

# WOMEN

Page 8 The Guardian Monday, April 25, 1955

## LET'S EAT

### Nutrition Campaign Begun In The 1850's

By Ida Bailey Allen

This year is the Centennial of the Young Women's Christian Association. For a hundred years has ministered to the moral, physical, educational and spiritual welfare of self-supporting women of every class, color and creed. Through its ideals and accomplishments, this great organization has earned the appreciation, respect and gratitude of the nation.

#### Better Eating Campaign

Among its many laudable projects since 1855, the year it was founded, the YWCA has led a campaign among young women for better eating and knowledge of nutrition.

In the 1870's, cooking classes taught by outstanding teachers were started by the Boston YWCA. Enthusiasm was so great that a school of domestic economy was soon opened with a boarding department and a 3 to 6 month course in all domestic branches. In a few years this developed into an up-to-date school of domestic economy and industrial arts, with an experimental kitchen that was a model of its kind. Day and evening classes were held.

Usually the students enjoyed, for noon luncheon or evening dinner, the complete menu that had made up their lesson. Such a menu follows:

**DINNER IN THE SEVENTIES**

Vegetable Soup	CROUTONS
Beef a la Mode	Rice Croquettes
Buttered Onions	Custard Pie
Coffee	Tea
	Milk

### Cook's Corner



**BEEF UPSIDE DOWN PIE**

1 1/2 cups flour  
3 tsp. baking powder  
2 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. paprika  
1/2 cup milk

Sift dry ingredients, cut in shortening and add milk. Cook 1/2 cup onion in 2 tbs. butter. Add 1 can vegetable soup, 1/2 tsp. salt, 1 lb. hamburger. Bring to boil. Spread first mixture on top and bake in hot oven 20 minutes. Invert on warm plate and serve.

### ANNE ADAMS PATTERNS



**Wife Preservers**

Keeps toilet bowls pure!  
Removes Stubborn Stains!  
Whitens linens, cottons!  
Soaks diapers stain free!  
Kills germs! Deodorizes!  
Protects Family's Health!  
Four handy sizes!

### MARY HAWORTH'S MAIL

#### Engaged Man Flirted Last Summer Now Is In Dilemma

DEAR MARY HAWORTH: Last summer, while on vacation at the shore, I carried on a summer romance with a girl I met there. I felt at the time it was just a passing flirtation and thought the girl regarded it in the same light. Since that time I have become engaged to Jean, a lovely girl whom I have been dating for two years. But also since last summer I have been receiving letters from the girl I met at the shore.

I am afraid I encouraged her by answering her first few letters; but after getting engaged I wrote telling her of my coming marriage, and said I felt it would be best if we stopped corresponding. Unfortunately she doesn't feel the same way and has continued sending letters which are more and more amorous.

I have tried every way I know to discourage her, but she pays no heed and now her last letter states she is coming to live and work in my town, and that she intends to do her best to win my love.

I haven't yet told any of this to my fiancée, as I am afraid she won't understand and will break our engagement, which is the last thing I want to happen, as I love her deeply. But I am afraid now that the other girl, Gail, will attempt to break up my engagement, and I am in a quandary as to what to do. Can you help me? —G. Y.

**Was He Ever the Aggressor?**

DEAR G. Y.: You say you carried on a summer romance with Gail last season; but the aggressive character of her correspondence since then suggests to me that it was she who "carried on" with you. In your naive as regards women, you truly did think it was just a passing flirtation. I'm sure, when in fact the girl had already made up her mind to corral you for keeps, if possible. Or so the mounting clamor of her attitude indicates.

Now, to give you perspective on what goes on: It strikes me that Gail is at least partly responsible for your getting engaged to Jean (let's call her "Jeannie"). It is as if you were on a pedestal in your estimate. Seen through your eyes, she is a lovely girl, whom you deeply love, who might break the engagement if she felt you weren't the soul of honor, etc. And you've been dating her for two years. From all of which I gather that you are a bit in awe of her.

Your lighthearted exchange with the summer girl during vacation, and the subsequent build-up she is giving your ego, have primed your self-esteem and self-confidence to the point of sparking your proposal to Jean. I think you probably felt pushed to decisive action by Gail's campaign. Unconsciously you got the gist of her purpose some time ago, and realized your best defense was to take refuge in a firm commitment to another less driving woman — namely, Jean.

