Women's realm

The Experts Say

By Kay Rex

(Canadian Press Staff Writer)

Those who live alone usually know any number of ways to prepare eggs in a hurry. It's easier to make a meal of eggs than to go through all the preparations a big meal involves.

Eggs have high food value, and the Poultry Products Institute of Canada says they are cheap when compared with other protein foods. They lend themselves to many ways of serving, and in combination with other foods their versatility is practically endless.

The institute passes on some hints for preparing omelettes. Serve with tossed salad greens and they make a satisfying supper. With french fried potatoes, a hot vegetable and salad, the omelette becomes a main course.

Scrambled eggs aux champignons: 1½ to 2 cups sliced mushrooms; three tablespoons fat; eight eggs; one-half cup water or milk; one-eighth teaspoon marjoram optional ; salt and pepper to taste; paprika.

Sautee mushrooms in fat in heavy frying pan for two minutes or until tender. Reduce heat. Beat eggs slightly and add water or milk, marjoram, salt and pepper. Pour into pan and combine with mushrooms. Cook clowly over low heat stirring occasionally until eggs are set but still slightly moist. Serve at once, springled with paprika. Yield: four to five servings.

Omelette Desserts

The institute says the following dessert omelette is an adaptation of an old Austrian dessert.

Ingredients: Three tablespoons flour; three tablespoons sugar; three egg yolks; three egg whites; pinch of salt.

Mix flour and sugar together and add to beaten egg yolks. Add salt to egg whites and beat until stiff but not dry. Fold yolk mixture into whites. Melt a little fat in a heavy frying pan. Pour in mixture and cook using low heat.

Cook until set, then fold and serve at once plain, sprinkled with powdered sugar or spread with jelly. Yield: four servings.

Consumers Meet

Directors of the Canadian Association of Consumers met recently in Toronto and discussed a variety of things in which Canadian consumers are interested, among them margarine.

Mrs. Victor George of Montreal, president of the Quebec English-speaking branch of CAC, said that her group is "deeply concerned" with "informer" legislation passed in Quebec in connection with the margarine ban in that province.

"We believe the necessity for such informer legislation is evidence of the lack of wisdom in the original ban," said Mrs. George. "And we hope the farm community which yields such power in Quebec politics will in time learn to accept fair competition and to permit the consumer freedom of choice in purchasing."

Better English

By S. C. Williams

1. What is wrong with this sentence? "Neither Frank nor John were there, but all kind of trophies were on display."
2. What is the correct pronunciation of "sentient"?
3. Which one of these words is misspelled? Canceling, benefiting, detriment, guillotine.
4. What does the word "hydropathy" mean?
5. What is a word beginning with co that means "avaricious"?

ANSWERS

1. Say, "Neither Frank nor John was there, but all kinds of trophies were on display." 2. Pronounce sen-shent, both e's as in sent, accent first syllable. 3. Cancelling. 4. A mode of treating diseases by copious use of water, internally and externally. (Pronounce first syllable high, second syllable drop, accent second syllable.) 5. Covetous.

That Body Of Yours

By James W. Barton, M.D.

GETTING READY TO RETIRE

"Never before have so many people looked forward to so many years of retirement as now. This is because we are living longer. The average person of 65 can expect at least thirteen years more of life. Lots of people, of course, appear to welcome retirement as something to which they have looked forward. Although they may not have made definite plans as to what they will do with their time, or where they will live, they have accepted the fact that retirement will come and trust to their natural zest for life to keep them busy and happy. Others go around with a secret dread in their hearts."

I am quoting from Public Affairs Pamphlet "Getting Ready to Retire" by Kathryn Close.

If you are one who has begun to feel the clutch of that dread, the only way you can get rid of it is to face some questions squarely. "What are the problems of retirement? What can you do about them?"

