behind the Garden Center, low shrub wore white wire spirals topped with a pair of red camellias. In the center of the pool which was filled with camellias, a white cherub held cascades of multiflora and single and white palm fronds and white magnolia-leaves were used for accent. Prize-winning ribbons were attached to single blooms of a camellia which looked like a five-inch cluster of sweet peas, and another was like a bouquet of white and peach-pink chiffon petals.

While red camellias were in abundance, fragile white specimens had some elegant entries. One regal bloom that would rival any white orchid was White Empress. In the arrangement classes the camellias were used with Iris, and Chrysanthemums and included classes depicting Music, The Ballet, Religious Art, Shells and the

Early settlers in America had to concentrate on providing for their everyday needs so that it was until the eighteenth century that the first greenhouse appeared. Arthur Faneuil is believed to have erected the first greenhouse in New England, and soon many were built in Philadelphia. George Washington erected a greenhouse at Mount Vernon a few years later and soon there were many enjoying flowers and fruits in the winter time in every country, due to the fact that with expansion in the heating of homes it was much easier to heat the greenhouse.

If attached to the dwelling the one heating unit can supply all the heat needed without extra work of cost.

Within your walls of glass the fragrant summer blooms, a host of loveliness now fills the garden room. So by transparent barriers the two worlds are kept apart. The one of ice and snow, and the one of warm earth and flowers blooming.

When we enter the garden room after days of stormy weather, what a joy it is to smell the nice earthy fragrance reminding us of a garden after rain. This ability of a garden room to shut out the emptiness of the winter months and substitute the beauty and fragrance of summer is perhaps the basic

factor in having a small garden room.

I am very happy that the small garden room here is filled with geraniums, bulbs and my Camellia with the sixteen buds!

Before closing I wish to thank all who sent kind messages to me at this season of the year, they were very much appreciated and perhaps you can visit the garden next year.

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KEEP IN TRIM Time To Make A Frest Start

By Ida Joan Kala

Traditionally, the first week of January is the ideal time to carry out good resolutions. A little verse voices the hope in many a heart. It goes like this: "I wish there were some wonderful place called the Land of Beginning Again, where all our mistakes and all our heartaches and all our poor selfish griefs, could be dropped like a shabby old coat and never put on again."

The New Year is always a time of beginning again, and the place is in our own mind, in our attitude. For dieters, this is significantly true. So many of the letters from victorious reducers emphasize the fact that the way out of about dieting makes all the difference.

One overweight reported that she would go on occasional periods of martyred dieting, only to allow every petty frustration or irksome situation to send her back to defeat overeating. Without realizing it, her attitude was one of bitter resentment at missing out on her favorite foods. Analyzing her failure pattern, she recognized that it was when she was feeling sorry for herself that she felt compelled to eat and eat. She realized that her attitude was making it next to impossible for her to stay with low calorie fare.

With this enlightenment, her whole viewpoint changed to "Why do I put up with being fat - look at all the fun I'm missing." Before the predominant thought had been "Look at all the good food I am missing." She made an overall decision that what she really wanted was to banish the fat. From then on, she was not tempted by fattening fare, for it ran counter to her new goal.

All right... set yourself a goal for 1956. See yourself the way you want to be. First comes vision, then action follows.

What size do you want to wear this Spring? On scientifically planned menus plus a few minutes of regular stretch-bends, you can be 25 to 30 pounds lighter, inches slimmer - and two sizes smaller by Easter Sunday.

ENERGY BOOSTING DIET

Approximately 1100 calories. Reducing Rate: 2 pounds a week.

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