WOMEN

LET'S EAT

Foods Replacing Meat Must Be Of Equal Value

By Ida Bailey Allen

"Considerable confusion exists in the minds of many persons regarding the meaning of the terms meat alternates and meat substitutes. How would you define this difference, Madame?' asked the Chef.

"Meat alternates," I replied, "are foods having practically the same nutritive value as meat. They include all the organ meats as well as meat sundries such as pig's feet, calf's nuzzle, tongue, etc.; poultry and game; sea-food and fish; eggs, milk; all cheese except cream cheese; soy beans.

SECONDAR YPROTEINS

"Peanuts, the legumes, dried beans, lentils and dried peas may be included, if cooked with at least ¼ pound animal protein to a pound of dried legumes to complete and activate their secondary proteins.

"Nuts are also classed as meat alternates, but as with the legumes, animal protein should be cooked with or served in the same meal with them."

"And the meat substitutes, Madame?"

"This is a term applied to a food served in place of meat with no regard for comparable nutritive values."

FINE FLAVOR

" Asubstitute is never the same as the real thing in food although it may taste good. But fine flavor is not enough. The food served in place of meat must have comparable food value, otherwise the meal will be protein-deficient."

"There is still another term the ladies sometimes use; it is meat extenders."

"They are also called 'meat stretchers,' Chef," I told him. These are usually cereals, macaroni or vegetables, which combined with other ingredients and the meat, stretch or extend flavor and bulk, but decrease the protein value of the dish."

TOMORROW'S MEAT ALTERNATE DINNER

Onion Soup
Halibut or Fish Fillet
Oyster Broil
Parslied Potatoes
String Beans
Fresh Pears Cream Cheese
Coffee Tea Milk

Halibut or Fish Fillet Oyster Broil: Order 1½ lbs. sliced halibut or fish fillets of any kind. Brush both sides with lemon juice, then with cooking oil. Dust both sides with 1 tsp. salt, 1 tsp. monosodium glutamate and ¼ tsp. pepper. Broil 3 in. from source of heat until light brown. Turn once.

Cover the top with ½ pt. shucked oysters. Dust with fine enriched bread crumbs. Dot with 2 tbsp. butter. Continue to broil until the edges of the oysters ruffle.

Serve at once. Pass Fish Cocktail sauce.

Fish Cocktail Sauce: In a small bowl, combine ½ c. chili sauce, ¼ c. lemon juice, ¼ tsp. Tabasco, ¼ tsp. salt, 1-8 tsp. monsodium glutamate, 1 tbsp. Worcestershire and ¼ c. prepared horseradish.

TRICK OF THE CHEF

To make fresh bread crumbs hurry-up, rub through a coarse sieve or a wire rack.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Continued from yesterday

The bulbs, in yellow daffodils and white hyacinths are also helping us over this difficult time, and on one of the "worst" mornings when I opened the door to the garden room it was a cheering sight to see', the first camellia blossom in cerise pink with white markings about four inches in diameter. Tehy are such long-lasting flowers and there are fifteen more buds to open, so that much joy will come from watching this plant in the coming weeks.

QUIET THINGS

When days are full of discord,
And every moment brings
It's share of strife and worry,
I think of quiet things--
Quiet things and calm things--
Lovely things like these;
Dim woods at nightfall,
Snow on hemlock trees,
A cherry tree in blossom
Cobwebs hung with dew,
Yellow leaves drifting down
With sunlight slanting through.
Behind closed lids I seek them--
Again and yet again--
Curling wisps of wood smoke.
Violets in the rain. —Nautilus.

GARDEN TOURS

At this season of the year we receive the Garden Tour folders describing the different Garden Tours to many parts of the world.. and as usual they make delightful reading, even more delightful in this stormy time. The beautiful illustrations and letters from those who have taken this tour in early spring make these folders more interesting. Visits to nurseries and estates not generally open to the public are included in the tour.

In addition to the tour which includes so many gardens and garden shows, there are visits to growing.
some historical and cultural places in many European countries. But there is more....Tulip time in Holland....Spring in Paris....The gorgeous English countryside in May ....the great Chelsea Flower Show in London....the ancient gardens of Italy....The meeting of the officials of Horticultural Societies, and perhaps most important of all --building international good-will through the great common denominator--love of flowers and green things

Your travelling companions will be nice folk who are interested in gardens and gardening also in photographing these lovely flowers that grow in gardens.

The Horticultural Travel Foundation, Inc. which sponsors this tour makes for added protection and enjoyment. The Foundation has extensive files on famous private gardens, interesting nurseries, public parks, botannical gardens, schools, colleges and research stations, experimental and test gardens from all over the world.