The pamphlet has the complete answer to these questions. You must adjust yourself to change. There is change in your status, in occupation, in income (usually a reduction), and frequently in living arrangements. And, as age advances, there come changes in physical capacity. "These changes cannot be avoided. But they can be met with sound and imaginative planning that can make the period of retirement as meaningful a part of the span of life as any other."

Our first thought should be our health because good health is life's greatest human asset. Regular visits to physician and dentist should be a must. This will prevent worrying about "suspected" ailments which should mean mental and emotional good health.

The pamphlet lists ten steps to happiness in retirement though each person must make his own way by facing squarely to the problems ahead and making an effort to match his own powers, likes, dislikes and possible opportunities to his needs in the future. I believe the suggestions are worthy of being repeated.

1. A regular income or other financial resources sufficient to provide independence and a sense of security.
2. An occupation, avocation, or absorbing hobby within his strength.
3. A pleasant place to live which will not put a strain on health, pocketbook or emotions.
4. A feeling of being useful through personal or community service.
5. The conservation of health.
6. A "positive" attitude toward self, others, and the world.

"The person who has been caught in retirement, without adequate preparation may travel a rough road, but he may enjoy the ride in the last lap of life's journey if he grips the wheel and follows the signs marked 'participations,' 'fellowship,' 'creativity' and 'service.'

Modern Etiquette

By Roberta Lee

Q. Please suggest a form a man can use to introduce his wife to another man?

A. In the first place, you do not introduce a woman to a man—always a man to a woman. Good form in this instance would be, "Mr. Brown, I should like to introduce you to my wife."

Q. When a hostess knows that her week-end guest is very conscientious about attending church, should she arrange her schedule so that the guest has this opportunity?

A. Any thoughtful hostess is sure to make this kind of arrangement.

Q. What jewels, if any, should the bride wear for the ceremony?

A. Usually only her wedding gift from the bridegroom.

Nearly one-third of the world's annual silver production comes from Mexico.

Operate To Cure Boy On Liquids Since Birth

Three-year-old Frederic Orton of Kingston, Ont., will have his first taste of solid food in a few days, provided a complicated operation is successful. The lad, who has had only liquids since birth, was born with a short oesophagus (tube leading to the stomach from the mouth) which caused his stomach to be misplaced above the diaphragm in the chest cavity. Doctors think the operation will be successful for the boy is in good health and weighs 30 pounds.

Cook's Corner

LEMON MUFFINS

These are wonderful for a luncheon Salad or for a Sunday high tea.

Cream ½ cup butter until light and fluffy, then gradually beat into it ½ cup sugar. Add 2 egg yolks and beat well. Sift flour and measure 1 cup. Sift flour with 1 teaspoon baking powder and ¼ teaspoon salt. Add these alternately with ¼ cup lemon juice to the creamed mixture. Mix well, then add grated rind 1 lemon. Fold in 2 stiffly beaten egg whites. Turn into small greased muffin tins, filing them ¾ full.

Bake at 400 degrees F., for about 12 to 15 minutes or until lightly browned. Serve hot in covered dish.

How Can I ! ! !

By Anne Ashley

Q. How often should plants be watered?

A. Do not water plants or seeds when the surface of the soil looks damp. There is danger of rotting seeds and young plants. For seeds, a whisk broom should be dipped into a pail of water and then the water lightly sprinkled on the earth.

Q. How can I save time when cutting biscuits?

A. Instead of using the customary round cutter, try using a knife and cutting the biscuits square for a change. This saves lots of time working the dough over and over in order to use all of it.

Q. How can I prevent spots on the surface of mirrors?

A. Be sure to protect the mirrors in your home from receiving the direct rays of the sun, which cause spots and other blemishes.

Eczema, Skin Troubles

Give your skin a real chance to get well. Go to any good drug store and get an original bottle of MOONE'S EMERALD OIL — it lasts many days because it is highly concentrated.

