

WOMEN

Page 8 The Guardian, Thur., June 16, 1955

KEEP IN TRIM

Adapt Relaxing Technique

By Ida Joan Kain

"I'm simply going crazy, trying to relax," a friend said to Indra Devi, who responded by putting her tense friend through some breathing and relaxing exercises adapted from Yoga. Miss Devi studied the science of Yoga in India for 12 years, and has adapted the technique for American needs.

In reply to my query as to who is more tense, office workers or housewives, she specified that it was those who do sedentary work. Then she added quickly:

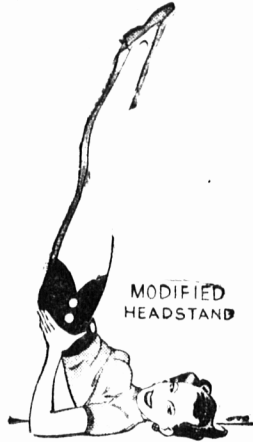
is one Miss Devi calls "The Rocking Exercise." Here it is: Sit down on the floor and raise both knees, with soles of feet on floor. Clasp hands under the knees. Now bend forward, then roll back on your spine and return immediately to the original position. Rock back and forth about six times, without stopping, and without straightening the spine. This movement limbers the spine and gives an extra blood supply to the nerves in the spinal cord.

Following this routine, lie down on the floor and stretch like a cat, s-t-r-e-t-c-h, turn and push out with arms, stretching is a circulation rouser and it wrings out tension from muscles. At the finish of the stretch, let go, feeling a great release.

Miss Devi demonstrated the head-stand, but recommended the Reverse Posture for the rest of us. The position is the same as one would take to do the high back exercise. Lie on your back, swing legs and back aloft, supporting the body with hands placed under hips—weight resting on back of head, shoulders and upper arms. Keep legs straight up and toes pointed. Remain in that position as long as you can... for a few minutes, anyway.

On the subject of age, Miss Devi had this to say: "Mental attitude is very important. You are young as long as you think young. Women fear age early, and that makes them older—for the fear of age is more aging than anything else."

This authority believes that facial expression is an expression of the inner self, and emphasizes that the practice of relaxing, releasing tension, and erases lines. Indra Devi is the author of the book "Forever Young, Forever Healthy," which is described as simplified yoga for modern living.



MODIFIED HEADSTAND

That executives who take their work home with them are apt to be even more tense than office workers.

The old Indian recipe for release of nervous tension is rhythmic breathing and relaxing exercises. "As you breathe in, expand fully in lower part of ribcage... rhythmically and with ease. Breathe out fully, depressing the ribcage," she advocated. An easy exercise for relaxing

ELLEN'S DIARY

by an Island Farmer's Wife

So good, so very gracious this day has been which took James again to his sowing. Satisfying to the night-skies which to our mind declare it's continuance in the morning. Last patches on this farm, in far fields, and presently, if all goes well with us, as near as that beyond our remnant of orchard are all that now await the seeding.

Cool? Aye, because of a cheerless wind from the north, nevertheless not uncomfortable for the man and team associated in the work. Meanwhile other field-work is being busily continued—at Rob's with Jamie taking his turn after school on the tractor preparing the potato and root ground, and at this farm where cultivation also goes on.

The cherry trees were in their best bloom today for was not this Granddaughter's anniversary of birth? After classes this afternoon, her only schoolmates from this neighborhood, Donna and Freddie—the also June-born and

but a few days Granddaughter's senior) came to join her at play and later to blow out the candles and wish wishes with many a laugh and then partake of the Birthday cake. Gage was present too, to remain longer than Jamie who must be off home shortly to man the tractor at work on the fields.

So without a cloud in her young sky, with much laughter and obvious happiness, Granddaughter reached today her ninth anniversary of birth. Her maternal Grandmother who has a number of granddaughters—and a great grandson—a tiny white haired lady who owns quite a share in the heart of this one, was also a favorite guest.

"Confidentially," Mack offered coming in to visit with us a while after the children had gone. "I'd rather have a birthday in August, wouldn't you?" "Or in July?" we chuckled. "Isn't that the best month of all?"

