

WOMEN

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KEEP IN TRIM

Coleen Gray Counts Blessings

By Ida Jean Kain

Meet Coleen Gray, winning young Hollywood star with the cutest figure on the lot. Here are the vital statistics... 5' 3", 115 pounds, bust 35, waist 24, hips 35. But back of these streamlined measurements there is a story which should help anyone who is trying to slim down.

Using movie technique, let's flash back in Coleen's life to when she was Doris Jensen from a Minnesota farm, working her way through college. From necessity, she often had five jobs at a time and, to insure three square meals a day, one job was always waitressing work. This free food had bulging consequences — size 16 for 1' 3". When she compared herself to the svelte campus queens, she would get depressed and wish that she, too, were slender and popular with the boys. But after starving for a few days she would eat a huge dish of ice cream to lift her spirits.

Our heroine graduated summa cum laude, but with a dumpty figure. She spent her last hard earned cash on a bus ticket to California...and we'll skip the rugged details of survival in a new place. Eventually, she was seen by a 20th Century Fox talent scout, tested and signed for a seven year contract. "What they saw in me, I don't know. The girl I saw on the screen was fat, gauche, and just plain corny," she told me.

Then came the grooming process. The studio terrified her. She lived in fear that someone someday would tell her "go back to the farm." Largely because of her feelings of inferiority, she had a constant struggle with her weight. "I kept sneaking ice cream to soothe my anxiety," she recalls ruefully.



COLEEN GRAY

Coleen managed to slim down for two pictures, but then fattened up again and the studio let her go. "After carrying around the excess pounds and hating myself and not getting any work, I reached the lower depths," Coleen reminisces.

She gives great credit for her new career to her friendship with Louise Long, responsible for many beautiful figures in Hollywood. "Louise got me to believe in myself again. She put me on a diet, and somehow I had the will power to stick to it. I watched my measurements improve, and I bought clothes a size too small to give myself a challenge. As the pounds melted off, I became happier and my date book began to get crammed. Work commenced again. To this day, however, I still have to make occasional appearances in producer's offices to prove that I'm not fat!" this lovely star relates. Today her weight varies from 112 to 115. When the pointer on the scales hovers close to 117 she cuts calories and soon is out of the danger zone.

Happily married, the mother of two children, Coleen enjoys doing her own housework. "Vacuuming, scrubbing, and hanging up clothes in the sunshine make me breathe harder and bring all the muscles into play. It actually helps me to feel slimmer."

"As far as I'm concerned," Coleen concludes, "I find that happiness and slenderness go hand in hand. Counting blessings is better than counting calories."

Vivacious, attractive Coleen Gray has won through to a shining success. She will soon be seen in "Twinkle in God's Eye" and "Tennessee's Partner."



Ceremony At Cardigan

A quiet wedding was solemnized at All Saints' Church, Cardigan, on August 24, at 8:30 a.m., when Mary Patricia, daughter of Mrs. Peter Murphy, Cardigan, became the bride of Donald Gerald, son of Mr. and Mrs. Gerald MacDonald, Cardigan. The double-ring ceremony was performed by Rt. Rev. J. A. Murphy, uncle of the bride. During the nuptial mass, hymns were sung by the choir, accompanied by the organist, Mrs. E. MacDonald.

The bride, given in marriage to her brother, wore a ballerina-length gown of white net and lace over satin with matching jacket. Her chapel veil of tulle fell from a tiara of seed pearls and she carried a bouquet of white gladioli.

Mrs. Peter Sullivan, matron of honor, and sister of the bride, wore a ballerina-length gown of green net over taffeta with matching headress and mitts. She carried a bouquet of peach gladioli. Mr. Joseph MacDonald, brother of the groom, was best man. The ushers were Mr. Peter Sullivan and Mr. Ernest MacDonald.

The bride's mother chose a two-piece dress of navy blue with matching hat, and navy and white accessories. Her corsage was of pink flowers. The mother of the groom was attired in grey and pink dress with pink accessories and corsage of mixed flowers.