The itching of Eczema — Salt Rheum — Rashes — cracked toes and feet and many other skin troubles — is quickly stopped. Pimples — skin eruptions dry up and scale off in a very few days.

Moone's Emerald Oil is a clean, powerful penetrating Antiseptic Oil that dries right in — stainless. You must be satisfied or money back.

HUGHES DRUG CO., LTD
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REDDIN BROS.

DOROTHY DIX'S COLUMN—

A Slanderous Letter

Anonymous Missive Should Be Kept From Husband In Korea

Muriel Nissen

DEAR MISS DIX: My son is in Korea and my daughter-in-law lives with me. She is a fine girl, goes to work every day and is at home with me almost every evening. My problem concerns an anonymous letter sent to my daughter-in-law accusing her of things I know she couldn't possibly have done. Should we keep the letter from my son?

MRS. B.

CONSULT POSTAL INSPECTOR

ANSWER: Most certainly you should withhold the letter from your son. Regardless of how innocent the girl is of the accusations, there's no sense in planting a seed of suspicion. If you want to carry the matter of the letter further, take it to your postal inspector, or your county district attorney. There should be a special, and horrible, punishment for people who go to such lengths to cause trouble. I'm happy that you have such love or, and faith in, your daughter-in-law.

DEAR MISS DIX: My boy friend, 18, and I, 17, have been going steady for nearly a year. He is going into service and would like to know if we should continue going steady while he's away.

M. F.

ANSWER: If there's even a small question in your mind, the answer is a definite "no." For two people to continue going steady while the boy is away—probably overseas—requires the sort of devotion about which there is no doubt. At your age, it's much better to have the boy leave with just friendship between you.

DEAR MISS DIX: I am 20 years old and very much in love with a man two years older. We have been dating for some time, and now I hear he is going to be married at Easter. Should I continue dating him? I know he's the only one I'll ever love.

ADA

ANSWER: Correction please! Believe it or not, you really will love someone else again! In the meantime, why not verify, with the boy himself, the fact of his forthcoming nuptials? If he confirms the rumor, you have little choice but to let him go. Do it gracefully.

DEAR MISS DIX: I am a girl of 15, and like a boy of 17. I am sure he likes me, too, but here is the difficulty. He used to go with my girl friend, who gave him up suddenly. Then he began to go with me. Some of my friends say he still likes her, and when I ask him about it, he doesn't answer.

BRIGHT EYES

ANSWER: While it's quite possible that the boy still likes your girl friend, you have the advantage of being his current date, and it's up to you to charm him into a conviction that you're worth a dozen of any other girl.

DEAR MISS DIX: I am a man of 41, married 20 years. Although I love my wife very much, there is something wrong between us. Before our marriage she had a child by another man, and, though I have tried, I can't forget the fact.

J. J.

ANSWER: You sure have a long-range memory, but since most men do have a marvelous faculty for remembering the past indiscretions of their wives, it's always a good thing for the wife to guard her secret. In the case of your wife, of course, that was impossible, but since you married her in full awareness of her trouble, you should be man enough to forgive and forget by now. Look into your own past occasionally instead of delving so much into hers. Have you a completely clean slate? Remember, your wife was a very young girl at the time her baby was born; you are much older, and should be wiser, now. In continually bringing up her past, you're making as big a mistake as she did.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Needlecraft News by Pauline Roy

LITTLE GIRLS, JUST LIKE THEIR MOTHERS, look forward to having a new spring Easter outfit. Hats, gloves, coats, suits and new handbags make a big difference to their well dressed appearance. When the little Miss has a well planned wardrobe she learns early the necessity of looking after her clothing, she learns to match her colors just like Mother does and soon can appreciate the value of hand made garments.

