

WOMEN

Page 8 The Guardian Monday, Sept. 13, 1954

LET'S EAT

Better Balanced Meals

By HBA BALEY ALLEN

MOST Americans do not eat enough essential foods at mealtimes. As a result, children and housewives snatch snacks between meals; workers need coffee-breaks during the morning and afternoon; and many adults and most teen-agers raid the refrigerator at night.

Moreover, single packages of many canned foods and all frozen foods yield only 3 to 4 servings, which are not enough to satisfy the average family. So, rather than buy "doubles," the homemaker often cuts on essential foods, and the family fills up on frills.

Another contributing cause for in-between meals or snacks is that most home meals have not been balanced. This has been due to the relatively high cost of fresh vegetables and of beef—America's favorite meat.

Prices Lowered

Fortunately, both of these foods have now come down in price. This year, nature has provided a huge abundance; and the men engaged in the production, processing and distribution of these foods have joined in a voluntary, co-operative campaign to market them at reasonable prices without government subsidy—a heart-warming example of individual initiative and enterprise in the American tradition.

Heartier Meals

So get out your casseroles and kettles, meat pie dishes and pressure cookers, and join the Chef and me in producing heartier meals at lower cost from America's abundant foods. The United States Department of Agriculture is lending its

support.

TOMORROW'S DINNER

Tomato-Cucumber Platter
Beef-Eggplant Casserole
Popped Potatoes
Diced Turnip
Lemon-Coconut Cake

Coffee Tea Milk

Beef-Eggplant Casserole: Cut 1 good-sized eggplant in thin slices; leave on the skins. Slow-fry in 3 tbs. butter or margarine until lightly browned. Mix with 1½ lb. chopped beef, 1½ tsp. salt, 1½ tsp. monosodium glutamate, and ½ tsp. pepper.

Peel and slice enough onions to make 2 c. Skin and slice 6 tomatoes.

Arrange in a 2-qt. casserole as follows: first, a layer of eggplant; then one of onion, next a layer of meat, and one of tomato, and so forth. Top with 2 tbs. melted fat and ½ c. grated sharp American cheese. Bake 1 hr. in a moderate oven at 375 degrees F.

Lemon-Coconut Cake: Bake a plain cake in an oiled 7 x 11-in. pan. When done, spread on a Lemon-Coconut Topping; broil 3 in. from a moderate heat until the topping is lightly toasted.

Lemon-Coconut Topping: Mix together 4 tbs. butter or margarine, ¼ c. brown sugar, 2 3 c. shredded coconut, 1 tsp. lemon rind and 2 tbs. lemon juice.

TRICK OF THE CHEF

Add ¼ tsp. oregano to the meat when preparing Beef-Eggplant Casserole.

ELLEN'S DIARY

by an Island Farmer's Wife

"When the world is still." It was so, widely quiet and at rest when we came up the lane a few minutes ago returning from that outing which husbands like James sometimes pretend to frolic upon but at the same time know works to the common good; the monthly foregathering of the local W. I. "It would have been so easy to remain at home tonight," we overheard one member comment. "When the evening came, I felt I was too tired even to think of getting ready to attend. And then—"

"And then?" someone queried. "And then," the farmwife chuckled. "I just couldn't stay away! Think of all I should miss! The good works we plan, the congenial comradeship, to say nothing of what we learn and the laughs we have there." "Something I look forward to," she nodded, "the

laughs! Seem as if," she sighed, "in some places the world has forgotten how to laugh."

So at our place of meeting, a hospitable and friendly farm-house on the Trans-Canada Highway which runs by the corner-store, we planned our good works and later chatted over our stirrup-cups of tea. Stars lit the skies for our homing and for added brightness the Northern lights put on their mysterious and beautiful display above the far quiet hills.

At the laneway-bridge where we were met by Blackie with a muted welcoming bark, we stopped a minute to admire the mirrorings on the placid surface of the mill-stream flowing there; stars, night-sky, streamside-branches. At our side the dog, at our shoulder the wide lovely serenity of our world about at rest. No car moved by lane's end; no light of farmhouse shone. Away off on an elevation of road lights wound . . . then vanished in the night.

