

WOMEN

Monday, March 14, 1955 The Guardian Page 3

ELLEN'S DIARY

by an Island Farmer's Wife

The farmlands are beautiful now as they lie washed in the silver beams of a March moon about full. How bright the night is! So lovely one regrets she must leave the engaging scene without, of nesting farmhouse, of valley and hilltop to come presently to her rest.

Even there the moon will follow us. The dark flagree of branches against the night-sky will provide an intriguing loom for us upon which to weave a new length of dreams — of old schools and homes; of old gardens and sunny country lanes and fields set with meadow-flowers — these shall make the substance of our weaving.

There too from our pillow we shall find through the boughs an old winter star, one which has given us comfort through some sleepless watch of the night, when the hours moved slowly because of an annoying misery of body and the rest of the household slept. Then to the east, our friend of star kept bright vigil with us until at length our troubles eased or vanished and we too were caught up in the arms of sleep.

So bright the bedroom will be that we fancy James will speak into the silence to say: "Are you sure, Ellen that when you came

upstairs you turned off the yard-light?"

"This has been a busy night for James and also one of some concern, though it came at length to a happy ending. Quietly now the households rest. In the absence of the younger farmer, who must be abroad on some mission of farming, and the farmwives who 'just must go' to attend the monthly meeting of the W. I. James was left with the care of the children and homes.

Not that the former was any chore with Granddaughter picking up her favorite doll and retiring without a reminder when her bedtime came. And if Mack postponed his going to remain awhile in the company of his elders about the fire, he too soon became drowsy and made his way up the stairs.

The care of the fires was a trying quest however, with the wind of month high about the chimneys. To add to his concerns — and James declared he never saw it any better: when the women were most wanted they were sure to be away! — the red cow was bound and bent to bring her calf to the world. So with fires and as it happened (masculine) company and all, it is no wonder that he has gone before us to bed.

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MARY HAWORTH'S MAIL

Working Wife, wants Help With Dishes

DEAR MARY HAWORTH: I am a small business man with my full share of worries. I have been married five years and in business three years. My wife is employed and we live off her salary, thus helping the business, which is far from being well established yet, but I have great hopes that with hard work I shall prosper eventually.

Since starting in business, my motto has been "Give all to the business, and some day the business will take care of you." By giving all, I mean within reason of course.

Judy works at her job five days a week, eight hours a day, and when I get home even-ings she thinks it very wrong of me not to share the domestic chores. Especially the supper dishes. I feel no man should do dishes unless, of course, his wife is ill.

His Mother Was Different

There are just the two of us at home and I keep asking Judy why she will do my dishes. I know very well that caring for children is more work than an office job; but she tells me "That's different," of course it's different, but I know it is harder.

My parents had five children and dad never washed or dried a dish, and mother wouldn't have stood for it if he had offered. She was up mornings an hour before him, to make sure his coffee was ready, and what's more, she loved it. She would have had a fit if she couldn't get up to take care of her man.

Please understand; I don't expect my wife to wait on me hand and foot besides wage-earning; but what's this fifty-fifty deal she keeps talking about? Always worrying that I may do a little more than her share. So what? What is love? I don't mind putting in long hours seven days a week, and if some day I make good money, it isn't for me alone. But try to explain this to my wife — Oh brother! Please help.

S. S.

Mother Short On Self-Esteem?

DEAR S. S.: It doesn't make sense to compare your wife's ideas with your mother's performance. Their ways of life are incomparably different. In your marriage, your wife is supporting you, at present. Or at any rate, financing the establishment which you call "home." Whereas in the case of your parents, your father was the family breadwinner.

When your mother jumped around, waiting on dad and hand and foot, she was signifying appreciation of his protector-provider status in relation to her and their brood. Also, I suspect, trying to sell her "worth" to the family, by being everybody's slave — to compensate for her unconscious anxiety at feeling wholly dependent on dad's bounty. If she had been more self-reliant financially, she might have been a lot less the domineering homemaker.

As I get the pitch, your business venture is a sort of facade for laziness. It is a matter heading your own shop, to get out of being bossed. A hide-out from work and discipline, maybe? You say it yields no dividends? After three years, your wife's salary is your only income. If your wife had more faith in, or respect for, your theoretically independent enterprise, she prob-

KEEP IN TRIM

Overweights Battle The Bulge

By Ida Joan Kain

Slimming clubs are off to a healthy start in Battle Creek, Michigan, which I am proud to claim as my home town. Under the auspices of the local Y.W.C.A., 150 overweights in four different groups are slimming down and toting up — and having the time of their young middle age lives doing it.

It all started when one overweight, finding it uphill work to reduce alone, set out to lay the ground work for a reducing club. She contacted dietitians, doctors, beauty experts and fashion authorities, all of whom expressed a willingness to lend their talents to this good cause. She went to the "Y" to enlist their cooperation for the exercise part of the program. They were enthusiastic about her plans, and offered their facilities and help in organizing the clubs — provided enough women were interested in losing weight.

Losing on schedule.

Interested! The response was overwhelming. An organization meeting was announced in the Enquirer and News inviting overweights desirous of losing 50 or more pounds. Forty overweights attended. Actually, only 28 fell in the 50 pounds and over category, so they formed one club. The membership of the clubs is this: 41 overweights in one afternoon group need to lose an average of 71 pounds each; 18 in an evening group need to lose an average of 66 pounds each; 40 overweights in an afternoon group average 34 excess pounds each; and the similar club held in the evening is made up of 45 overweights who need to lose approximately 35 pounds each.

The "Y" Program Director, Miss Marilyn Carlson, reports perfect progress, with the average loss of two pounds a week per member in the first three groups, and three pounds a week in the last evening group.

We wish the members happy slimming together and request future reports.