A reception followed at the home of the bride where the toast to the bride was given by Rev. J.P.E. Hanley. Best wishes were extended to the couple by Rev. Harold Croken. The bride's table was centered with a three-tiered wedding cake.

For travelling through the Maritimes, the bride chose a blue tweed suit with navy accessories and a corsage of red roses. Upon their return, a reception was held at the home of the groom's parents. The couple later left for Toronto where they are now residing. Previous to her marriage, the bride was honored at showers by her friends in Toronto and Cardigan.

MARY HAWORTH'S MAIL

Parents Mock Adolescent Girl

DEAR MARY HAWORTH: I am a girl 17, in love with a wonderful boy, 18, who is in the Navy. We are physically attracted to each other, but even more attracted in other ways. We plan to be married when Barry is 21; he will be out of the Navy and a junior in college by then, and I will be a year behind him. We intend to complete our education, working our way through those last years.

Our parents seem to resent our planning, though they admit we are mature and well adjusted. They object to our going steady; they don't want us to isolate ourselves at our young age—so we go with others, but the attraction remains. However, when Barry is home I date him exclusively, which irks my mother. And she argues against my writing him daily; she insists I shouldn't commit myself. What hurts is our parents' derisive laughter at our efforts to please one another—as when I tried to lose weight, and Barry said I'd always looked perfect to him. Everything we do is to please each other, and our love makes us better in various ways. We share and sacrifice and heed our parents' advice—one of our new lessons. But our parents seem to feel our love must be foolish because we are so young; and they remain nervous and wary about our intentions, as Barry's parents do at a youthful age—much younger than we, in fact.

ARE THEY FOOLISH?

Recently I was pleased when Barry wrote that he will finish college as I'd asked. At first he hesitated, wanting to get a job to support us right away, to spare me hardships. We feel our love is enduring, but have discussed a break-up halfheartedly, agreeing to remain friendly "if and when." But we don't think there will be a break.

At times I feel it would be better to marry soon. And to be honest, we are often tempted to marry—except it might prove we are very childish, as our critics say. We want and need each other's love, enough to wait a long time. But I am so confused by our parents' behavior. Are we foolish? Help me "ace" them; tell me the truth. G.Y.

PARENT'S VIEW

Dear G.Y.: You speak of "our parents," but the picture I get, from your lengthy letter, here condensed, is that you are very young. Also it is my impression that you are probably more intensely invested in the romance than Barry is. Not that he doesn't love you dearly of course, but he isn't so urgently preoccupied with the relationship and its future prospects as you are, I think.

I believe your mother is concerned about the future of your engagement in Barry, and tries to dilute your intensity and scatter your concentration by alternately fussing and poking fun at your seriousness. It is my guess that she is protectively concerned, in the sense of wanting to spare you monumental shock and hurt, if possible, supposing things don't pan out. In all probability your mother (maybe Barry's too) sees what he doesn't see, namely, that you are the positive campaigner for a future with him, and he is the acquiescent party (so far). And she may feel that you are lessening your chances of keeping his interest fresh by being so ardently committed and single-minded, and so frank about it, in the exchange. As to that, she might be right; or she could be wrong. It depends upon the man—and upon the rapport between sweethearts.

DANGER APPARENT
It is probable, too, that your mother, woman-like, recognizes all the "eternal feminine" tactics you are bringing into play, to win Barry securely for yourself—and irrefutably slaps out at them. As an older woman will, when she sees a younger female (even her daughter), insist on using finessence to "get her man."

The fact that you and Barry have talked halfheartedly about breaking up but remaining friends, suggests that he sees a necessity to back away from a certain danger—the danger of getting unmanageably involved, prematurely.

In my opinion, your parents would do most good in the circumstances by (1) being sympathetic to your future planning; (2) endorsing your constructive efforts to please each other; and (3) impartially helping you to grow in wisdom, patience and social effectiveness in your different worlds while separated. M.H.

MORNING SMILE
"Hullo, I hear you've got married?"
"Yes, I got tired of restaurant food." And now?
"I'm beginnin' to like it again."