Not a dark night this, lit earlier by the moon, but only fetchingly dimful of promise, we would say, for a continuance of fair weather into tomorrow . . . At Alderlea, old fields were reaped in the sunshine and harvest-breeze of today.

"Ellen, are you there?" a voice asks drowsily from the room across the hall so still until now. "I thought I heard some one come in." "What's the night like?" I fancied it was a mite over-cast . . . the stars haze. Do put out that light and come to bed—you won't be so brisk in the morning!"

Accordingly we put by now our every care of the day, and come, as is James and our world about, to night's rest.

Until tomorrow . . . Diary
Good-night . . .

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Morning Smile

Accustomed as I am to public speaking, I know the futility of it. (Franklin Pierce Adams.)

Household Hint

Electric blankets must be washed, since cleaning fluids will damage insulating materials. Be very careful to avoid twisting which may break live wires.

Seven Days

A Week

by Anne Shannon

1. MONDAY: In the Family Problems Section of an American magazine, a resourceful housewife in Sacramento, California, tells how she settled a domestic problem. Says she, "My husband was a great starter of home projects, but he left each one un-completed and went happily on to the next. The table he started five years ago still needed a strip of chrome and a paint job; the fence gate he built still needed a latch (for three years I tossed about with a rope); the kitchen was painted except for the trim.

Several weeks ago, alas, he decided to build a patio in the back yard. All I could think of was years and years of tripping over unfinished concrete forms. And so I told him my objection and began to list all his incomplete projects.

"Undaunted, he told me the real reason for his behavior." Since he had to finish every single thing he did at the office he found it relaxing at home to do a project; however, he felt that in his behavior, in effect, was a protest, a declaration of independence.

"Well I didn't completely agree, and I felt I had the answer. The next time I did the ironing, I left one of the legs of his pants unironed. I also left one of the collars of each shirt, and sometimes the collar. Of course, as soon as he discovered this he yelled, 'What gives?'"

I explained, as patiently as I could that since I had to finish each meal I started to cook, it was relaxing to stop ironing just whenever I felt like it.

The parallel was overwhelming! That evening I finished the ironing, while he finished the paint-and-chrome job on the table!

2. TUESDAY: If poultry isn't what it should be this Fall and potatoes cry their eyes out because the price is low, well, you can always try raising crickets! That's what one man did in Georgia. B. Corley and he is firmly convinced it is the best job he ever had. He was head of the sawing department in a large mill and when it closed down he figured he was too young to retire. "He was 63 at the time," he told me. "I was in Georgia when I met a woman who told him crickets make good fish bait and so he has been raising and selling them ever since. He gets \$1.50 per one hundred crickets and says he never made money as easy before. All crickets need is a nice warm place to live, a bit of sand to lay their eggs in, water to drink and a bit of chicken mash to eat. Everyday, from his flock of chirpers he gets 2000 new crickets and these he sells as live bait to fishermen all over the States. Corley agrees with the old saying that a cricket around the house brings good luck. With several thousand around, he figures he can't miss!

3. WEDNESDAY: Here are a few of the new items available to the public now. No. 1—A picture radio you can hang from the wall of your living room, kitchen or any room for that matter. It looks exactly like a fine painting. The five-tube AC DC superheterodyne set is housed in a 12" x 13" hardwood shadow-box frame, gray finish, with a reproduction of a French Street scene in front. It is hand-painted and said to provide 3-dimensional sound. No. 2—A new dish towel with the absorbency of a chamois cloth is said to absorb water faster and hold twice as much as an ordinary towel. It's also completely lint-free. No. 3—For polishing silverware, copperware and brassware more easily, there's a new soft wool-felt pad containing a quick acting polishing agent. You rub it on lightly, rinse, and dry to remove tarnish and restore original brilliance. It works on stainless steel, chrome and nickel as well. The pad lasts for months.

4. THURSDAY: Two old farmers were arguing about the extremely hot weather. "How's the drought out your way?" one pessimistic farmer asked an equally pessimistic friend. "Pretty bad," was the doleful reply. "Why just yesterday two of my cows started giving powdered milk!"