IMAGINARY TOUR

Just for fun I marked the places most interesting to me....beginning in Belgium, the Royal Gardens at Laeken and a walk through the greenhouses filled with an exquisite array of exotic flowers. Visits to other gardens, orchards and, private estates. In Amsterdam, a very special flower show with numerous floats and flower exhibitions, and a trip by motor-boat to the picturesque Isle of Marken.

A drive to Aalsmeer to view the world's largest flower auction, and continue to drive through the bulb fields to the six hundred year old estate of the Counts of Holland where over one hundred acres of the rarest flowering bulbs and plants are exhibited.

After a drive to the Hague we visit the Peace Palace and Gardens. In Florence we visit beautiful Villas and gardens at the height of their flowering splendor. In Nice, the nurseries and flower markets of the Riviera, as well as perfume factories and experimental gardens.

In Paris we shall see the most famous of all rose test gardens and the Municipal Gardens and Greenhouses, also all the important parks and gardens in and around Paris.

In London we visit the world-famous Chelsea Show where we see the world's largest exhibition of plants and flowers from all over the world in a magnificient setting, rock gardens, formal and informal gardens, flower arrangements, etc. A motor tour to Kew-Gardens to see the vast variety of plants and trees, as well as an interesting collection of tropical plants, continuing on to Windsor and returning by Hampton Court where we visit the Palace and gardens.

The Royal Horticultural Society Gardens of three hundred acres at Wisley are visited. This garden contains azaleas, rhododendrons, primulas and collections of trees and shrubs. In the greenhouses the collection of plants is magnificient and all around is beautiful landscaping with perennials and roses.

So we have finished our imaginary tour and we have enjoyed it very much although we did not enumerate half of the lovely things we might see on this trip beginning in April and lasting for several weeks.

Words Of The Wise

If you have great talents, industry will improve them, if you have but moderate abilities, industry will supply their deficiency. —(Samuel Smiles)

Best for Baby's Coughs

Specially formulated for babies! Breaks up phlegm—eases wheezing.

Mary Haworth's Mail

Couple's Devotion To Another's Child Leads To Trouble

DEAR MARY HAWORTH: During the late war, my wife and I were neighbors to a couple who had a darling child. Polly, I'll call her, was born over 10 years ago; and we have been as devoted to her as if she were our very own.

The parents were very disinterested in her; and we used to keep her overnight, or for weekends while they went out. When Polly was about two, the parents placed her in a boarding home for children; and from there she was transferred later to a boarding school. All this time we had her for weekends, and bought her clothes, toys, etc., as if she were our child

Some time ago the father died. During his last illness, his wife was going out, dating different men My wife thought it was cruel and indecent and declared herself. Her husband knew it and felt it very keenly. After two months of widowhood, the wife married again --her best girl friend's beau. (The girl friend went out of town for a while.)

Now Polly is forbidden by her present parents to see us or talk to us. But my wife, who deeply loves Polly, has been meeting the child secretly--which makes them both very nervous. The child is torn between two loves. I tell my wife to try to forget her (if that is possible) and let things rest. She has promised me that she will do what you suggest. Should she continue to see the child against all odds?-R.V.

IS TROUBLEMAKER

DEAR R. V.: At this point the question arises as to whether your wife is activated by self-indulgence, or love of Polly. In my opinion, she is behaving wrongly, and doing a complex disservice to the child, in conniving to meet her secretly, against the parents' orders.

You say the child is "torn between two loves," which signifies that she loves her parents; or, at any rate, her mother. Thus the conflicting, troublemaking attachment has to do with her love for you and your wife.

Obviously your wife has considerable emotional influence over the child; and in the present instance, she is jealously using (or rather misusing) this influence to lead the youngster into a terrifying course of action. Polly's terror is both actual and subjective (or unsensed)

SPARE THE CHILD

Consciously she fears retribution from her parents--forms of punishment she can't even predict--if her disobedience is discovered by them. And unconsciously, she is hagridden by acutely intensified guilt feelings (to add to a lifelong anxiety neurosis ingrained by her mother's early neglect of her)--now that she is deceitfully acting contrary to parental wishes in a major issue.

Such pressures upon a child are apt to play havoc with his mental health and emotional integrity; they tend to damage the mainsprings of personality. And the finest service a loving adult can render an emotionally "torn" child is to guide and strengthen him in sticking to a straightaway, unified pattern of growth--bravely taking in stride the transient hardships involved.

Heartache suffered in good conscience is infinitely more beneficial to character, in the long run, than indulgent sentimental practises, paid for in guilty anxiety, and a sense of chaos, in the field of would-be loyalties.

TRUE DEVOTION

As an adult, your wife should have a large perspective on life, that would permit her to be openhanded in dealing with Polly, compassionately ready to bow out of her story, forever if need be, as contribution to Polly's well-being. But hopefully, too, in loving expectation that a harvest of enduring mutual affection awaits them later on, after Polly attains her majority.