COOK'S CORNER
BAKED TOPPING CAKE
1/2 cup white sugar
Butter size of an egg
1/2 cup sweet milk
2 egg yolks
1 cup flour
1 tsp. baking powder
Beat well, pour into greased baking dish. Then beat egg whites, until stiff, add 1/2 cup white sugar, 1 cup shredded coconut. Spread on top and bake in oven at 350 degrees F. for



Ings—Murray Bridal Party

St. Andrew's Church, Orville, was the setting on August 26th at 3 o'clock for the marriage of Miss Elizabeth Margaret Rose Murray, daughter of Mr. and Mrs. Maurice W. Murray, Vernon Bridge, and Mr. Barry Parker Ings, only son of Mr. and Mrs. Parker Ings, Pownal, Rev. J. Sheen officiated. Mrs. Samuel Martin was organist, and Mr. Lloyd Martin sang "The Lord's Prayer" and "O Perfect Love."

The bride, given in marriage by her father, wore a gown of ivory satin, embroidered in seed pearls and crystal beads in a rose art thistle pattern. The gown was fashioned with a long train and fingertip sleeves. Her fingertip veil of bridal illusion was held by a crown of seed pearls and crystals. She carried a cascade bouquet of red roses and wore a strand of pearls, the gift of the groom.

The attendants were all cousins of the bride. Miss Georgina Reid, East St. John, N.B., wore a gown of pink taffeta with pink net overskirt and matching headress. Miss Allen Reid wore a gown of blue taffeta styled with matching net overskirt and headress. Miss Betty Mae Howlett, Vernon Bridge, was gowned in green taffeta with matching overskirt and headress. They all carried nosegays of mixed flowers.

The flower girls were Miss Beverly Joy Murray, sister of the bride, and Miss Georgina Henry, Vernon Bridge. Miss Murray wore a Normandy costume of figured satin with overskirt of net and

plum of embroidered nylon. Miss Henry wore a floor-length gown of turquoise taffeta with matching net overskirt. They both carried baskets of mixed flowers.

Mr. Donald Drake was best man, and the ushers were Mr. Donald Smith, Pownal, and Mr. Malcolm A. Campbell, West St. John, N.B. The bride's mother chose a dress of silver lame with navy blue accessories and a corsage of orchids. The mother of the groom wore a dress of blue crystalite with navy accessories and pink carnations on corsage.

A reception followed at the Queen Hotel, Charlottetown, for 100 guests. The bride's table was decorated with a three-tiered wedding cake, pink gladioli and tall candles. The guest book was in charge of Miss Roberta Dougherty,

Vernon Bridge. The bride donned a fawn tailored suit with pink accessories, for motoring through the Maritimes. The couple will reside in Charlottetown where the groom is a member of the staff of the Maritime Central Airways.

Out-of-town guests were Mr. and Mrs. Malcolm A. Campbell, Mr. and Mrs. Andrew S. Campbell and family, Mr. and Mrs. Raymond P. Campbell, Miss Melita Campbell, Mr. and Mrs. Stanley Hunt, all of West St. John, N.B.; Mr. and Mrs. Phillip Thomas, East St. John, N.B.; Miss Anne Marie Buckley, St. John; Mr. Benny S. Murray, R.C.A.F., Moncton; Mr. and Mrs. John Reid and family, East St. John; Miss Lillian McPhall, Los Angeles, Cal., and Mr. Arnold Hubley, Boston, Mass.

Miss Betty Mae Howlett, Vernon Bridge.

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European Fashion Shows Colorful Fall Picture

By SYLVIA HACK

Canadian Press Staff Writer LONDON (CP)—A colorful picture of European fashion was presented at the International Wool Fashion Festival.

Clothes by top designers of 11 countries were featured. Represented were Denmark, France, Switzerland and Britain — with models to match—although French couturiers chose a German mannequin to show off their dramatic creations.

Organized by the International Wool Secretariat, the show exhibited the versatility of wool. It now comes in a lace-type weave, smooth jersey and sometimes with a sheen to give a doeskin look to the garment.