5. FRIDAY: Here is a tasty dish with which to start a dinner today. It is clam-and-onion soup. Empty one 10½ ounce can minced clams, and one 10½ ounce can condensed onion soup into a saucepan (or make your own favorite onion soup). Add ¼ cup water, 1 tsp. lemon juice and a dash of tabasco sauce. Simmer five minutes to blend flavors. Pour into soup cups and top with toasted slices of French bread sprinkled with your favorite cheese. Serves 4.

6. SATURDAY: And here is my favorite recipe for coconut meringues, and I hope the lady who wrote asking for it will enjoy them as well as we do. Put in the top of a double boiler 2 unbeaten egg whites, 1½ cups sugar, 2 tps. light corn syrup, ¼ tsp. salt and 1-3 cup water. Beat with an electric mixer or a rotary beater for 1 minute. Set it over rapidly boiling water and beat constantly for 6 minutes, more or until it will stand in stiff peaks. Add 1 tsp. vanilla and 1 tsp almond extract. Fold in ¼ cup sweetened coconut. Drop from a teaspoon on a lightly greased cook sheet.

Bake in a slow oven—300 degrees F for 10 or 12 minutes or until they have an all-over toasted appearance. Makes about five dozen. Everyone enjoy them—for they won't last!

7. SUNDAY: The week-ends and the magic of September is a very special magic. The green countryside is laced with color, golden grain, ruby apples hanging from wayside trees and the darker green of potato and turnip fields stand out in sharp relief. Yesterday Garth came into the house squealing excitedly, "Pitter-patter. Translated, it means caterpillar." A lovely burnt-orange colored one it was too and clutched tightly in a small hand. What fun a little boy has those lovely sun-

New Lines



By ALICE ALDEN

The plot thickens and deepens in the new military story as the head-hugging line makes itself seen. And where the hat line is still shallow, there is still the appearance of more hat. This is the sort of hat that does tweeds and wool jersey justice. It is a profile-accenting helmet of vivid tangerine wool jersey and matching satin. An amber-toned pheasant pad accents the long side and a single slender quill curves over the crown.

MARY HAWORTH'S MAIL

In Trouble Over Stealing

DEAR MARY HAWORTH: Is it so awful to kill oneself, when you don't want to go on living? And when you know that by doing so, you won't be a disgrace to friends and family any more. I am a girl, 24. I got in trouble in high school because I stole money—and promised I'd never steal again. Now I am in trouble again over stolen money.

I never needed the money. My parents are well off and give me a weekly allowance. I stole because I had no money when I was 15 and it left me deformed. I guess my outlook may be wrong, but I have always had a grudge against God for leaving me as I am. My father can't walk and is in a veteran's hospital.

Friends say I should go to church, but in church I sit there doubting all the preacher says.

DOESN'T ENVY HAPPY PEOPLE

I know my physical condition will worsen, and I will become a hopeless cripple—along with my stealing. I have often wished I hadn't been born; I don't envy my friends their happy lives. My best

friend is the girl's dean at college, so awful to kill oneself, when you don't want to go on living? And when you know that by doing so, you won't be a disgrace to friends and family any more. I am a girl, 24. I got in trouble in high school because I stole money—and promised I'd never steal again. Now I am in trouble again over stolen money.

mer days' is constant companion is a small white-mitted gray kitty called Bimby—a name he was tagged with because he loves to sleep—any time, anywhere. He and Bimby stood, wide-eyed with wonder one day not so long ago as a long-legged rabbit played hide and seek for a few moments in the long grass across the fence.

The house is quiet and peaceful at this late hour. Upstairs Mary is no doubt dreaming about "this time next week" when she will leave the home circle and continue her studies at the same place where I spent so many happy hours in the long ago. It is hard to realize that so many years have gone by since I walked up those self same steps to become just "another boarder."

But time must have passed. I pick up the letter I received in the mail to-day from Tpr. Paul and his young wife and re-read it and it seems very wonderful to see a beloved daughter-in-law's letter begin "Dear Mom." I whisper a silent prayer that in her eyes I will always be "Dear Mom," and not thought of as "my mother-in-law." That's a term that should have never been invented!