Continued on page 9

ANNE ADAMS PATTERNS



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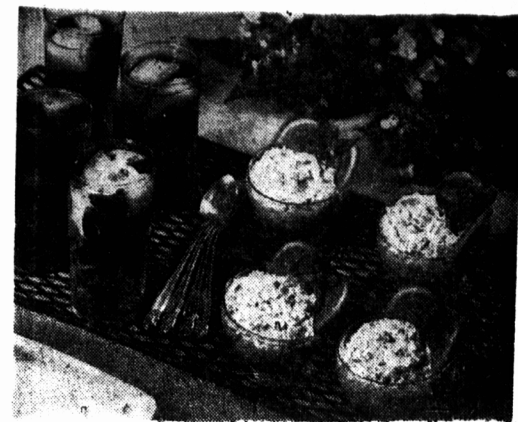
TEA

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LET'S EAT

Easy Sunday Dinner For Two-Job Homemaker

By Ida Bailey Allen



ONLY FIVE MINUTES are needed to fix this refreshing Lemon Fluff, made with vanilla wafers, whipped cream and lemonade mix.

Every homemaker-career woman must have at least a half day of complete rest each week, preferably on Sunday. All too often, Sunday is the day for preparing elaborate meals, catching up with housework, mending, sewing or even doing the laundry. This is unfair to the homemaker herself, to the family and to her employer who should not be expected to pay for the services of a tired-out person.

Let Family Help

Plan a good Sunday dinner, but appoint various members of the family to help prepare and clear it away. Afterwards, take the remaining day and evening off to rest quietly by yourself and be frankly lazy.

"The family" can get the supper—someone should even bring your meal on an attractive tray. Any two-job homemaker deserves, as well as needs, a little coddling.

EASY SUNDAY DINNER

Fresh Melon or Frozen Melon Balls
Southern Chicken Fricassee
Spaghetti with Giblet Sauce
Parried Carrots with Small Whole Onions
Strawberry Shortcake
Coffee Tea Milk

Start Southern chicken fricassee. Start giblet sauce for spaghetti. Then spend 30 min. cooking ahead for supper or for Monday's meal. Start onions. Cook carrots. Make shortcake. Start spaghetti. Finish fricassee. Prepare melon. Set table; make coffee.

Southern Chicken Fricassee: The fish, peas and frozen lem-

Use whole canned chicken or prepare a 4-5 lb. fowl for cooking.

Cut into sections for serving. Place in a deep saucepan with 1 c. diced celery, 2 sliced peeled small onions, 2 tsp. salt, 1 tsp. monosodium glutamate, 1/4 tsp. pepper and 2 1/2 qts. boiling water. Cover; simmer 1 1/2 to 2 1/2 hrs., or until the bird is tender. (Or use half the quantity of water and pressure-cook 45 min.)

Remove from the liquid. Strain the latter and thicken with 1/2 c. enriched flour stirred smooth in 1/4 c. undiluted evaporated milk or cream. Season to taste. Add 2 tbs. minced parsley.

To serve, make a ring of spaghetti with giblet sauce on a deep large platter. Add half the gravy to the fowl; place in the spaghetti ring. Strew with 2 chopped hard-boiled eggs. Garnish with parsley.

Strawberry Shortcake New England: Make 1 recipe for rich baking powder biscuit, or use a mix, chopping in 2 tbs. extra shortening. Divide the dough in halves; fit half into an 8" layer-cake pan. Brush with melted butter or margarine. Fit and pat the remaining dough on top; bake 25-30 min. in a hot oven, 400 degrees F. When done, the layers will separate. Use hot.

Place one on a deep plate. Cover with sweetened sliced fresh strawberries, or use 1 (10 oz.) pkg. thawed frozen berries. Put on the second layer, bottom side up; cover with a thin layer of berries. Spread with sweetened whipped cream.

Processed Foods
Southern Chicken Fricassee: The fish, peas and frozen lem-

Some Color Schemes For Outdoor Settings

By ELEANOR ROSS

Certain color schemes in Nature belong to different seasons of the year. Spring brings forth pale yellows and yellow-greens, delicate blues, pinks and shades of violet, while summer and fall bring the richer, stronger colors without fail.

Dash of Spice

If people were just as consistent, we might repeat the same painted color schemes on our porch and garden furniture year after year and think no more about it. But to so many of us, a change in color scheme is like a dash of spice. Besides, every Spring we discover that the designers who cater to our wishes and sense our

desires have brought forth new ideas, new and different color schemes or the furniture that plays such an important part in lazy summer outdoor living.

Whether you're buying new pieces or—as so many of us are—doing over used pieces, you'll like this year's color ideas. The high-style paint colors, for the graceful iron chairs and tables with tique white, cream, dusty black, aqua, pale pink and coral. New and exciting is a painted effect known as "gold dust" that's achieved by sprinkling a little gold metallic powder on newly painted surfaces before the paint has a chance to dry.