Y-LINE TUNIC
Among clothes shown at the Savoy Hotel was a Dior Y-line model, a Chinese-type tunic in sombre black facecloth with high side splits opening on to a narrow black sheath dress. The broad shoulders of the tunic tapered off at the knees to give the Y effect.

Patou of Paris presented an afternoon dress—"Mystere"—in a fine, black woolen fabric with a wide, waistless, s.w.a.t.e.d. effect, topped by a white mink shoulder band and matching flat hat over a black jersey hood.

From the sombre to the neutral shades came a Danish model in white wool jersey, used for an evening dress with matching evening coat. The gown was strapless and draped, with the draping drawn diagonally across the bodice and hips and gathered on to the left hip, leaving the rest of the skirt straight.

The coat was full with a large cape collar and bouffant three-quarter sleeves fitted below the elbow of the dress, the coat flowed freely from the shoulders, lined in ivory silk.

From Pedro Rodriguez of Madrid came a black and white

checked, thick-wool sports ensemble, comprising a full-length coat and breeches tapering to below the knee, and a black woolen jumper.

BLACK ON WHITE
Marty of Zurich showed an evening dress in black wool lace on white, daring and beautiful. Cut on slim lines, the dress had deep V-neckline, and black and white material swathed around the hip-line, falling loosely to the ground on the left side.

From Germany came a sophisticated ensemble. The red wool jersey dress was cut in unbroken panels and had darts placed sideways to make it cling to the figure down to knee level—giving a mermaid look. From the knees the skirt widened towards the hemline and ended in a short double train. A white wool jacket with rich embroidery in iridescent colors completed the ensemble.

Rune Ullhammar of Sweden supported the Empire line, and showed a novelty evening dress in white and mushroom striped worsted with a band of the material above and below the bustline.

Joan Cavanagh of London showed a beige doeskin sculptured tunic dress, with long sleeves and buttoned panels either side of the hip-line.

Hartnell showed a purple tweed embroidered evening coat over a hunting pink Bermuda doeskin dinner dress.

Words Of The Wise
Men in teaching others, learn themselves. —(Seneca)
All happy families resemble one another; every unhappy family is unhappy in its own way. —(Tolstoy)

HISTORIC SHOWING
The first public exhibition by artists of Britain's Royal Academy was held in 1760.

ELLEN'S DIARY

By An Island Farmer's Wife

With the prospect of hauling home from a far field and setting in place by the barns, the spirit of machinery that is "the gear" and a spell of threshing ahead, there was no resisting the call of the farm for Mack, small lad of the place, today.

Even though brushed and shined, new schoolbag complete with the requirements of pencils and all of a first grader, a stay of apple for recess, with him, and he right at the door of the classroom, the spirit to remain weakened and he returned home at once by the same truck which had borne him and grand-daughter thither.

We suppose that one day when his mother or father will recall with him this incident from his early schooldays he will ask, as more than once we have heard query, "And why didn't you insist that I stay? Why did you allow me to do that?" And there will be no clear cut reply. There is no fixed rule or note for child-rearing. With mothers Providence takes a hand to help bring them up wisely and well. And some times it is the other parent to whom He gives wisdom and patience for the task. And sometimes like the pair we reared with James, they just grow!

"I can't explain what happened," he said coming in a bit shyly on his return. "But the minute I came there today, all at once I began to feel queer. . . I think it was the sight of the color of the schoolbag."

LET'S EAT
Commercial sour cream is one of the most delectable foods to be brought out in modern form. Years ago, great-grandma used sour cream produced naturally when there would be a long hot spell or the rapid temperature changes brought about by a thunderstorm. "Use the cream," this meant sour cream biscuits for tea. These were always served with butter and honey or preserves.

Sour Cream Biscuits: Sift 2 c. already sifted enriched flour with 1/2 tsp. salt, 1 tsp. baking soda and 1 tsp. sugar. Add 1 c. commercial sour cream and 2 tbs. melted butter. Mix lightly.