So the night that came flowing softly down across the wooded hills a few hours ago is merging into morning and I must lay my pen aside. Kon-Tikki and Bimby sleep companionably side by side on the doorstep and a silver white moon has long since gone to its stary bed. Across the way a red light flickers and gleams through the church windows—a reminder that God is with us watching over us not only this Sunday but every day. And I'm reminded of this saying, "This is what I have found out about religion. It gives you courage to make the decisions you must make in a crisis, then the confidence to leave the result to a Higher Power. Only by trust in God can a man carry responsibility, find repose."

Who said that? President Dwight Eisenhower.

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ACUTELY DEPRIVED OF LOVE, IT SEEMS

DEAR C. P.: Stealing is no satisfactory solution of any problem of need, of course. And when one steals without having a conviction of material want, the action is definitely irrational, by ordinary standards of common sense.

So why do you steal? Because you are driven to the act by unconscious urgency—an unconscious drive to compensate yourself for something you haven't got, that others seem to have in abundant supply, pressed down and running over, perhaps. What is this good thing they have, that you hunger for, and feel cheated of—and entitled to, as your birthright? Love, esteem, group-acceptance, probably.

As I understand, psychiatry has come upon a hidden relationship between chronic acute emotional deprivation and kleptomania—a form of thievery which Webster's defines as "a persistent neurotic impulse to steal, especially without economic motive."

"Fleeting thoughts of suicide are normal to most people in periods of painful stress—as when punished children darily say, 'You'll be sorry when I'm dead,' or over-dressed adults' yearn, momentarily, for the (supposed) respite of death. However, if thoughts of suicide begin to take hold and become habitual, usually they are symptomatic of a state of despairing frustration, linked with widely rebellious feelings about one's pattern of experience."

HERE'S THREAD TO HAPPINESS

The impulse to suicide is just escapism—a stab at escaping self, when one gets a fixed notion that self is the unmanageable problem. When you get that idea, the time has come to hand over the problem to experts, who are versed in healing sickness of mind and soul. In my opinion, there is no escaping self, either side of the grave—so suicide is not a "way out." Insanity also represents blind flight from conflicts and thwartings that seem intolerable. It merely complicates suffering.

My immediate prescription for you is to read "God's Reach" (Macalaster Park) by Glenn Clark—as a lead to finding your true centre in life. When you've got your bearings in that respect, you'll see the way clear, step-by-step, to gain the heights of happiness.

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



The family's back to school again and their appetites demand nourishing hot food at the end of the day. This satisfying supper casserole suggestion comes from Bloomfield Station W. I. and it's called—

SALMON PUFF

3 cups mashed potatoes
1 cup salmon
1 onion (finely minced)
1 tablespoon chopped parsley
2 eggs
Mix the flaked fish and potatoes. Add the onion and parsley, then the beaten egg yolks, and fold in the beaten egg whites last.

Place in a buttered casserole, dot with butter and bake in moderate oven until brown. Serves 6.

—Mrs. Robert J. Shaw, Bloomfield Station W. I.

Herman N. Bundesen, M. D.

Nasal Polyps

POLYPS are growths that do not occur spontaneously but rather occur from persistent irritations or allergic diseases. They happen frequently in people with hay fever or seasonal allergies.

These little growths, if found within the nose, sometimes become so large that they cause an obstruction in breathing. The person cannot smell properly and has a constant dripping from the nose. Sneezing and headache are common symptoms.

Tendency to Recur

A physician, by a simple examination of the nose, can usually see if polyps are present. One difficulty in their treatment is their tendency to recur, even after removal. This occurs because the underlying cause is often inadequately treated.

An effort should be made to find the cause of the polyps. This may be done by means of skin allergy tests of various pollens, molds, dust, or food.

Chronic Sinus

Once the cause is found, desensitization can be started. If a persistent and chronic sinus difficulty is at fault, it too must be cleared up. The antihistamine drugs and cortisone can prevent recurrence of these allergic growths. In many instances, the polyps will have to be removed surgically.