Sewing is a Favorite Hobby

Sewing is well established as a favorite hobby among smart women today. The new patterns are easy to follow and many new sewing aids are available for the modern home sewer to assist her in making professional looking clothing for herself and her children. Lovely new cottons are smart for children's clothes and are easy to work with. Woollens and mixtures of wool with synthetic yarns are perfect for making clothing for the younger set who need to have strong, durable fabrics to stand hard wear. Colors too, are important and good looking color combinations can give an expensive, individual look to a home designed costume. Trimmings add much to the finished appearance of your garments and some can be done on the sewing machine. Tailored garments can be trimmed with rows of machine stitching. If you'd like to have smart looking saddle stitching on a dress or coat, try using pearl cotton in the bobbin of your machine and reversing your article when stitching so that the bobbin is on the right side of your material. This will give you a very attractive saddle stitch effect and is so easy to do. Ribbons or bias tape can also be used effectively for trimming when sewing for the children. Your little girl will watch with interest when you are making pretty things for her to wear, and soon she will be wanting to do her share in making things for herself.

Two Tone Felt Handbag

Here's a junior edition of the college girl's shoulder strap handbag, designed especially for the little sister of the family. The fashion conscious junior miss will be delighted with this roomy bag in two contrasting shades of felt. If you would like to have a leaflet with directions for making this bag, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting CHILD'S FELT SHOULDER BAG, Leaflet No. E-1679.

ELLEN'S DIARY

By An Island Farmer's Wife

February wore a borrowed gown today . . . off March it was though how it was obtained we do not know. Begged with an irresistable smile, we are sure, and happily worn. Of blue it was, with edgings of silver; and over it all was set a lace of pure gold. Not in a brilliant shade this but soft and mellow as the month preparing to leave walked with gracious air, and rather solemnly, along the farmlands.

There was the solemnity of parting, a quiet smile to conceal the sadness that comes with the knowledge that despite the compensating promises of the future, we may not pass this way again. Light winds mentioned it — the little, glad breezes whispering to the buds of trees and the brown bulbs of earth, stretching now, we fancy, rubbing sleepy eyes making ready to arise.

* * *

"What do you know!" they said. "Would you believe it: February is going and March is here!" . . .

"An early spring, Ellen? Don't delude yourself with any wishful thinking!" James commented today, eyes lingering on the bare, brown-furrowed fields and drab meadows which now "Clothe the wold and meet the sky" about.

"We can have quite a winter yet. Oh, it can't continue at any length, but, dear me, the storms of March I've seen! That's when they do come! Blizzards, sudden and startling . . . snow, in deep drifts. And frost too! Don't you remember it, Ellen, the time the old sow-of-all . . . what a good one she was! It's the same line we have out Home to this day . . . well, we weren't expecting the litter quite so soon — but, there they were in a pen in a corner of the old stable, when last thing one night I happened to look in . . . and that was the coldest night we had that winter — away below zero. But she saved . . ." James remembers to a last snout the number.

But how could we with so much to post in memory's file? With so many delights to choose from, in the ever-changing panorama of farming-dawns, dusks seedtimes full of spring-song, harvest, laced with the threnody of crickets. "We've had a nice winter," James continued, "too pleasant, I'm thinking for our own good. I guess," he offered, "there'll not be too much hay to waste this summer. Bare winter fields never did encourage a crop of it. Ay, there comes a time of reckoning — a period of evening-up. I've seen it . . . seen an abundance in the fields that would lead one to believe we'd never have scarcity again; and I've seen them pretty lean. I wouldn't mind if we had a few extra stacks of hay right now as security against present prospects of the next crop of it."

* * *

The spring increase commences to appear at this place and at Alderlea: calves "stalled" in nooks and corners — and fetchingly named. "Humph!" a lad of a neighbour once offered after inspecting those of a bygone year, "what a funny place you have here — not a calf with a name!" The children now take care of that adult omission.

"No," James shook his head this evening, "positively no visitors admitted! And besides, don't let me hear any noise out about —you wouldn't want to lose them all, would you?"

