

WOMEN

Page 8 The Guardian Wednesday, March 30, 1955
KEEP IN TRIM

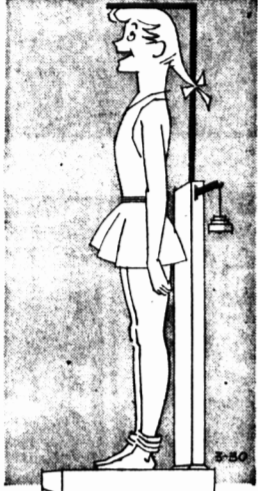
Help For The Overweight Child

By Ida Jean Kain

No child likes to be different. Overweight children, handicapped in their play activities and subjected to unmerciful teasing, have an unhappy time of it. Today's letter, from a wise mother, urges parents of chubby children to take positive action.

"Being a fond mother, I was prone to think my ten year old girl was 'just on the chubby side' and would outgrow her excess fat. But being a registered nurse, I could not close my eyes to the fact that a personality was developing that was obnoxious to all people who were associated in any way with my child. There had to be a reason, and the only feasible cause could be the child's feeling of inadequacy. Being bright, well-dressed and loved, it was obvious the cause was her physique. Our pediatrician ran a basal metabolism test, which ruled out faulty glands. Diet was the only answer.

"At first my little girl was rebellious at restrictions, so I knew we had to make an attractive game of our new eating habits. Her daddy, although against bribery of any kind, offered her a reward of \$1 for every pound she took off if she



One inch taller, 17 pounds lighter.

held that weight for one week. A calendar was placed over the bathroom scales, and every morning the weight was written down. This incentive accomplished what no amount of persuasion or attractive low calorie food could ever do.

"My part was the preparing of dishes with the right basic foods, low in calories. I cut fats almost completely out of the meals and skim milk was used exclusively. In deserts, I made use of sugar substitutes. I was determined to give her a balanced diet, and had to use all my knowledge of the protective Basic Seven food groups.

"Our problem was tackled last fall, at which time she weighed 116 pounds. January 15th, her weight was 100 pounds, now it is 99. Once the scales start down, the urge to become normal weight is all the incentive needed, even for a 10 year old. During this period, our daughter has grown one inch, and she is now a trim, happy child who is proud of her diet efforts. She has developed a pleasing disposition and is sought after by those of her age group. It is well worth any effort you might put forth to have your child come out of her shell and take her place among other children.

"I do hope my experience may spark other mothers to help their overweight youngsters. It is as important as sending them to school — perhaps more so. If they are being persecuted by their group because of their fat. So come on, mothers, let's help these chubby to live life to the fullest without the handicap of being 'different'.

The dietitian salutes these wonderful parents. Whether or not the overweight child outgrows the fat or grows into an unhappy overweight adult, largely depends on how the problem is handled in the early years.

Baby in the home?



Is Yours a Contented Baby?

When you choose the NEW AYLMER Certified Baby Foods you make sure your baby gets an adequate variety of foods which will help in forming correct eating habits.

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FAMILY FAVORITES FOR 70 YEARS

ANNE ADAMS PATTERNS



SEW IT IN A DAY!

Look at the diagram — even a beginner can whip up this honey of a dress in a day! FEW pattern parts, minimum details — a world of style! Curvy neckline, fitted bodice and flared skirt are so smart, so-o-o flatteringly! Choose silk print, nylon, cotton.

Pattern 4553: Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32. Size 16 takes 3 1/2 yards 39-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

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French's
PREPARED MUSTARD

When washing smaller window panes and glass doors in cabinets or bookcases, use your rubber plate scraper to remove suds and rinse water; just catch drips with a soft, absorbent cloth or sponge.



Round The Market Fashions-And Fashion

Fashions of yesterday and today modelled at the Centennial Parade of Spring Fashions were a three-quarter length dress coat worn with matching hat and muff (left); a gently-tailored light blue checked suit worn with navy accessories, and shown with a full flowing jacket of Canadian squirrel with roll collar (centre); and a black velvet coat trimmed with an ermine collar, complemented by a matching ermine muff and black poke hat. All the costumes were modelled against the back-drop painting contributed by the P. E. I. Art Society. — (Photos by Barter)

MARY HAWORTH'S MAIL

Stunned By Failure To Get Into Sorority

DEAR MARY HAWORTH: My daughter Polly is a junior in college. She got along fine in high school, receiving a B-average. She joined a good sorority, dated every week-end and was asked to both the junior and senior proms. She went on to a small college for women, continuing her B-average. She entered into many sports, dated regularly and seemed very happy.

Last Spring, at the end of her sophomore year, she decided to transfer to a large co-educational university, and we agreed to the idea. She has been there about six months, and there she encountered her first big disappointment in life, when she didn't make a sorority. She was rushed, but not accepted.

We wrote to the dean of women, inquiring about qualifications for sorority membership. The dean replied that the only requirement is to maintain a B-average; but she also explained that sororities choose from freshmen first, sophomores next, and then juniors — and take a limited number of pledges each season. Thus Polly's chances are slim, as only about 20 percent of the girl students get in.