QUESTION AND ANSWER

L. H.: I am a 19-year-old girl who has difficulty in hearing. I have had my ears tested and they were found to have adequate hearing. Can you help me with this problem, as I have trouble at work? Answer: It can be that your difficulty is in failure to pay attention. Sometimes lack of concentration will give the same signs as a hearing defect.

Mental Health

These are some of the characteristics of people with good mental health:

1. They feel comfortable about themselves. . . . They are not bowled over by their own emotions—by their fears, anger, love, jealousy, guilt or worries. They can take life's disappointments in their stride. They have a tolerant, easy-going attitude towards themselves as well as others; they can laugh at themselves.

2. They feel right about other people. . . . They neither under-estimate nor over-estimate their abilities. They can accept their own shortcomings. They have self-respect. They feel able to deal with most situations that come their way. They get satisfaction from the simple, every-day pleasures.

3. They are able to meet the demands of life. . . . They do something about their problems as they rise. They accept their responsibilities. They shape their environment whenever possible; they adjust to it whenever necessary. They plan ahead but do not fear the future. They welcome new experiences and new ideas. They make use of their natural capacities. They set realistic goals for themselves. They are able to think for themselves and make their own decisions. They put their best effort into what they do, and get satisfaction out of doing it.

4. They are able to give love and to consider the interest of others. They have personal relationships that are satisfying and lasting. They expect to like and trust others, and take it for granted that others will like and trust them. They respect the many differences they find in people. They do not push people around, nor do they allow themselves to be pushed around. They can feel they are part of a group. They feel a sense of responsibility to their neighbors and fellow men.

Terrific Twosome



By ALICE ALDEN

There's plenty of fine, useful service still ahead for late summer separates, especially those that combine light and dark hues, as does that is always good fashion. The skirt is a whirl of white Chantilly lace flowers over crisp white taffeta and is the sort of thing that is always good aboard ship. The blouse is a smooth, tight cover-up of navy blue matte jersey.

Eat a Nourishing Breakfast

Start your day off with a nourishing meal; Then the harder you work, The better you'll feel.

What did you have for breakfast this morning? Orange juice and coffee? Maybe just toast and coffee? Perhaps nothing at all? That's a bad habit.

The longest gap between meals is the interval between dinner and breakfast the following morning. A meal usually leaves the stomach in three to 4½ hours after eating, although fatty foods may stay longer.

Therefore, the chief source of nutrients which the body has to draw from following this period are the refined and much-digested food materials found circulating in the blood stream. These include minerals, vitamins, and perhaps some tissue-repairing materials. Also there will be small amounts of glucose.

It is important to keep in mind that the human body is a kind of factory which runs on a 24-hour daily schedule, asleep or awake. The body is constantly wearing out and requires proper food to repair the worn out parts.

Therefore, anyone wanting to carry on their morning activities with high efficiency and without calling needlessly on body reserves—such as sugar in the liver—will be wise to eat a proper breakfast.

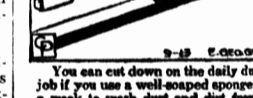
The Health League of Canada advises that you follow Canada's Food Rules in the matter of selecting your daily diet. If you do so, you will eat a breakfast contain-

ing fruit or fruit juice or tomato juice, including the pulp of any citrus fruits; whole-grain cooked cereal; bacon or eggs, or both; whole grain bread or toast, milk and butter.

If you don't eat the pulp of your citrus fruit you lose some Vitamin C.

These are the basic essential foods which furnish the nutrients the body must have to keep all parts in repair and provide enough energy to carry on all body processes. However, a certain amount of changes in menu might be desirable. If so, sausages may be substituted for bacon and eggs; whole wheat muffins may take the place of whole wheat bread, or try waffles or pancakes.

Mothers should remember that it is vital that children establish the habit of eating cooked whole grain cereal with milk at least once a day.



You can cut down on the daily dusting job if you use a well-soaped sponge once a week to wash dust and dirt from the window sills and frames.

Anne Adams Patterns

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