

## Norwegian Men Learn To Cook, Now Say Women Too Traditional!

OSLO Reuters. — Armed with egg-beaters and cook books, a group of middle-aged Norwegian

men are busily learning the culinary arts at one of the first experimental cooking courses for husbands to be started in Norway.

Every Thursday evening, they hurry from their place of work to a municipal domestic science school in an Oslo suburb. They set about preparing a three-course dinner under the instructions of the domestic science teacher, Mrs. Havin—whose husband is one of the pupils. When the class is over and the dinner is cooked, pupils and teacher sit down together to eat it.

The class was started as an experiment by Mrs. Havin, encouraged by her husband, a psychologist. Mr. Havin's problem is that although he eats like a horse and is at the same time lazy by nature, he remains as thin as a rake.

**Wives Need Change**  
"I wanted to find out how it was prepared, all this food which disappears so completely," he said. "It is an interesting study, something like the theory of the constancy of energy."

But most pupils are married men, who have decided that their wives deserve a day off every so often. On the first evening, nothing more ambitious than vegetable soup and pancakes was attempted, but by the fifth lesson the male cooks were at home with Irish stew, fruit salad, and lemon and almond cakes.

The male pupils now say women are too bound by tradition, and they are already claiming they will be able to produce more exciting dishes—and produce them more cheaply than their wives.



### COOK'S CORNER

#### BUTTERSCOTCH CHIFFON PIE

Soften 1 tablespoon gelatin in 2 tablespoons cold water. In double boiler mix together:  
2 egg yolks  
1 1/4 cups milk  
1/4 teaspoon salt  
1 tablespoon molasses  
1/2 cup brown sugar  
Cook until mixture thickens slightly (about 15 minutes) stirring constantly. Remove.  
Add softened gelatin. 2 tablespoons butter, 1 teaspoon vanilla. Chill until mixture begins to thicken.  
Add 2 egg whites beaten stiff with 2 tablespoons sugar. Fold into butterscotch mixture. Pile into baked shell. Chill until set.  
Topping: Whipped cream sprinkled with  
2 teaspoons butter  
2 tablespoons brown sugar  
2 tablespoons nuts (chopped).  
—Mrs. Ira McCoubrey, Avonlea W. I.

## Summerside Wedding Party



Photographed together are the principals of a pretty wedding at Trinity United Church in Summerside, November 2, when Ruth Adel, daughter of Mr. and Mrs. Albert Huestis, Summerside, and Hugh Mitchell Bell, son of Mr. and Mrs. H. P. Bell of Halifax, were united in marriage. From left to right are: Cpl. Winston Davis (groomsman); Mr. and Mrs. Bell; Miss Helen Huestis (bridesmaid); Bell (ushers).—(Photo by Edwin Heckbert Studio).

### That Body Of Yours

By James W. Barton, M.D.

#### LIFE INSURANCE COMPANIES KNOW THE WHOLE STORY ABOUT OVERWEIGHT

A physician wrote the editor of the Journal of the American Medical Association asking if it were true that overweight (obesity) shortened the life span. He received the following reply: A mortality (death rate) study of overweight by Dublin and Marks of the Metropolitan Life Insurance Company (1951) showed long-range benefit from weight reduction. This study was based on persons who were not given standard insurance, entirely because they were overweight. The study covered persons (overweight) insured during the years 1925 to 1934 and traced to 1950. The death rate of all overweight persons in the study was significantly higher than that of standard risk persons.

A separate study was then made of those overweight who reduced their weight to the extent that they were given standard insurance. Among both men and women the death rate after reducing their weight was substantially less than that for all of the overweight persons studied. Among men the reduction in weight was of the order of one-fifth and among women about one-third.

What we must remember is that life insurance medical examiners follow exacting rules regarding overweight; they do not take any chances because life insurance is like any other business, a matter of earning or losing money. If the individual who is overweight will reduce his weight to normal for his height and build, and keep his weight at this figure, he is given insurance at standard rates as long as he does so.

The editor of the Journal of the American Medical Association, which Journal reflects the opinion of the great mass of its membership, thus states regarding overweight and the life span: "The above information is perhaps the best evidence produced to date that weight control pays and is also the most practical approach now available to the problem of preventing or retarding the major degenerative disease of middle and later life."

We must remember that these men and women had no defects or diseases other than overweight for which they were refused standard insurance. Then, by reducing their weight, and this is all they did, they were accepted by the life in-

### A Country Garden

By Mrs. Gordon MacMillan

#### SONG FOR NOVEMBER

The summer leaves have spent their upland meadows lie all harvested, Where the sweet Phlox and Marigold have been. A late and lovely larkspur lifts her head; This is the hour that sadly speaks of change. And when the heart beats lowly in the night, When morning ebbs in mist, and noon is strange, And the bright birds describe their southward flight, Brief days draw in a scantier measure of hours, While we, with love's own season still unspent, Walk alien through a world of shattered flowers. And hear dark presage in the wind's lament. Let us believe that love alone may be Endowed with summer for eternity.