"You'd think," one of the two, who love to watch this miracle of pink newness against a dam's bosom, chuckled as he turned away to other interests, "yes, you'd be sure he was running a hospital. And," he nodded, "it's only a new litter of pigs!"

February is lovely, but running out now . . . slipping away, as are the sands of this day.

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

Household Scrapbook

By Roberta Lee

The Plants

Try wiping off the window plants occasionally with a cloth that has been dipped into glycerin. This will give the leaves a nice lustrous appearance and they will not be as likely to dry out under the sun.

Mixing Dough

A marble slab such as from an old-fashioned dresser, or a piece of plate glass, is better than a wooden board for mixing dough for bread, cake or pastry.

Mucilage

To make a good mucilage mix equal parts of gum arabic and tragacanth. Dissolve in hot water to the desired consistency.

The Stars Say - -

By Genevieve Kemble

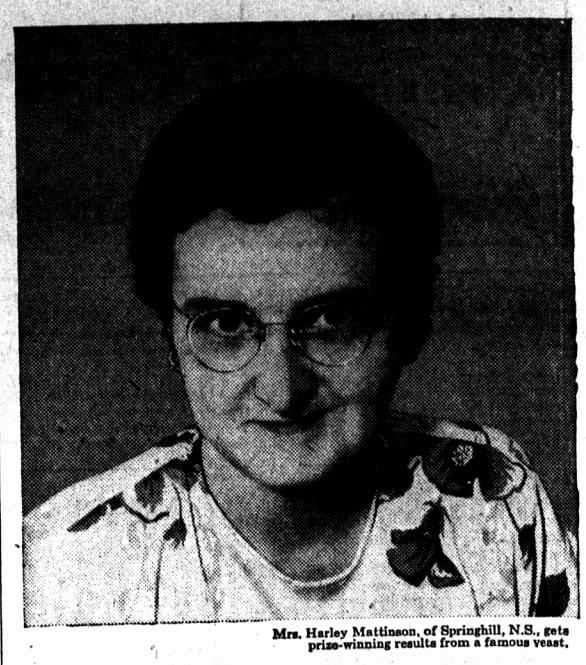
For Tomorrow

AUGURIES for today continue to call for caution in money matters. Tension caused by financial affairs could go so far this day as to cause flare-ups in both business and personal relationships. But they can be avoided with a little effort and a calm realization that the period of tension is but temporary. Remember that while "the stars foretell, they do not compel." A little common sense often avoids serious trouble, so for the time being, avoid financial discussions, do not indulge in extravagance and, if you must enter negotiations where money is concerned, proceed with caution.

For the Birthday

If tomorrow is your birthday, you will find that your greatest interests in the year ahead will be in the "stuff that dreams are made of." Your innate love of music, poetry, the arts in general, will cause you at times to become impatient with mundane trials and tribulations, and you may resort to day-dreaming as escape. You will find yourself wanting to shed responsibility, to take things easy, to surrender to ease and comfort. But don't! Instead of day-dreaming, turn your talents and imagination into practical channels. You can achieve the spectacular if you really try.

A child born on this day will be skilled in such artistic pursuits as fashion designing, interior decorating and architecture.



Mrs. Harley Mattinson, of Springhill, N.S., gets prize-winning results from a famous yeast.

TURNS OUT PRIZE BAKING FOR OXFORD, N. S., FAIR

Around her home on Heriott Road, Springhill, N.S., **Mrs. Harley Mattinson** rates as a swell cook. The judges at Oxford County Fair seem to be of the same opinion, for each year she brings home prizes for her yeast-raised baking!

For folks who aspire to prize-winning baking, Mrs. Mattinson has some good commonsense advice. "Good ingredients are the basis of good baking," she says. "You have to use a *yeast* with lots of pep and go—or else your results won't be up to scratch. I've used Fleischmann's Yeast for years—it's one yeast you can depend on for fast rising and fine results."

Sound advice! Clever Maritime cooks everywhere get tip-top baking results with Fleischmann's Yeast.

