

WOMEN

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LET'S EAT

Snacks Will Lessen Your Taste Quotient

By IDA BAILEY ALLEN

"We hear much talk about good taste in home decorating and good taste in dress, Madame, but comparatively little about good taste in foods," said the Chef. "What I mean is that subtle, discriminating reaction of the palate to fine flavor—or what you might call a gourmet appreciation of the ultimate." "Come, come, Chef! If you're going high hat, I'll do it, too. What you are referring to I call the T.Q. of foods—the taste quotient."

High Taste Rating

"Very good, Madame. But very few persons have a sufficiently discerning palate to gain a high taste rating."

"Right you are. Scientific findings show there are only ten distinctly different food tastes perceptible by the average person. And I believe I can give the reason, which is that the carry-over flavors in the mouth from tobacco, gum, candy, peanuts, coffee, onions, garlic, limburger cheese, smoked fish, and what have you—all these interfere with normal taste reactions. Now some of these things are excellent foods, but they all have strong taste or flavor, and should be indulged in only at the proper time and place."

Not Before Meals

"My own particular criticism, Madame, is against gum chewing or candy munching immediately before meals."

"Oh, yes, Monsieur le Chef, and what about smoking just before sitting down to a meal, or even during the meal?" "That, Madame, in my opinion, is the positive abasement of the T.Q. of Foods!"

TOMORROW'S DINNER

Grape Fruit
Blanquette of Veal
Whipped Potato
Buttered Pumpkin
Tossed Green Salad
Pineapple
Bread-and-Butter Pudding
Coffee Tea Milk
Blanquette of Veal: Cut 2½ lb shoulder or breast of veal into 8 serving portions. Place in a heavy saucepan. Add 1 tsp. each salt and monosodium glutamate. Pour in 4 c. boiling water and bring to boiling point.
Add 1 sliced peeled carrot, ¼ a

MARY HAWORTH'S MAIL

Urges Prayer To Forestall Loss Of Mate

DEAR MARY HAWORTH: I have been happily married for 20 years and have two teen-age children. I have never been a jealous wife, nor had any reason to be; but my husband was recently transferred to a new job, and his present manager is a woman, who uses every trick in the book to be near him.

She leans over his shoulder or calls him over her desk at every opportunity. She beams at him and has a straight face for everyone else. She constantly compliments him on his work; actually brags about how well he does it. She isn't friendly with any of the other employees and they notice the difference.

Naturally all this pleases Harvey, and he is pleasant to Mrs. X. I'll call her. Also he is doing the work he likes, and he really cannot afford to change jobs. He says I have nothing to worry about; that as a woman she means nothing to him. But do you think the average man is strong enough to face such temptation daily, and still resist it?

Can a man who is happily married, who has always been faithful, and has a nice home life be tempted into an affair by another woman? Harvey says "No," but I've always read, and heard it said that a man can love his wife and still be unable to resist a constant temptation, no matter how strong. I am sure that you, I am sure, would appreciate your opinion. I am in the grip of anxiety—and do you think it is justified, or silly?

HUMAN AWARENESS IS FAR-REACHING

DEAR P. J.: "Coming events cast their shadows before" is a folk saying that Dr. J. B. Rhine factually documents in his interesting book "The Reach of the Mind" (William Sloane Associates). And it occurs to me that there is a pre-cognitive aspect to your overpowering concern about Mrs. X's potential (or intended) influence on your husband.

It isn't uncommon for a greatly devoted wife, who has become "at one" with her husband, and whose years and years of happy marriage, to intuitively detect danger lurking in the path of his future experience. Indeed the feminine half of a partnership is typically more clairvoyant in this respect than the male—who is usually too occupied with the external doings of the here-and-now to pay attention to the "soundings" of the unconscious mind.

Outside the restricted range of conscious alertness, there is a vast area of possible awareness—which Dr. Rhine labels "extra-sensory perceptiveness." The soundings of ESP register fragmentarily on the personality in terms of specific hunches, or "warning" dreams, or acute misgivings, maybe. The range of the conscious, versus the unconscious mind, may be likened to a circle of lamplight in an ocean of surrounding darkness at night.

HIGHER THINKING MAY TURN TABLES

From the lamplight angle, the darkness may look void; yet tremendous activity may be afoot in the darkness. And so also, in the subjective realm of human life-force. Here is where the moot "power of thinking" operates, affecting both the thinker and those included in his thought, if the thought-feeling is vividly held. And this is where you cut in on Mrs. X's wave length, probably, as regards her interest in, and intentions towards your husband.