**Must women suffer periodic tension?**

My Reader's Digest tells how doctors are combating the needless misery of pre-menstrual tension — women's most common nervous disorder.

Get Mary Reader's Digest today: 36 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

### Words Of The Wise

Life is adventure in experience, and when you are no longer greedy for the last drop of it, it means no more than that you have set your face, whether you know it or not, to the day when you shall depart without a backward look. Those who look backward longingly to the end die young, at whatever age. —(Donald Culross Peattie).

### Household Hint

When traveling by automobile, keep a fold-up tube of shaving cream and some paper towels in the glove compartment. When your hands are dirty and there is no washroom handy, just squeeze an inch of the cream into the palm of one hand. Work it over your hands and wipe off with a paper towel. Shaving cream makes an excellent soap.

### Disinfects as it Cleans and Sweetens!

Whitens linens, cottons!  
Removes Stubborn Stains!  
Makes porcelain glow!  
Keeps toilet bowls pure!

Soaks diapers stain free!  
Kills germs! Deodorizes!  
Protects Family's Health!  
Four handy sizes!



### Lady-Like Loafers

The feminine side of America's twenty-two million teenagers has established its own fashion history by adapting dungarees as the favorite form of apparel. Today's crop, although more "hip" on wearing jeans than any youngsters since the fad began, have felt for some time that something new must be added. And what could be more in the picture than shoes to match? Especially these lady-like slippers which have taken the place of sloppy run-down pumps and sneakers. They are identical in color and fabric to the levis and have the same stitching and copper rivets. The sole is leather with a low, leather heel.

### White Wedding Gowns Still Popular But Not For Older Bride

**By THE CANADIAN PRESS**

The fashion of white wedding dresses introduced more than a century ago by the Empress Eugenia, wife of Napoleon III is as popular as ever.

Before 1850 brides wore any shade that caught their eye, including reds, greens, purples and browns.

But Jacques Michel, Montreal specialist in bridal design, and a member of the Association of Canadian Couturiers, said that while it is not always too flattering to brides who have passed the mid-20s.

**Kinch - Loney Nuptials**

St. Andrew's Presbyterian Church, St. Lambert, Quebec, was the scene of a beautiful candlelight wedding ceremony on Saturday, March 12 at 11 a.m., when the Rev. J. A. Koffend united in marriage Margaret, daughter of Mr. and Mrs. H. Loney, to William T., son of Mr. and Mrs. Percy Kinch of Toronto and formerly of Alberton, P. E. I.

The church was decorated with spring flowers and tall white candles in candelabra.

Given in marriage by her father, the bride was radiant in a waltz-length gown of white nylon net over taffeta. Her shoulder-length veil was held in place by a tiny coronet of pearls and she carried a white bible covered with red and yellow roses.

**SHIMMERING EFFECT**

The couturier also used navy or gray liberally heaped with white for bridesmaids' dresses at another wedding. A shimmering effect was created by using plain white organdy embroidered in contrasting color.

Michel also warns that some thought should be given to the way flowers photograph. Paler colors are recommended because deeper tones often show up too dark.

Today's bride usually conforms to traditional white but she has made a slight concession to the current rage for color by wearing pale pastels under white sheers.

When worn with light, airy materials such as embroidered nylon organdy, tulle or lace, the result is a delicacy of coloring comparable to Dresden figurines.

The Empress Eugenie is also credited with launching lace as a bridal favorite. Since the royal wedding gown cost the equivalent of \$40,000, she would have had few followers if a chine hadn't been invented to mass-produce lace.

**PRACTICAL BRIDES**

This spring for as little as \$60 a bride can walk up the aisle enveloped in lace. She can manage an event less if she selects a combination of nylon lace and tulle.

Brides of today have a practical side. Many choose dresses designed with jackets, boleros, redingotes, detachable ruffles or underskirts which can be removed for evening or semi-formal wear after the wedding.

Shorter skirts are favored over

### KEEP IN TRIM

#### How Fast Should A Teenager Loose Excess Pounds?

By Ida Joan Kahn

Many a teenage girl, a couple of weeks prior to the important social event in her young life, suddenly decides she is "so fat it is pitiful," and asks how to lose POUNDS, lickety-split. Too late . . . Today's letter from a fourteen-year-old strikes a different note. This young lady from up-state New York writes:

"I'm fourteen and read all your articles since I am a little overweight. I lose between a pound and a half a week, but that is not enough in my mother's opinion and she has kept me home from club meetings. Is it right for my mother to keep me home? On the average, how much should I lose a week?"