The jolt seems to have given Polly a complex; she seems to feel that she is lacking something. She is very pretty, attractive, a good church girl. At present she isn't participating in sports or any social and waitress-work. I feel she isn't happy. What can we do to help? I am quite concerned so please reply soon.

T. P.

ELLEN'S DIARY

by an Island Farmer's Wife

This was a disturbed day, wind-blown and shrouded in gray cloud. There were we remember now, showers, and sometimes great flakes of snow skirled along the hillsides to the winds' high pipings. It was a day for a housewife to sit on a cushion and sew a bright seam to bring color to the somber hours. An apron we made or more rightfully began since there remain yet ends of completings. From a remnant of organdy, pale yellow, like daffodils' cups, and along the bottom, we sewed a banding of green.

There is green too, neat bright bowknots of it, in the valance of the curtains we hung today at the kitchen windows. Of a muslin-like sheer they are, latticed in squares and white. Not so bright and striking as more modern curtaining it is true and yet it seems as though these belong better to the small-paned, smallish windows they frame.

No sash-curtains? No, because if we had, how could we enjoy the engaging scenes of countryside about? Three windows there are, still sound and good; though put there in this first dwelling of the place, in the long, long ago.

One looks down toward the tidal river, course marked for us by the dark of wooded banks; and to the white of the House across the Lane, where we come on errands to look in upon the little family social and waitress-work. I feel she isn't happy. What can we do to help? I am quite concerned so please reply soon.

T. P.

Disappointment Can Be Fruitful

DEAR T. P.: In a sense, Polly's failure to make a sorority is part of her education for righteous living in an imperfect world. Now she knows how great disappointment feels, even though she has yet to learn how to rise over it, or take it in stride. When and if she masters that lesson, she will be able, in the social arena, than persons who haven't had such a lesson. She is devoting herself to study and waitress-work. I feel she isn't happy. What can we do to help? I am quite concerned so please reply soon.

T. P.

Disappointment Can Be Fruitful

DEAR T. P.: In a sense, Polly's failure to make a sorority is part of her education for righteous living in an imperfect world. Now she knows how great disappointment feels, even though she has yet to learn how to rise over it, or take it in stride. When and if she masters that lesson, she will be able, in the social arena, than persons who haven't had such a lesson. She is devoting herself to study and waitress-work. I feel she isn't happy. What can we do to help? I am quite concerned so please reply soon.

T. P.

The Way To Remove A Speck From Eye

By ELEANOR ROSS

Don't think you have to be a professional architect or decorator in order to make a few good changes around the house.

Take the children's room, for instance.

Feeling of Privacy

If two of them are rooming together, due to limited space, it's possible to create the feeling of privacy and ownership of separate rooms, something that means so much to children.

Turn the child in short order by making use of plastic panels down the middle of the room. These can be installed to slide back when the children want to convert their individual halves into one playroom, and can be closed tight when each child wants his or her own private quarters.

Plastic lets in the light without giving the feeling of solidity that regular walls do, and it offers perfect privacy, since it's only translucent, not transparent. Windows will continue to shed enough light through the panels.

One smart woman we know.

Wife Preservers

A new mixing bowl with a scalloped rim to prevent slipping from wet hands is made of polythene plastic. Its flexibility and light weight are an aid in mixing batters, cake mixtures, etc. By simply pinching in the sides of the bowl a handy pouring spout can be formed anywhere on the rim.

ALICE BROOKS DESIGNS

A CROCHET BEAUTY

Combine dainty filet crochet with regular crochet — make this stunning new dolly or centerpiece.

Pattern 7025 has crochet directions for dolly or centerpiece. Use No. 30 mercerized cotton for 22-inch dolly. No. 50 for smaller; bedspread cotton for larger.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

7025

by Alice Brooks

HP SAUCE
"Improves all meals"



Recreating an Era

Photographed against a background of "Old Charlottetown" these quaint costumes were once considered very chic — and a walk to the market building was the highlight of the day. Portraying this scene at the Centennial Parade of Fashions were: (left to right) Mrs. H. D. Hill, Mr. F. W. Jelks, Mrs. S. E. Green, Miss Beryl MacLean, Mrs. R. A. DeBlois, Mrs. H. J. A. Brown, Mrs. C. J. Fear, Miss Janet Rankin, Miss Lorraine McCormack, Mrs. A. J. Haslam, Mr. Stanley Lancaster, Miss Beatrice Hogan, Master Robert Irwin, Mrs. G. M. Burnett. — (Photo by Barter)

Cook's Corner



POP CORN BALLS

3/4 c. light corn syrup
1/4 c. water
3 tbs. butter
2 to 2 1/2 quarts unsalted pop corn
1 1/2 c. sugar
1/4 tsp. salt
1 tsp. vanilla

Combine syrup, sugar, vanilla, water and salt in heavy saucepan. Place over low heat, stirring until mixture begins to boil. Cook without stirring to 270 degrees hard ball.

Remove from heat and add butter, stirring only enough to combine with other ingredients. Pour over popcorn in large bowl using wooden spoon to mix well until every kernel is covered.

