

WOMEN

Friday, April 15, 1955 The Guardian Page 3

Try Canned Applesauce On Cereal, In Cookies

By Ida Bailey Allen

"At this season of the year it is sometimes too expensive to supply the family with enough fresh fruit, Madame," said the Cheu. "Strawberries are still costly in most sections; apples cost considerable in many places; rhubarb is available, but a little goes a long way.

"So I suggest that we plan several ways to use canned applesauce. I mean brands that are not too sweet, and that have a fragrant apple flavor."

Applesauce at Breakfast

"Let's start with breakfast, Chef, and serve applesauce on top of any kind of cooked or ready-to-eat cereal. It's especially good with buttered, toasted shredded wheat or cinnamon-rice, and milk or cream."

"I recommend it at breakfast served hot with sausages, bacon or ham, Madame, or with waffles and griddle cakes with commercial sour cream, or plain with potato pancakes or French toast."

Served with Meats

"For dinner, Chef, I like applesauce flavored with minced fresh mint or a little essence of peppermint to serve with lamb or mutton, and with fresh pork or smoked ham in any form."

"And here's another idea. When canned applesauce is too sweet, combine it with stewed rhubarb, which may be too sour, and you have a perfect spring compote."

DINNER FOR HAPPY EATING

Grapefruit
Roast Loin of Pork
Pan-Roast Potatoes
Spring Greens
Washington State Apple Tart
Frozen Peaches and Gravy

Household Hint

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KILMUR W. M. E.

"April 8, Mrs. A. M. MacPherson was hostess of the Kilmuir W. M. E. The meeting opened with the Creed. Roll call "What brings tourists to P. E. I." was answered by seven visitors and five members. Over two large boxes of clothes were gathered for the Korean Relief.

It was agreed for W. I. members to join C.A.C. and also to give each new baby in the district

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Especially good for the constipation and feverishness from digestive upsets at teething time and other ailments. Tablets are easy to give and are safe for your baby.

BABY'S OWN TABLETS

Enjoy MELARENS OLIVES Everybody else does!

MARY HAWORTH'S MAIL

Distress Their Family By Constant Quarrels

DEAR MARY HAWORTH: I am writing about my parents. Dad is 72, and mother 69. Anyway you figure it, they have had a successful life. Dad wanted to make good as a farmer, and his dream came true. Mother has a lovely home and 10 children, all thriving and married.

They have an upper bracket income for their age, a beautiful country place, enough chores to keep them busy, yet not too heavy for them to handle. But despite this good fortune they are completely miserable with each other. When or why it began I don't know.

However, for the past year things have been bad. It is distressing to be near them, and dad had told some of the children to stay away — simply because they tried to ease the situation. We don't know who is more to blame, mother or dad. Each accuses the other falsely.

Desperately Need Therapy

We were taught as children that whatever dad said was right; and we were grown before we knew he had any faults. Mother seemed more like one of the children to us — full of faults, but loveable. They are desperately in need of outside help, as dad is sure his children don't understand, or aren't as interested as he thinks they should be.

It would take pages to tell of their troubles — which aren't troubles at all, if they knew the truth. If help isn't available in their nearby town, perhaps I could arrange to bring them here for a few weeks. They've been seeing doctors, but their illness isn't physical as they believe. I am sure of that.

May Be Physical Basis for Fret

DEAR O. K.: Your parents' seemingly senseless quarreling with each other, in the late afternoon of a good life, suggests that one or both may be vaguely ailing with hardening of the arteries. This disability — arteriosclerosis is the medical tag for it — tends to muddle thinking, by interfering with the perceptive faculties of the persons afflicted.

It is rather a case of "now he gets it and now he doesn't," as regards his knowing what goes on with people around him. It seems that at times the receiving center of the patient's mind (the dispatcher's office of his self-governing system) gets kind of mixed-up, as if his communications wires were crossed. Then he is apt to blurt out a protest, something he thinks is transpiring, when actually it isn't; or he may demand attentions already received — and so on.

One gets the impression that the patient's nervous system is failing, intermittently, to transmit impressions clearly and keep them sorted out. It is as if he can't always distinguish surely between his real experiences, and what goes on in his head — as regards the materials of

Cook's Corner



ORANGE PUDDING

Take four good-sized oranges, peel, seed and cut into small pieces. Add one cupful of sugar and let stand into one quart of corn starch mixed with a little water and the yolk of three eggs. When it is done let it cool and then mix with the orange. Make a frosting of the whites of the eggs and one-half cupful of sugar. Spread it over the top of the pudding and place the whole thing for a few minutes in the oven to brown.

Spring tonic

grievances. And the ability to keep irritation under control seems conspicuously lacking, when he feels upset, or unfairly treated.

Ancient Hurts Coming To Fore?