I am inclined to respect your indelible conviction that Mrs. X is a deliberate and serious threat to Harvey's emotional integrity, as a would-be faithful, and happily devoted husband until now. The question is, what to do about her? Well, persons clairvoyantly en-

KEEP IN TRIM

Nature's Parking Place For Fat

By Ida Jean Kain

Which measurement widens most with overweight? It is not the waist nor the hips, but the measurement between the abdomen. Place hands on waist, with thumbs back and forefingers touching in front. That's the part of the anatomy most folks call the stomach. Technically, it's the abdomen. Under any name, this area is one of nature's favorite parking places for fat.

Also, when the abdominal muscles lose tone, the middle spread is inevitable. The waist slips its moorings and widens. The term

up to a sitting position. There is an even harder test . . . but that is for a later day.

If you cannot extend to a sitting position, the muscles of the abdominal wall are lacking in tone. These two exercises are for the purpose of restoring tone . . . Position: On hands and knees, with back straight, parallel to floor.

Movement: Round your back and pull up and in firmly with the abdominal muscles. Hold this for a count of 5. Relax, letting stomach muscles go soft . . . then pull up

Tones abdominal muscles.

waistline might lead one to suppose circular bands of muscle control this area. The waist is bounded on the sides by the bias muscles of the abdomen—the external and internal obliques, which insert sawtooth fashion around the sides of the waist.

Here are two tests which give important clues as to the cause of middle spread. First, the measurement test indicates the amount of fat. With a tape measure, encircle the abdomen at the level of greatest protuberance as viewed from the side. The abdomen should measure from one-half to two and a half inches smaller than the bust circumference. If the abdomen exceeds the bust measurement—the spread is on thick. It is quite likely that you have piled on too many excess pounds.

The second muscle test is to do with stretch of muscle in this area. Try it—lie down on back, legs straight down. Have hands folded and placed in back of neck. Have your feet anchored under a heavy piece of furniture, or have someone hold your feet securely. The test is whether or not you can curl

dowed tell me that coming events, of threatening import, may be dispersed by faithful fervent effectual prayer. They say their own experience has proved it—and they infer that one constructive use of ESP is to "deliver us from evil," seen ahead.

My suggestion is to read "God's Reach" (Macalister Park) by Glenn Clark, or "The Sermon on The Mount" (Harper & Brothers) by Emmet Fox, to turn the tables on Mrs. X; and block her purpose by the power of your higher thinking.

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

PAID FOR HUNTING

ROTORUA, N. Z. (CP)—Deer have become so numerous in parts of New Zealand that the government pays men to shoot them because of the damage they cause to forests. One man in the Urewera district of the North Island has shot 200 in the past few weeks.

Bringing Up Baby

Hints Collected by Mrs. Ben Carter (Mother of 5)

When I was a little girl my mother used to tell me that carrots would make my hair curl. "Tain't so," say the experts. But carrots do contribute to the general well-being of we ones. Carrots are high in the vitamin-A value that helps keep tender young skin clear . . . bronchial and intestinal systems healthy.

Speaking of vitamin A, here's a new, good-tasting source for baby: Gerber's Garden Vegetables—a happy combination of carrots, peas and spinach. Gerber's blend these important "green and yellow" group vegetables for their exceptionally high vitamin-A value, and to provide a mild, pleasant new flavor. Gerber's Garden Vegetables also contain a liberal amount of iron. Good and good for baby.

Shape of things. Baby's woolen booties will stay nice-looking longer if you stuff them with paper after washing. Keeps them in shape, helps prevent wool from matting.

It's well worth knowing why so many doctors suggest Gerber's Cereals when it's time to start baby on solid foods. Gerber's Cereals supply baby with the nourishment he needs because they're enriched with iron, minerals and essential B-Vitamins. Good tasting, too—Gerber's Cereals have the smooth texture and mild, pleasing flavors that appeal to the very young. Try all five: Mixed, Rice, Barley, Oatmeal and Wheat.

Sitting pretty. You can make a soft, comfortable mattress for baby's play pen by folding and tuffing an old blanket. Very cozy seating arrangement.

A lovely spoon for your baby! Heavy silver plated Baby Spoon in famous Winthrop design (regular value \$1.25) is yours for only 25c plus one box top from any of the five Gerber Baby Cereals mentioned above. Send to: Mrs. Dan Gerber, Box 68, Toronto 18, Canada.