The rate at which you are losing weight isn't nearly so important as your willingness to eat for normal weight and desire to fix good food habits. However, since you did not mention your weight or height — could it be you are belittling the overweight and perhaps oversteering the regularity of your weight loss?

Let's take it from your mother's side for a paragraph: Is she cooperating in every way she can — fixing low calorie foods, encouraging you to eat a well balanced adequate meal a day and skip the favorite fatteners? Or do you quite often counteract her efforts by eating a chocolate bar or sipping a soda through a straw, deciding "Just this once won't hurt?"

Perhaps in your way you are trying. Just for fun, change your approach to the whole problem. How do you want to look at your next big school dance? Start seeing yourself that way. Instead of feeling put-upon, add a dash of fresh young eagerness to caloric control. Make a game of slimming down and shaping up and you'll have a honey of a figure on the music and swing through before your next birthday. Turn stretch-twist, side-bends. Stretch up, bend to the side, hold the movement to a six beat count — pull the fat off the waist and wishbone!

Be sure to eat to slim down. These are your formative years — do not shortchange yourself. Have daily: Milk, a pint plus a glass of skim milk or buttermilk; an egg or two; an orange, grapefruit or citrus juice plus a couple of other fruits; one starch vegetable plus a green and yellow; a big serving of lean meat, fish or fowl (trim off fat, skip gravy); and limit bread to three slices whole grain or enriched, lightly buttered. The "Teen Age Slimming Menu" contain 1400 calories in protective-beauty foods. On these menus you can lose one to two pounds a week and keep your bounce.

Cooperate whole heartedly with your Mom instead of resisting — there will be no question about your being allowed to go to club meetings.

### ELLEN'S DIARY

by an Island Farmer's Wife

At midday the housewives at Alderlea fried new trout in butter to make one of the sweetest bites "this side of heaven" for their households. These were caught somewhere in this neighborhood of stream and millpond by the younger farmer of the place in those minutes of morning he sailed between the time he had taken granddaughter to the corner on her way to school, and the tractor from the garage to go to the first of the field work on the farm.

He is one of the best of anglers — has been ever since those days when as a wee lad, with a loved hound-dog for his companion he loved to whip the stream for its yieldings. Now the demands of his farming refuse to allow him much leisure to put to the pasture.

Yet at times little more than so many stolen minutes, we miss him from the place in the season, to see him return presently with a nice string of speckled treasure. What tells him of those better moments of angling? We have often wondered. Is it his survey of the sky? A noting of the direction of the breeze which wanders in from some fastness over the hilltop? A ripple on the stream? A quality in the air we do not notice? We do not know.

We only know that all at once he is gone from his cares about and later we are treated to a share of the catch.

"Good!" we may breathe admiringly, we from whom every big one manages to get away. "Oh, just fair . . . I've seen better. But then the fishing is not what it used to be round about here."

So the new day — and week opened for us often an old pattern of spring, a pleasant design with folks done of their allings and symptoms and beck to tan paths of work once more. James not quite "as good as before" but obviously exceedingly happy

**HONORED AT SHOWERS**

Prior to the wedding the young couple were guests of honor at several showers where many lovely gifts were received. They were also entertained by fellow employees and presented with appropriate gifts.



### Gay And Functional

Household chores take on a touch of glamor when you are dressed for the occasion. If a neighbor drops in for a cup of tea you won't have to be ashamed of your work clothes even if she is a complete stranger.

This young matron is all set for a thorough house cleaning, all prettied up in a colorful apron and red denim gloves. Both items are so inexpensive that you'll find them fit right on a limited budget. The gloves are a great protection for hands and nails as well as being bright and comfortable.

### ALICE BROOKS DESIGNS

**LIFELIKE ROSES**

Crochet roses in color — to decorate this most unusual dolly! They stand up in lifelike form against their lovely background.

Pattern 7327: Color-crochet rose dolly in "3-D"! Larger, 22 inches in No. 30 mercerized cotton; smaller, measures 13 inches.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

**WONDERFUL** is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

**MORNING SMILE**

After Sunday morning service a woman stayed to chat with a friend, leaving her purse on a seat. When she returned for her purse it was gone, but she quickly found it in the possession of the clergyman himself.

"I thought I had better hold it," he explained. "You must remember that there are some in the congregation so simple that they might consider it an answer to a prayer."

by Alice Brooks

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