SHORTBREAD

1/2 cup icing sugar
1 cup butter
few drops vanilla
1/2 cup cornstarch
1 1/4 cups flour

Knead and bake in slow oven.

MORNING SMILE

Some gulls were following a steamer, and an Irishman said to his companion: "Sure, an' they're a nice flock of pigeons."

"They're not pigeons," said his companion. "They're gulls."

"Well," said the Irishman, "gulls or boys, they're a nice flock of pigeons."

Technical experts of the UN educational, scientific and cultural organization are working in 36 countries.

Bringing Up Baby

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

Baby ready for honest-to-goodness walking shoes? Before you buy, check these points for proper fit:

- Shoes should have one-half to three-quarters of an inch growth.
- Make sure shoes are wide enough when baby is standing.
- Soles should be firm, but flexible for little beginners.

P. S. Socks should be large enough for foot freedom, not too large to crowd toes.

Toddler's delight — a just-right gift for tots who are learning the joys of "holding and hugging" toys: THE EXCLUSIVE GERBER BABY DOLL — a \$3.75 value for only \$2.00 and 12 Gerber's Baby Food labels or Cereal box tops. It's 12 inches tall, completely safe, with soft, vinyl plastic head, rubber body, movable arms and legs. It drinks, wets, sits up. Dressed in pin-size diaper and bib, it comes complete with nursing bottle, Gerber's Cereal play boxes, cereal dish and spoon.

Mail money and labels to: Gerber-Ogilvie Baby Foods Limited, Box 65, Toronto 18, Canada. Offer good only in Canada. Expires Dec. 31, 1955.

In the bag. A regular shoe bag, hung low on the inside of baby's closet door, makes an ideal stow-away for a toddler's small toys. The easy-to-use pockets make it a cinch for baby to pull out or put away his playthings.

Toothsome tale for toddlers. Gerber's Junior Feeds have an evenly-minced texture that tykes with a few teeth can manage with ease. And they're brimming with the natural, true flavor goodness that makes for meal-time zeal. Fruits, dinners, meats, vegetables, desserts.

LET'S EAT

Chives Are Stylish

By Ida Bailey Allen

"Here are some very fine chives, Madam. Nicely rooted, they're all ready to put into a flower pot for the window garden. When the weather is warmer, I will plant them in the border of the kitchen garden of the country testing cottage."

"Very nice. Chef. Chives are high style right now."

"What do you mean 'now', Madam? I understand chives have always been used."

Chive Is Fashionable

"I mean, this spring the latest fashion color is called 'chive.' I have a new 'chive' shantung dress. It's charming!"

"It would suit your complexion, too, Madam. I also have some charming new ways to use chives. Of course, they should be used when a delicate onion flavor is desired. And always they should be snipped into bits with the scissors, instead of mincing with a knife, which is too crushing."

"What are your new ideas for using chives?"

With Fish or Meat

"Ship, and stew lightly on broiled or sauteed fish fillets, beef steak or hamburgers. Add to roast beef gravy, to white sauce for creaming vegetables, or to the yolks when stuffing eggs in potato salad, they are really incomparable."

"And here, Chef, is an idea for a new high style chive recipe inspired by my dress."

Chives - Celery - Radish Salad: Combine 2 c. diced cooked celery, 1/2 c. sliced radishes and 1/4 c. minced chives with French dressing. Serve on lettuce.

TOMORROW'S DINNER

Spring Cottage Cheese Saladettes
Panned Hip Steaks
Whipped Potatoes
Buttered Carrots
Blueberry Deep Dish Meringues
Coffee Tea Milk

Blueberry Deep Dish Meringue: To the contents of 1 (No. 1) can sweetened blueberries, add 2 tbs. sugar, a few grains salt, and 1 1/2 tsp. cornstarch, dissolved in 1/4 c. orange or apple juice. Cook and stir until boiling.

Transfer to 6 small or 4 large low custard cups. Top with meringue. Bake in a slow oven, 325 degrees F. for 12 min. Serve warm or chilled.

Mile-High-Meringue: Add 2 1/2 tbs. cold water to 3 egg whites. Beat until frothy with a hand beater. Add 1/4 tsp. salt, 1/4 tsp. cream of tartar and 1/4 tsp. desired flavoring. Beat until stiff. Stir in 3 tbs. sugar; continue to beat until stiff enough to form peaks. Use as directed above. (Please clip and save this recipe. We've had so many requests for it.)

THE CHEF'S COTTAGE CHEESE SALADETTES

To 1 (8 oz.) carton creamed cottage cheese, add 1 tbs. grated raw carrot, 4 fine-chopped crisp radishes and 2 tbs. snipped chives. Add 1/4 tsp. salt, 1/4 tsp. sugar and 1/4 tsp. pepper. Form into balls containing 1 tbs. each. Chill. Serve in lettuce, nests with not-sweet French dressing.

Color Pictures Of Princess's Tour

Thrice Welcome to the South, O Dear Princess — That was the message on the big street banners when Princess Margaret arrived in the Caribbean to begin her tour of the British West Indies. And the people of Trinidad really meant it, as you'll see in some of the beautiful full-color pictures of the Royal Tour appearing in The Standard this week. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

The Standard

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