Morning Smile

Needed

"I understand your husband has taken up the violin."

"Yes, and he's doing fine. They've returned his oil-can from next door already."

Acquiesced

The film magnate wanted one of his stars to accept a reduction in salary, so he said to a junior partner: "You tackle him, Paul. You're better educated than what I am. You can give him a better line of talk than me."

The junior partner went off on his disagreeable job. When he returned, the magnate asked anxiously: "Well, how about it?"

"He acquiesced."

"Did he? "The dirty dog!"

HI-SUGAR NEW HYBRID TOMATO

Sugar content so high they taste like grapes eaten raw. Golf ball size, fiery red, firm, perfect form, quite early. A table sensation for pickles, preserves, garnishing, salads, desserts, etc. Makes big heavy bearing plants growing up to 6 feet across, or can be staked. Single plants often yield a bushel of ripe fruit. A distinctly new and unusual garden delight. Pkt. of 35 seeds 35c postpaid.

FREE OUR BIG 1953 SEED AND NURSERY BOOK

DOMINION SEED HOUSE
GEORGETOWN, ONT.

Success Tip — Bake it with MAGIC!

DATE-ORANGE PUDDING

Combine in a greased casserole (6-cup size) ¼ c. corn syrup, 1 tbs. grated lemon rind and ½ c. orange juice. Mix and sift once, then sift into a bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted hard-wheat flour), 2½ tsps. Magic Baking Powder, ½ tsp. salt and ¼ c. fine granulated sugar. Mix in ¾ c. corn flakes, slightly crushed, and ½ c. cut-up pitted dates. Combine 1 well-beaten egg, ½ c. milk, ½ tsp. vanilla and 3 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into prepared dish. Bake in moderately hot oven, 375°, about 40 minutes. Serve warm, with pouring cream. Yield—6 servings.

Anne Adams Patterns

NEW! BIB-FRONT!

Base your spring-wardrobe on this good classic! Fun to choose fabric — this design lends itself to so many smart ideas. Attractive in a bright plaid—striking, too, in a combination of contrast colors. For a feminine touch, add a frosting of lace.

Pattern 4566: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4⅜ yards 35-inch.

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, care of The Guardian, 60 Front Street West, Toronto, Canada.

Alice Brooks Designs

HERE'S TREASURE!

SLIP-COVER that old lampshade! Or make a new one on the frame! This wonderful pattern has TEN ideas for all kinds of lamps, for all sorts of rooms.

Lampshade Instructions 7337 has step-by-step directions for 10 shades or slip-covers for shades.

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 and Pattern Number.

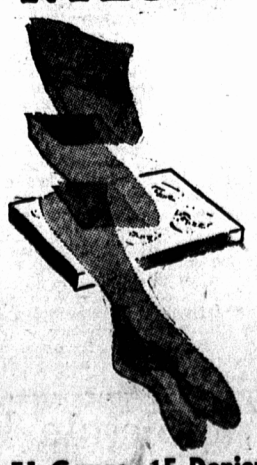
"Could I keep working?"

A Serious Question for One Suffering from Arthritic Pain

"I suffered a great deal from such pain in my legs, knees and other joints, that it was hard to do my work," writes Miss Thelma Johnson, Picton, Ont. "I was having so much trouble, I wondered if I would be able to continue at my job. Then I learned about T-R-C's. What a fortunate day that was, for I have had the very best sort of relief. I wouldn't want to be without T-R-C's in the house."

Don't suffer needlessly from relentless arthritic pain. Get quick relief from dull, wearisome aches caused by Arthritic, Rheumatic, Neuritic, Sciatic pain, Lumbago or Neuralgia. Start taking Templeton's T-R-C's today. 65c, $1.35 at drug counters. T-839

NYLONS



51 Gauge 15 Denier
New Spring Shades
Reg. to $1.95
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