As of now, your wife is acting meanly, motivated by fear that Polly might forget her if she (your wife) doesn't hang on to her attention dramatically. And this isn't love. It is green-eyed selfishness. My advice to her is to read "God's Reach" (Macalaster Park) by Glenn Clark, and get the pitch of magnanimous caring. M.H.

Wife Preservers

A shower cap may be used as an ice bag in an emergency, doing double duty. Just wash the cap well in warm soapsuds, rinse, fill with crushed ice, and tie it shut with a soft cord.

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Commons Speaker Has Reception

Leader George Drew, and his wife and their two children rise with Commons Speaker Rene Beaudion and Mrs. Beaudion at a reception tendered by the Commons speaker following the opening of the third session of Parliament. Lft to right are: Edward Drew; his father; Mr. and Mrs. Beaudion; Mrs. Drew; and Sandra Drew. (CP Photo).

ELLEN'S DIARY

By An Island Farmer's Wife

"I don't know-but something tells me that we're going to lose all this snow; we'll see the bare fields shortly," a canny Scottish great-grandfather said a while back to James when they considered together the then snowy trend of this winter. . .Older eyes have seen much, and learned to recognize the ways of winds and weathers and seasons along the stretch of long years.

Meadows were white-spread then, our road in places broken through the mounted drifts. And all about, the countryside seemed to have been caught with certainty in the death-grip of winter. And, "Where will we put the next snow?" was one of the concerns of the time.

"Yes," he said, "I believe we'll lose all this. You mark my words," he nodded to James with a bit of a smile. "For I can mind winters just like this before."

At breakfast this morning we could look out at the fields then being well washed by a shower.

"This is a strange winter, isn't it, Ellen?" James remarked. "Remember what Mr. M. said the other night about the snow? He declared that shortly we'd see the bare fields. There was so much, that I didn't really see how we could. But look now," he nodded "I can hardly believe it!"

On the slopes lay the damp darred of the resting furrowed fields, the dun shades of meadows and pastures, the washed green of the woodlands. A crow perched momentarily on the heights of a spruce flew off above the company of evergreens there along the dam.

"It's as if winter were gone already and March here," we offered. James smiled, "but it's still January," he said.

Still January-but the tractor was taken out today from a spell of idleness to take on matters of hauling stable-cleanings to the fields. a farmer on the daily trek to tend to the cattle-kind and the sheep, wintering at another barn of the place. And all smiles over the new different mode of conveyance, it took the children out to their classes. These today included a period of musical instruction, a favorite time with the pair. And when the schoolday was at an end, Granddaughter and the other schoolgirls received a lesson in sewing, a craft of much interest and value to take with them along the years.

"What's that sound, Ellen?" James asks, interrupting now his nap on the couch. Blackie beside in the armchair uncurls to listen. "Perhaps it's the wind, I hear-a-little stronger than it was. But no," he smiles, "it's the water through the gates-the spillways on the dam. It's a long time since we've heard that, isn't it? I guess with so much rain and thawing of late, there must be quite a run of it there."

And no music in its fall. Just a sound like a fall-wind high in the tree-tops. We must wait for the gentle notes of its falling. It will come to us a Alderlea wafted in on a scented breath of springnight, through an open window, before we enter our lane of dreams. And for accompaniment the pond-pipers will be piping old tunes-sweet ones and promising of butter-cups and roses and a hundred other lovelinesses of blossomings to come.

And still no star! Dark. . .dim are the farmlands.

Until tomorrow----Diary----Goodnight. . . . .

Bringing Up Baby

Hints Collected by Mrs Dan Gerber (Mother of 5)

Well begun . . . half done; an old saying that applies to modern baby feeding. Doctors add new foods at a fast pace these days, partly because of the increased nutritive value variety affords—but also because they know that early acceptance of variety makes for future good eating habits.

* * *

A goodly store of mealtime surprises for your tot can be found in Gerber's "Recipes for Toddlers". For your free copy, just drop a line to Gerber-Ogilvie Baby Foods Limited, Dept. "B", Box 68, Toronto 18, Ont.

* * *

Roll call. Ever so often it's a good idea to review the grand choice of Gerber Baby Foods. There are 5 cereals and over 56 Strained and Junior Fruits, Vegetables, Dinners, Meats and Desserts—specially processed to preserve a high degree of wholesome food values and the tempting true flavors that make baby's mealtimes pleasurable pastimes.

* * *

Towel trick. An outsize bath towel can be easily transformed into a wonderfully absorbent baby bathing apron. Just attach cotton tapes for neck halter and waist ties.

* * *

Bright idea division. Brainstorm from a clever mother . . . after washing baby's sweater, place on a bath towel to dry. Roll wrinkles out with a rolling pin. When dry, sweaters are pressed into perfect shape.