Turn onto a floured pastry board or cloth; pat to 1/4" thickness; shape into small biscuits with a cutter; bake 15-18 min. in a hot oven, 450 degrees F.

Sour cream can also be used in making an uncooked dressing for cole slaw or a salad.

Sour Cream Salad Dressing: Add 1 c. commercial sour cream, add 1/2 tbs. sugar, 1/2 tsp. salt, 1/2 tsp. paprika and 1/4 tbs. each lemon juice and vinegar. Use with tomatoes or any green salad.

Cucumber Sour Cream Dressing: Add 1/2 c. finely chopped, firm portion of cucumber and use with fish salad or grilled fish.

The commercial sour cream we have today is very different from the often sharp or bitter-tasting sour cream of a generation ago. It is made from light 20 per cent sweet cream, pasteurized, homogenized and cultured to produce the always exact, slightly tart flavor.

Why do they paint them the same old colors anyway? . . . Would you come over with me to our house? "No," we replied deciding to let the fates be.

"Well, I'll just tell mother how it was—and she'll know," he commented.

We watched him then follow the path beneath the birch which leads to the house across the lane. Poor little lad, and not knowing what quite gallant, we thought. We turned back to work chucking a little. Somehow such lapses do not have the importance of once. We did hope that his unorthodox behaviour would not deprive him of the joys of the out-of-doors.

Soon we heard a bit of a song "Oh, yes!" he smiled. "And you're all better now?" "We're going to see the gear now—I'll soon hear the sound of it. I guess we'll get a nice lot threshed today. It won't take long to clear off that piece by the orchard anyway!" he smiled.

"Oh, yes!" he beamed. "I feel just like I do when it's Saturday. It's not that I don't like school," he explained. "It's just that I didn't want to stay there today." And the ideal harvest-day, gowned in gold, and sashed with a ribbon of soft blue, goes now in a flowing garment of night, richly embroidered with stars.

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

Sour Cream Improves Taste Of Simple Foods

By Ida Bailey Allen

Commercial sour cream is one of the most delectable foods to be brought out in modern form. Years ago, great-grandma used sour cream produced naturally when there would be a long hot spell or the rapid temperature changes brought about by a thunderstorm. "Use the cream," this meant sour cream biscuits for tea. These were always served with butter and honey or preserves.

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Cucumber Sour Cream Dressing: Add 1/2 c. finely chopped, firm portion of cucumber and use with fish salad or grilled fish.

TOMORROW'S DINNER
Tomato Soup
Broiled Ham
Lemon Wedges
Mashed Sweet Potatoes with Nuts
Mixed Vegetable Salad Bowl
Jellied Fruits
Sour Cream Coffee
Tea Milk

Mashed Sweet Potatoes with Nuts: Boil or pressure-cook 6 medium-sized sweet potatoes. Remove the skins. Into a q. saucepan measure 2 tbs. butter, 1 tbs. milk, 1/2 tsp. salt and 1/4 tsp. pepper; then heat.

Put the peeled potatoes through the potato ricer or a food mill; add to the heated seasonings and beat until light and creamy. Then stir in 1/2 c. chopped pecan, filbert or walnut nuts. Pile into an oiled baking dish; brown in a hot oven.

TRICK OF THE CHEF
Brush smoked ham before broiling with a mixture of 1 tbs. mustard and 1 tsp. honey.

CANCER DRIVE
TURN-IN TONIGHT
At 7:30
At
THE CLOVER CLUB
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All Workers Please Attend

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Where is so need now to administer drastic, old-fashioned laxatives which may shock a child's system and lead to chronic constipation? Children's Own Tablets—made especially for children, from 3 to 15 years, by the makers of Baby's Own Tablets—your best source of a reliable product. They go to work at once to help sweeten the stomach, relieve distress and bring about a thorough performance of the bowels in a gentle manner. Get a package today at your drugist.