Many lovely days have come in this November and much garden work has been accomplished. . . . plants from the field have been planted in the borders for spring and summer blooming. The Rose Campion is a grey-leaved plant suitable for sunny dry places and seed sown in early spring soon brings many lovely sturdy plants. Foxglove and Sweet William were also planted and from my experience will repay the gardener for all the tedious tasks in connection with their planting.

White Lilacs were divided and planted where needed and seeds of Violas and Pansies gathered in paper bags then placed in a warm spot to ripen thoroughly. Several gifts of seeds and flowers have come . . . seeds from the New York Botanical Garden and seeds of a new Cosmos from a good gardener. A fresh green pot of one variety of Ivy, missing from this garden although several large Ivies still grow and look very well on the borders near the house. They will winter outside some mild winters but are usually carried down to the cellar for three months of the year.

A plant of the Amaryllis was a gift from one who has had success with these beautiful bulbs, and is generous with new plants she has grown. The Amaryllis is very popular now and lovely new hybrids have been perfected. Soon it is hoped that they will become

### ELLEN'S DIARY

By An Island Farmer's Wife

Today—where did we meet it? Back in the dark, with dusk of pre-dawn at a window . . . and all about us a silence wide and deep; and we easing gently our frame into a more relaxed position of repose again to woo slumber . . . And then, very soon, so it seemed came the sound of children stirring, eager voices, steps and a rustle at the doorway; and James saying: "She's very still! adding with a chuckle: "I wouldn't say, but I believe she's gone into a coma."

"Aw, shucks," a young laugh, "pinch her—that will bring her out if it!" Then an anxious, "It's really time to be up!" Patter of young steps descending the stairs and then sound of Jamie now not far from his 12th birthday laying the kitchen fire, a chore he claims only on school days.

How soft our bed, the pillow how comfortable! If there were no breakfasts to make, no tables to clear, no . . . James' voice then as though to answer our thoughts. "If we were ill, Ellen or obliged to remain in bed, we would long to be up and about our work!" The two now at their lessons, Gage spelling his words proudly for Jamie's approval. . . . The kettle will be improving to steam; the outdoor work making quick progress. It is indeed quite time to rise.

Time to come down to a day, painting the dawn-shades above the morning hills. At a door we stop a moment to watch the miracle of its birth, the yard-light paling in contrast to the flood of light which now breaking down the last ramparts of dimness, pours silently into our valley. The air, how clean and bracing; we inhale deeply and go now to meet the day's complexities, face to face.

Cool, clear, sunny it turned out to be—the exact day for which the farmers had hoped and which was to take them by evening the last mile on that road which should end the harvesting at Aleries. Through the haying, the grain the potato, the mangel harvests they had come. Now the ingathering of last turnips there, would write the end to it all.

Would the farmers' then, we wondered, having reached the very close of it—as a last load was turned to face homeward, stop there a minute to receive a Benediction of the fields? And would they remember to return grateful thanks for the year's favors?

### DOROTHY DIX'S COLUMN—

#### An Envious Spinster

Happy Mother Of Eight Children Resents Sister's Acid Comments

DEAR MISS DIX: We are a very happy family with eight children, getting along very well. My husband has a good business, the children are bright and helpful. I do all my own work and we have many advantages. My only complaint is about a sister of mine, who is unmarried, has a good job, but is never satisfied unless she's making trouble. Whenever she visits us she takes great pleasure in giving me "digs," saying my looks are fading, I weigh too much, my home isn't well kept, the children are unruly, etc. True, I'm no glamazon girl, but I'm 44 and have kept my figure and looks quite well. The youngsters are obedient, enjoy many advantages, such as music lessons, and our home is definitely above average. My sister also belittles much of the work I do, saying it doesn't pay to can vegetables, etc., or that it's foolish to spend time sewing. I'm timid, I know, and hate arguments, but how can I handle this situation without becoming so upset over it?

ANSWER: Bolster up your own confidence, girl. A mother of eight children, who accomplishes as much as you do, needs no praise from outsiders to assure her that her job is very well done. While your sister is having a field day criticizing you, just look at—

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### Morning Smile

The Terwilligers bought a new vacuum cleaner, a very powerful one with an amazing suction.

One day old Uncle Terwillinger scooped over in front of it to pick up a cigar butt. The next thing they heard came from the vacuum cleaner bag and it said: "Has anybody got a match?"

### Modern Etiquette

By Roberta Lee

Q. When a young man takes a girl out to dinner, and she happens to know he doesn't earn much money, should she be very modest in what she orders?

A. Yes, but she must be tactful enough not to overdo it. She must realize that the young man would not have invited her if he didn't have enough money, and he might resent it if he knew she was "holding back."