New Pattern In Marriage

What is this fifty-fifty deal she is talking about? It is a new pattern of married teamwork that first became the rule amongst mainly fair-minded husbands in the 1940s, when many young men, just out of the Army, were getting married while going to school.

In many such cases, the man wasn't prepared to support a wife just yet; and to make marriages possible on his student allotment, his bride had to work for pay, to help meet bills. And in appreciation of her ingenuity and industry in this respect, the husband shouldered her load of housework as best he could, voluntarily — glad to do it, to be comradely in a practical spirit.

From this beginning, young American fathers are interesting themselves in their children's growth as never before in our history. They are learning to really know their children's inner selves from infancy upwards; and thus, to have a responsive insight into the children's needs of sympathetic affirmative two-parent care.

Give the human race enough of this kind of experience, in the crucially formative first year of life — namely, the experience of feeling secure in an atmosphere of good father-love, as deeply familiar as mother-love — and mankind would rapidly outgrow the tensions that lead to world wars, I think.

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



Losing on schedule.

exercise is advisable and stipulating the number of pounds to be lost.

Speakers are invited for discussions the first week of each month. The other weeks are spent weighing in, measuring, taking "strenuastics," and most important, in general discussion.

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Household Hint

To get the best service out of a carpet sweeper, empty it often and remove the lint and hair from the brush. Clean the bristles with a cloth dipped in hot soapy water with some household ammonia added.

TO RELIEVE TORTURING ITCH OF ECZEMA

Try This Easy Way Tonight

Stop in at your druggist and ask for a small original bottle of MOONE'S EMERALD OIL. Apply liberally at bed-time and get real relief in double-quick time. No matter what you may have tried, there's nothing quite like Emerald Oil. Inexpensive and sold Satisfaction or money back. At all drug stores.

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LET'S EAT

A Lemon Meringue Pie Is A Popular Dessert

By Ida Bailey Allen

A LEMON MERINGUE PIE IS A POPULAR DESSERT

"Can you bake a lemon pie, Billy boy, Billy boy?" hummed our singing Chef, as he spooned fragrant lemon filling into a baked flaky pie-shell.

"Why did you sing 'lemon pie' instead of 'cherry'?" I inquired.

Cherry Pie No Trick

"Because, today, it's no trick to make a cherry pie. You can even buy the entire filling in a can ready to use. But a beautiful lemon pie made with fresh lemon juice, and topped with meringue light as a spring breeze — Oh, la, la! That is an achievement!"

A Technical Matter

The answer is a bit technical. The fresh tangy flavor of lemon is due largely to the presence of citric acid. This breaks down the starch while cooking the filling and so a lemon pie needs more cornstarch in order to thicken it sufficiently.

Two more questions concern the meringue: What will keep it from becoming runny and watery, and what will keep it from falling?

The answers: Add lemon juice or cream of tartar to the unbeaten egg whites. Don't underbeat the meringue, and be sure to cool the pie away from a draft.

TOMORROW'S DINNER

Beef-Celery Saladettes
Platter Lamb Stew Dumplings
Green Peas with Young Onions
Lemon Meringue Pie
Coffee Tea Milk

Wife Preservers

1 large can of salmon
2 eggs (beaten)
¼ c milk
½ tsp. butter
½ tsp. salt
½ c bread crumbs or 5 soda biscuits

Onion to taste
Place in buttered pan, garnish with crumbs or soda biscuits and bake in moderate oven 30 minutes.

Lemon Meringue Pie: Bake a 9" pie-shell.

Meantime in a qt saucepan, thoroughly stir together 7 tbs. cornstarch, 1½ c. sugar and ¼ tsp. salt. Gradually stir in 1½ c. hot water; cook and stir over direct heat until boiling. Slow-cook and stir 8-10 min. over medium heat until thick and clear. Remove from heat.

Separate 3 eggs. Beat yolks until creamy; stir in 4 tbs. of hot cornstarch mixture, then stir back into pie filling, and cook and stir 4 min. over low heat. The mixture will be very thick.

Remove from heat. Gradually beat in ½ c. strained fresh lemon juice, 1 tsp. grated lemon rind and 2 tbs. butter. Cool until tepid.

Spoon into pie-shell. Top with meringue. Bake 15-20 min. in moderate oven, 350 degrees F., or until meringue is pale brown.

Cool before serving. Use same day.

Lemon Meringue: Beat 3 egg whites (room temperature) in medium-sized deep bowl. Gradually beat in 1 tbs. strained fresh lemon juice. When whites stand in

peaks, beat in 6 tbs. sugar, one at a time. Continue beating until whites stand in glossy peaks.

Spread over pie filling, starting at edges, to attach meringue securely to crust so it will not shrink away. Bake as directed above.

TRICK OF THE CHEF

Add a little prepared horseradish when making beet-celery saladettes.

Cook's Corner



HARLEQUIN POTATOES

2 cups peeled potatoes cut in cubes
6 tbs. butter
¼ cup minced onion
2 tbs. chopped green pepper
2 tbs. chopped pimiento
1 tsp. salt

Cook potatoes in boiling salted water just until tender; do not overcook. Drain. Melt butter in same saucepan; and onion and remaining ingredients and cook for about 3-5 minutes. Add potatoes. Cook, turning occasionally until golden brown on all sides. Serves 4.

SALMON LOAF

1 large can of salmon
2 eggs (beaten)
¼ c milk
½ tsp. butter
½ tsp. salt
½ c bread crumbs or 5 soda biscuits

Onion to taste
Place in buttered pan, garnish with crumbs or soda biscuits and bake in moderate oven 30 minutes.

Wife Preservers

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Man — Fine. I've got the roof and the mortgage on it already, and I expect to have the furnace and the sheriff in by fall.

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