Children's Own TABLETS

ANNE ADAMS PATTERNS

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Here's the long-torso line—just like mother wears! Send her back to school in this newest, smartest fashion—a lower waist (cinch by a belt in back), atop her favorite whimsy skirt! Especially pretty in plaid 'n' plain—thrifty too, made of gay remnants!

Pattern 4502: Child's sizes 2, 4, 6, 8, 10. Size 6 takes 6 yards, 35-inch plaid; 1 yard plain contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY FIVE CENTS (35 cents in coins) (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto, Ont.

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FREE NYLONS!

Purchase 3 pair "Royal Purple" Nylons at the usual price, 3 pairs for \$3.45 and get one pair free.

4 Pairs For \$3.45

Walnut Buttermilk Loaf

Mix and sift twice, then sift into a bowl, 2 1/2 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 2 tps. Magic Baking Powder, 1/2 tsp. baking soda, 1 1/2 tps. salt, 1/2 tsp. ground mace. Mix in 1/2 c. lightly-packed brown sugar, 1/2 c. rolled oats and 1 c. broken walnuts. Combine 1 well-beaten egg, 1 c. buttermilk, 2 tps. grated orange rind, 1 tsp. vanilla and 5 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into a loaf pan (4 1/2" x 8 1/2") which has been greased and lined with greased paper. Bake in a rather slow oven, 325°, about 1 hour. Serve cold, thinly sliced and lightly buttered.

Always Dependable

TEETHING TROUBLES ENDED

Safe-to-use GORA, Applied to Gums, Enables Baby—and Parents—to Sleep!
Saint John, N.B. (Special)—GORA is now sold at drug stores without prescription. This widely used remedy for baby's teething pain, developed by a pharmacist, is a mild pleasant sedative in liquid form that is applied to the gums with the fingertip. Now available at your nearest drug store, GORA costs only 75 cents a bottle.

Parents have found that GORA is safe and efficient, giving soothing relief instantly to baby's sore gums. Try this safe, mild remedy for your teething baby—and let the whole family enjoy unbroken rest! GORA is guaranteed to give comforting relief for any teething troubles or your money will be refunded in full.

ALICE BROOKS DESIGNS

BABY SET
QUICK CROCHET You'll have baby's new booties, bonnet, jacket finished in a jiffy! They are made in open and closed shell-stitches in 3-ply baby yarn. Use white with pastel pink, blue, or yellow.

Pattern 7318; crochet directions for infant's bonnet, booties, jacket. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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Don't neglect to use your vacuum cleaner attachments. Once you acquire the habit of using them, you'll never go back to the hard, dusty work which these attachments save you.

One Basic Dough makes 3 Delicious Bun Specialties!

Needs no Refrigeration
Easy as 1-2-3 with new Active Dry Yeast
Never did buns rise so light—so deliciously tender! And 3 table triumphs from the same dough! When you bake at home get perfect risings every time with Fleischmann's Active Dry Yeast.

BASIC ONE-RISING SPECIALTY DOUGH
Measure into a large bowl
1 cup lukewarm water
2 teaspoons granulated sugar
1/2 cup butter or margarine
Gradually blend in
1/2 cup fine granulated sugar
Gradually beat in
3 well-beaten eggs
Add to yeast mixture, about a third at a time, beating well after each addition.
Mix in
1 1/4 cups lukewarm water
3 teaspoons salt
4 cups once-rifed bread flour



1. Butterscotch Nut Buns Melt 8 tablespoons butter or margarine in 8-inch square pan; brush sides of pan with fat; with 2 cups shredded cheese. Spoon mixture in 1 tablespoon corn syrup, 1/4 cup Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, about 35 minutes.

2. Seed Buns Cut out rounded spoonfuls of dough, coat with sunflower oil and place in pan; sprinkle with any remaining spiced sugar. Cover and let rise until double in bulk. Bake in moderately hot oven, 375°, about 35 minutes.

3. Soft Buns Cut out rounded spoonfuls of dough and drop into greased muffin pans—each spoonful should about half cover and let rise until double in bulk. Bake in moderately hot oven, 375°, about 25 minutes.