* * *

Special meats are also added early in the infant diet. Gerber Strained Meats are prepared to suit the likes and needs of little ones. Selected, juicy cuts are carefully trimmed, then specially processed to preserve fine quality and precious vitamins and minerals. Most of the fat and fiber is removed so they're easy as milk to digest. Rich, too, in the complete proteins that do so much for sturdy growth and the development of body structures. 100% meat, with just enough broth for a smooth consistency.

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Sunter's Ladies' Wear

Happenings

The regular meeting of the Aplha Chapter of Beta Sigma Phi was held at the home of Miss Helen Cox on Wednesday evening, January II. The business meeting was conducted by the president, Mrs. H. H. Simpson. Plans were made to have the Ritual of Jewels ceremony at the next regular meeting. Refreshments were served by the hostess, assisted by Mrs. Douglas Dennis and Mrs. W. Temple Hooper.

Mr. Art MacLean, Kinross, left recently for Winnipeg, Man., where he has accepted a position with The Hudson Bay Company. Mr. MacLean is a graduate of Prince of Wales College, Charlottetown, and later graduated in Business Administration from The University of Western Ontario, London.

Miss Katherine McLennan is on a visit to Dr. A. M. Gordon and Dr. Wilhelmina Gordon in Kingston Miss McLennan will also visit Mrs. R. D. MacKinnon, Philadelphia.

"Return after Holiday" is the caption of a photograph in the Halifax Herald, the picture presents a group of charming Dalhousie University co-eds informally gathered around the record player in Shireff Hall. The group includes students from different parts of the Maritimes — Miss Joan Gilroy, Truro; Miss Pat O'Brien, Noel; Miss Wilma Wood, Charlottetown; Miss Audrey Hamilton, Woodstock; and Miss Barbara Ross, Truro.

HP SAUCE
Everyone's Favourite

KEEP IN TRIM

Working Wife Must Eat

By Ida Jean Kain

The old saying "The working girl must eat," applies doubly to working wives, but not on the calorie score. Judging from the statistics on the increasing number of married women who are gainfully employed, and from the letters to your dietitian, working wives need help.

"We working wives hold down an eight hour a day job, plus doing housework, and I mean all the work connected with keeping house. So many of us would love to lose 15 to 20 pounds. Won't you help us? Remember that we have to carry our lunch."

Often very young working wives who try to keep house as perfectly as if they have all day to clean and polish -- are too thin. But by middle age, we've settled into a less exacting, more comfortable routine. Even so, doing two jobs is a big order, and the tendency is to try to eat more energy. However, in a physical sense, modern living does not call for a great deal of calorie consuming activity -- even on two jobs.

The proof is on the scales. If you tip the scales too high, then your daily calories are in excess of your activity demands, tiring as your routine may be.

There is little doubt about it, calories for women, estimated at 2,200 to 2,400 daily, have been set too high. Dr Jean Mayer of the Department of Nutrition of the Harvard School of Public Health reports that a recent survey in which the calorie intake of normal weight housewives and career women was determined, has shown that these women consumed only 1,500 to 1,900 calories daily. "In our experience, the only women who ate what the textbooks and official tables prescribed for either sedentary or light activity were grossly overweight women who were getting rapidly more overweight," he emphasized.

Working wives particularly need superior nutrition for adequate strength, but on limited calories to keep from adding excess pounds. The overweight worker can lose excess pounds on a 1,200 calorie protective food pattern. Here it is..

BREAKFAST (A must for workers)
Fruit or juice
Choice of: An egg or two on toast
OR Hot cereal with whole milk
Coffee, black

LUNCH TO CARRY
Sandwich: 2 thin slices bread Thick filling of Lean meat, cheese or chicken (Mustard - no butter)
Relishes: Tomato, celery, carrot slivers
Fruit, one piece
Hot beverage
Buttermilk or skim milk OR Hot tea and a one ounce wedge of cheese

DINNER
Liberal serving of lean meat, 3 oz cooked (Trim away all fat)
Choice of: Potato, rice or roll
Butter, ½ pat
Choice of: Second vegetable, non starchy
Mixed green salad - special dressing 2 parts vinegar to one oil plus seasoning,
Dessert, 100 calories
BEFORE RETIRING
Glass of hot skim milk.

MORNING SMILE

The newly-wdes wre having their first little spat. The husband thought he had better get off on the right foot from the first so he went to the closet and took out a pair of pants. He said sternly, "I wear these in this house."

The bride gave a hearty laugh. "What's so funny about that?" he said.

"Well those are my slacks," replied the bride.

COOK'S CORNER

BANANA BREAD

Cream together:
½ cup shortening
1 cup granulated sugar
Add to above mixture
2 eggs lightly beaten
1 cup banana mashed
½ tsp. lemon juice
Then add:
2 cups sifted flour
3 tsp. baking powder
½ tsp. soda
½ tsp. salt
1 cup nuts or dates
Bake 1¼ hours in 350 deg. oven

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