Q. May one ever use the fork for eating a double-decker sandwich?

A. Not if it is of the "closed sandwich" variety. It should be eaten with the fingers. If it is an "open" sandwich, then the fork is used.

Q. With whom should the bride drive to the church for the wedding ceremony?

A. With her father.

### Better English

By D. G. Williams

1. What is wrong with this sentence? "If I was her, I would cease being so infantile."

2. What is the correct pronunciation of "cache"?

3. Which one of these words is misspelled? Resurrection, restaurant, respesdence, restitution.

4. What does the word "gramnivorous" mean?

5. What is a word beginning with der that means "a failure in duty"?

ANSWERS

1. Say, "If I were she, I should cease being so infantile." 2. Pronounce just as though spelled cash. 3. Restaurant. 4. Feeding upon grass. "Horses and cattle are gramnivorous." 5. Dereliction.

(Continued on page 11)

### How Can I . . .

By Anne Ashley

Q. How can I clean a clock?

A. Saturate a small piece of cotton with kerosene and place on the floor of the clock, in a corner, and leave it there with the door closed for three or four days. The kerosene fumes cause the dirt to loosen and drop. Repeat this treatment as often as necessary.

Q. How can I prevent back strain?

A. Do not try to lift any heavy object with the back bent. Always crouch down and lift with a straight spine, making the weight come on the arms. A sprained back can be avoided in this way.

Q. How can I avoid sogginess in potatoes that have been steamed or boiled with the skins on?

A. By removing the skin immediately. Drain the potatoes as soon as they are done, and dry them by shaking the utensil over the flames.

For older people, good food is also important because it will help to retain physical and mental vigor.

### Household Scrapbook

By Roberta Lee

#### Bottles

Water bottles or flower vases whose necks are narrow can be cleaned by pouring hot vinegar into them, then covering and allowing to cool. This will also destroy any odors that the receptacles may contain.

#### Kid Gloves

When mending kid gloves, buttonhole around the edges of the tear before drawing together. Then oversew the buttonhole together and the repair still last longer.

#### Cranberries

Cranberries will keep all winter if they are sorted carefully, throwing away any that are bruised or soft, and placing them in a crock or keg or water.

### The Stars Say --

By Genevieve Hamble

#### For Tomorrow

IN order to produce results this day, you must rely on clear thinking, good judgment and careful attention to details. Do not let criticism or other forms of disapproval discourage you. If you know you're on the right track, keep plugging. Just remember that no one can please everybody.

Create work and cultural interests are under excellent aspect and this period is also a fine one in which to make plans concerning the future, especially those connected with travel or financial matters. In making plans, however, be sure that you are concentrating on the future. Don't look backward, even if you have experienced failure in the past. You have no cause for pessimism now.

#### For the Birthday

If tomorrow is your birthday, it would be advisable during the coming months to capitalize on the career and financial gains you have been making these past months. If you have taken advantage of the opportunities offered during the latter part of 1953, your program should be well established by now, and it would be foolhardy to risk still further successes by making sudden changes.

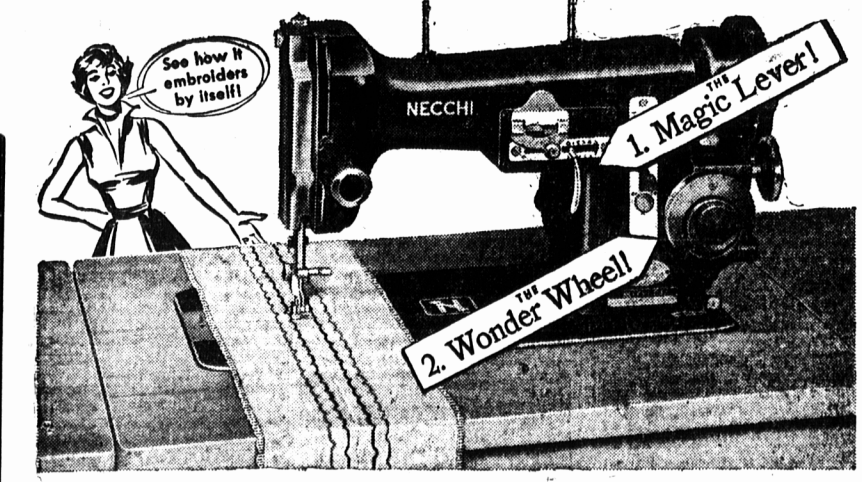
Where domestic affairs are concerned, the next few months may witness some changes. There may be a marriage in your family or distant relatives may move in with you temporarily. There is also a possibility that the change will be environmental. In any case, although you may have misgivings at first, accept the changes with equanimity—even though they may bring new responsibilities with them. Romance, cultural interests and social pursuits are in excellent aspect.

A child born on this day will be endowed with great tenacity of purpose and enormous will power.

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