As the physical framework of personality begins to rust out (say as in arteriosclerosis), maybe the contents of the unconscious mind begin to float free, at least in part. Somewhat like a rising flood bearing a miscellany of emotional wreckage to the surface. Thus in the case of your parents, perhaps their recent quarreling has to do with compulsive airing of long buried indignations, that they cautiously pushed underground when the original incidents happened. Maybe this is the inner significance of their gouging at each other nowadays — on charges that strike you and the defendants as false.

Now for effective help. In the town near your parents' farm is a county mental health clinic, located in the psychology building on the university grounds. Psychiatrists and a psychologist are on the staff; and clients are interviewed Tuesday and Thursday afternoons — according to the latest directory I have. Moreover in the city through which you write, the university school of medicine maintains a mental hygiene clinic, open daily except Saturdays.

Either place you'd get good advice, as to how to pave the way to treating your parents — if you discuss their symptoms with the experts and ask for guidance.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

NO TEETHING HERE

GORA is a mild sedative in liquid form that soothes babies' gums instantly. And they love its pleasant taste. Bottles with handy applicator. At all drugstores.

WE USE GORA

KEEP IN TRIM

Spring Fever - And The Tonic

By Ida Jean Kain

While the medical profession disdainfully denies there ever was such a malady as spring fever, this is the season when nearly everyone has a touch of it. The symptoms are well known. There's a longing to run away from routine, an indescribable nostalgia, and a listless lackadaisical feeling.

Those of us in the middle years — that elastic period from 40 to 75 — remember when sulphur and molasses was the un-



popular spring tonic. The general let-down at the tag end of winter was due to widespread nutritional deficiencies. Back then, vegetables were stored in root cellars and as the days grew longer, the carrots, turnips and beets grew more withered. The apples gave out, entirely, and the only oranges many of us glimpsed were in the toe of the Christmas stocking and presumably came from the North Pole. Cod liver oil and the assorted vitamins had not been popularized. Indeed, many of the vitamins had not yet been discovered. By the time spring finally arrived, all but the most hardy looked like the last turnip of winter.

Today, there is no nutritional reason for an apathetic approach to the most refreshing season of the year. Adequate nutrition is available the year round. Thanks to freezing methods, modern canning and improved transportation, fresh vegetables, fresh fruits and

all the protective foods are possible on the most modest budget.

The spring fever of 40 years ago was brought on by the cumulative bad effects of nutritional deficiencies. Today's spring fever stems from another deficiency — a muscular deficiency from lack of exercise. Our hot house type of cozy winter life, settled by the quickening power over the vital organs. The cure for modern spring fever is to get-out in the Spring. Softies, of course, should take exercise in small doses at TV set, makes for flabby muscles and fatty tissue. Our energy balance is depleted. We need to tone the long neglected big muscles of the body, the ones that exert a beginning, as even perennial gardeners know.

But revitalizing Spring should be taken in large doses — and not just from the car window. When it's tulip time in Holland, folks of all ages take to the open road by the tens of thousands . . . on bicycle, on foot, in busses . . . to see the hosts of daffodils, tulips and hyacinths in glorious bloom.

This weekend, do take one whole day just to see how spring is coming along. There is some-

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Amazing Discovery Tightens Plates Like "Living Tissue"

Mr. Newlywed: "Why in the world are you working so hard today, my dear?"

Mrs. Newlywed: "Don't you remember, darling? It's Martha's day to clean. I just can't let her see the house looking like this."

thing very wrong with our values if we think we cannot afford time off from routine to take a new lease on life in the spring of the year when all earth is renewed.

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A child's constipation often upsets tummy, too. That's why modern mothers give new Children's Own Tablets — the new laxative discovery that settles upset tummies — while it gently relieves bowels overnight. Children feel wonderful next day! Get the new, good-tasting "Tummy-Freshener" laxative for your child. See the difference in his happiness! At all drug counters.

Children's Own TABLETS

Date-Orange Pudding

Combine in a greased casserole (6-cup size) 1/4 c. corn syrup, 1 tbs. grated lemon rind and 1/2 c. orange juice. Preheat oven to 375° (moderately hot). Mix and sift once, then sift into a bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted all-purpose flour), 2 1/2 tps. Magic Baking Powder, 1/2 tsp. salt and 1/4 c. fine granulated sugar. Mix in 3/4 c. corn flakes, slightly crushed, and 1/2 c. cut-up pitted dates. Combine 1 well-beaten egg, 1/2 c. milk, 1/2 tsp. vanilla and 3 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into prepared dish. Bake in preheated oven, about 40 minutes. Serve warm, with pouring cream. Yield—6 servings.

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SLACKS—Wool— 4.95 and 5.95	BLOUSES. Sizes 2 to 6 and 7 to 12— 1.69 to 2.95
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