Aluminum Furniture

While most of the aluminum tubing furniture is silver in color, some of the chairs are dull gold. These are combined with plastic webbing in black or white, and very smart, too! Bamboo and rattan pieces are to be seen in their natural color, as well as in a dull black finish that makes these pieces look very new. For the sturdy wooden furniture, the strong reds, vivid greens and royal blues share their popularity with glistening white enamels. The new, transparent varnishes that reveal the natural markings of the wood they protect also remain in high favor.

Sand the Surface

Whether you're repainting metal or wood furniture—any surface, as a matter of fact—you must first make sure that the surface is clean, smooth, free from rust or flaking paint. When you're working on iron or steel surfaces, steel wool is a great aid in removing dust. After the rust is completely eliminated, the bare spots should be given a coating of metal primer to protect it against further corrosion. When working on wooden pieces, fill cracks or nailhead indentations, then sand the surface level. For the furniture you wish to finish in a solid color, exterior enamel is the coating you'll need. Paint on Clear Day

If you're going to do your painting jobs in the garden, choose a clear and windless day. Make sure paint is free from lumps and that the solid and liquid substances are thoroughly merged before you begin. Usually, it's convenient to pour some of the paint into an empty coffee tin, or it's so easy to dip your brush into a wide-mouthed container.

Before starting the work, get all your accessories together: paint, brushes, coffee tin, stirring paddle, paint rag and paint brush cleaner. It will save those annoying interruptions!

TOMORROW'S DOUBLE-QUICK DINNER

Tomato Soup
Celery and Carrot Sticks
Creamed Fish on Toasted Rolls
Green Peas
Tossed Salad Bowl
Lemon Fluff
Hot or Iced Coffee or Tea Milk

Cook and cream fish fillets. Prepare celery and carrot sticks. Prepare lemon fluff. Cook peas. Heat canned soup. Toast rolls. Creamed Fish Fillets: Flake 1 1/2 lbs. cooked or frozen fish fillets—any kind—or use a (1 lb.) can salmon or fish flakes. Make a savory fish cream sauce. Add the fish. Heat until bubbling. Arrange toasted split rolls on a deep platter. Spoon over the fish. Dust with snipped parsley or fresh dill.

Savory Fish Cream Sauce: Melt 2 tbs. butter and stir in 2 tbs. flour. Add 1/2 tsp. salt, 1/2 tsp. monosodium glutamate and 1/2 tsp. celery or dill salt. Gradually stir in 1 1/2 c. liquid in which the fish was cooked; or use the drained liquid from the can. Cook and stir until boiling. Add 1 tsp. lemon juice and 1 tbs. mayonnaise.

Lemon Fluff: This needs 1 box (4 1/2 oz.) vanilla wafers. Reserve 8 for a garnish; crush remainder with a rolling pin to fine crumbs. Combine with 8 tbs. thawed-frozen lemonade mix and 1 c. whipped heavy cream. Pile into 6 small individual serving dishes; chill at least 30 min. before serving. Garnish each dish with 1 or 2 vanilla wafers and a sprig of fresh mint.

TRICK OF THE CHEF

Add 1/2 tsp. ginger when making sauce for your Southern chicken fricassee.

Cook's Corner



PAN-FRIED CHICKEN

Choose chickens weighing from 2 to 3 1/2 pounds. Draw, clean and singe. Remove drumsticks, thighs and wings at the joints, cutting off the wing tips. Separate back from the breast; remove wishbone with attached meat, if desired, and cut breast down the centre using the shears.

The following recipe gives a crusty, golden fried chicken with a different flavor. The secret is the generous use of paprika.

2 chickens 2 1/2-3 1/2 pounds cut
1 cup flour
1 tbs. salt
1 tsp. pepper
1 1/2 tbs. paprika
2/3 cup fat

Mix the dry ingredients thoroughly and rub well into the surface of the chicken. Melt fat in a heavy frying pan. Brown chicken on both sides using moderate heat. Reduce heat, cover pan and continue cooking slowly until tender, about 20 or 25 minutes. Remove cover and cook 5 minutes longer to develop crusty surface. Six to eight servings.

HOUSEHOLD HINT

Lipstick or rouge stains should be first rubbed with lard or vaseline, then washed in hot soap-suds. If color stains remain, bleach with hydrogen peroxide. Do not use soap first, or it may set the stain.

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