Heart Disease

Victim Needs Plenty Rest

SUFFICIENT rest is extremely important for all victims of heart disease. Patients are frequently ordered to bed for at least six weeks following their first attack.

Seventy-seven per cent of these persons recover from their first seizure. And two out of every three can usually return to complete, or at least, moderate activity. But they must get ample rest.

At Least Eight Hours

Now, how much sleep should a heart patient get? I think you know that virtually everyone should have at least eight hours' sleep each night. That is doubly important for heart disease victims.

I think it is also important for them to take a nap a couple of times a day if at all possible. Nap, say, for half an hour before lunch, and again for an hour before dinner.

Your wife will delay dinner for you. Most wives will do anything in their power to aid their husbands. It is important, too, that you get to bed before midnight. That is when you get your best sleep.

Even while you are up and about, you can still manage to rest frequently.

For example, try the method I have devised for climbing stairs. It will do a great deal to take the strain off your heart.

Climb three stairs in succession and then stop. Rest both feet on that step for a moment and then climb three more, resting again.

Don't be embarrassed, or afraid this different method will attract attention. It probably won't even be noticed by anyone else.

I developed this system during an elevator strike in Chicago. Many of my friends have tried it, and I know it works.

Whether you have heart disease or not, don't ever run up or down stairs. If you have heart trouble, it might be fatal.

Just remember, your heart rests for every second it works. Do you?

QUESTION AND ANSWER

J. J. B.: I was operated on 18 months ago for enlargement of the lymph glands in the neck due to a previous infection. I now have an enlargement of some other glands in my neck. Would it be dangerous to delay a second operation?

Answer: It is not clear exactly what is causing your trouble. Infection of the lymph glands may occur from various types of germs, including tuberculosis germs.

As a general rule, these infections, other than tuberculosis ones, may be satisfactorily treated with antibiotics. However, after your physician has made a careful study to find the cause of your condition, he is in the best position to advise proper treatment.

BEEF FARMERS

Sugar beets and beets for cattle feed are the largest crop in Belgium's agriculture.

ELLEN'S DIARY

by an Island Farmer's Wife

And we came to our morning sober at heart, realizing that the road of life bares sadly for us western journey farther along its western trail as those we have known in our pattern of living, friends, acquaintances, kin turn away toward that other far land.

It was to surroundings we had almost forgotten we came.

"Hi, Jamie! Hurry into your clothes or you'll miss seeing the snow" we heard Gage, up before him, call back to his brother as he hurried down the stairs. There it was, white on the roof-tops, light spread on the farmyards in token of winter. And James shook his head with some chagrin. "We're a day behind the Fair!" he offered quietly.

"One day!" our helper chuckled. "I should say off-hand, more like three or four!"

But in no time the sun drew a toll of white from the hillsides to bring the farmers once more to their field-work to have it, by sunset, a good day nearer to its close.

Brightly the fires of sunset glowed above the quiet hills, kindled in gold and rose, to flame then in orange and crimson and purple as the fire of driftwood burn colorfully on a dusky summer-beach.

"Beautiful, isn't it?" Granddaughter who watched with us said. "Or it maybe we admire it more now that in the fall we don't get sunsets every day. But they do seem richer now than in summer, don't you think?" She had come by herself to visit with us, to join us at supper and then return with her

father in the twilight, home to the little House across the Lane at Alderlea . . . When play loses for the moment its charm, she will pick up a book and with Gage and Mack on either side of her, she reads to them. It may be a selection from Gage's Reader, or a favorite bit of poetry from that of Jamie's or a piece of prose, with which, despite odd over-size words, she manages fairly well. And the two listen with wrapt attention and we about some end of our work, find that we too have left these surroundings to come roaming with them along such paths as the little reader takes.

Gage however was absent for a time this evening, he having accepted a mission strange to him but one which is the privilege of the members of the Junior Red Cross in the season of Remembrance Day. Somewhat hesitantly after school he set out to return later obviously well pleased with the results of his outing. Every blood-red poppy of his share of them was taken at our farmhouse about! He counted the silver gained for the worthy cause . . . checked it again "to make sure" . . . smiled, then put it carefully away for the morning-trek to class. "I didn't do too badly, did I?" he commented. "And peppermints, a cookie and a piece of cake!" We expect him to be as mature as Jamie, five years his senior. But he is only a little lad yet, the younger boy of this farm.

What else "besides" the line of duty did our day grant? Many an unlearned loveliness, many a blessing.

Until tomorrow . . . Diary at supper and then return with her

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