

WOMEN

Page 8 The Guardian Monday, Nov. 15, 1954
LET'S EAT

Useful Potato Starch

By IDA BAILEY ALLEN

"Sometimes I wonder whether, in the field of chemical research, the dog was the tail or the tail was the dog."

The Chef stopped beating up a mile-high-meringue. "By which you mean, Madame—?"

"That I'm amazed at the wonderful way science makes good use of various kinds of waste."

Valuable Potato Starch

"For instance, it seems that, at present, the processors of phosphate rock for fertilizer are throwing away millions of tons of slime waste containing considerable quantities of uranium, the stuff of atom bombs. But the scientists have developed a method of getting the solid material out of the slime, and guess what they're using? Potato starch!"

"Perhaps this discovery will stop people from looking down the nose at the potato. Madame! It will now be raised to the seats of the mighty."

A Wonderful Product

"But this Chef has always considered it a wonderful product. Potato starch can be used instead of cornstarch in any dish — helpful when people are allergic to cornstarch. And it is superb for use in making Swedish sponge cup cakes, good to know when someone is allergic to wheat flour."

SWEDISH SPONGE CUP CAKES

Sift together 2 3/4 c. potato starch, 1/2 tsp. baking powder, 1/2 tsp. salt, and 1/2 tsp. cinnamon.
Separate the whites from the

yolks of 4 eggs; beat the whites stiff and dry, fold in 1 c. sugar and half the potato starch. Add 2 tsp. dried currants and 2 tbs. mixed candied peel to the remaining potato starch.

Beat the egg yolks until creamy. Then add alternately with the potato starch and fruit to the first mixture. Turn into individual oiled pans; bake 15-20 min. in a moderate oven, 350-375 degrees F. Cool, and sift over a little confectioner's sugar.

TOMORROW'S DINNER

Hot or Cold Tomato Juice
Braised Beef with Onion Sauce
Braised Potatoes and Turnips
Frozen Strawberries
Swedish Sponge Cup Cakes
Coffee Tea Milk

Braised Beef with Onion Sauce: Sear a 3 lb. pot roast of beef, any cut, all over in beef fat until well browned. Dust the meat with 2 tsp. salt, 1/2 tsp. monosodium glutamate and 1/2 tsp. pepper.

Place on a rack in the kettle. Around it, pile 1 doz. peeled halved small yellow onions. Add 1 1/2 c. water. Cover closely. Simmer-cook until very tender, replenishing the water to keep the original amount. Allow from 4 to 5 hr.
Serve with onion gravy made from the liquid in the kettle.

To Pressure-Cook: Follow the preceding directions, using only 1 1/2 c. water. Pressure-cook 50 min. at 15 lbs.; reduce the pressure to zero without pre-cooling.

TRICK OF THE CHEF

Add 1/2 tsp. pickling spice when braising beef.

ELLEN'S DIARY

by an Island Farmer's Wife

There was a summery touch in the air of today and a pleasant warmth in the little sunny wind which roamed along the tured fields. There was a nice blue in the sky and the stream sparkled as slipping beneath its bridges it hurried away through a meadow to turn the mill-wheels. And we could fancy that autumn in its first flush was back to the hillsides. . . . But there were the bare maple woodlands toward a summit and below, lay the furrowed fields of the fall.

able as we washed the breakfast dishes, to follow each step until at length all were stowed in, and the trucks off then to Alderlea to pick up there the complement of the loads. . . . And the meadows were barer and more lovely for us, now that these winsome and interesting creatures had gone, as was the harvest cricket-song, far and ever away.

And so we stirred the words of the story he gave us, sometimes haltingly, in with the salt and the oaten meal that went to make the morning's porridge which presently, over the wood-fire, bubbled and folded in intriguing swirls and folds.

Household Hint
You can tell linen from cotton by moistening your finger tip and applying it to the cloth. The moist spot will be almost instantly visible on the reverse side of real linen.

Anne Adams Patterns



PANEL-BACK!
The skirt you'll love because it fits to perfection! Interest at the back in the new-this-season silhouette with flared, back panels! Beginner easy-to-sew, no side seams! Choose wool tweeds and solid color wools! Make several! Start now!

Pattern 4604: Misses' Waist Sizes 24, 25, 26, 28, 30 inches. Size 28 takes 1 1/2 yards 54-inch.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
Send Thirty-Five Cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.
Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

MARY HAWORTH'S MAIL Revolted By Column's Use Of Prayer

DEAR MARY HAWORTH: Although I am not an atheist, I am revolted by your attempts to proselytize the harassed people who look to you for help in their trouble. Obviously the unfortunate folk have tried prayer in most instances and have found themselves blocked, thus your response to their needs must be greatly frustrating to such people.

Of course your standard replies are all right for those people who ask what to read, for comfort of soul. But, for goodness sake don't be a "Schmo." It would make me feel more reluctant to turn to our Lord if I were shoved in that direction—as you do so often. As it happens, I am a social worker.

N. J.

SHE PROJECTS HER "BLOCKS"

DEAR N. J.: If by chance you are a social worker (not faking the role, to impute weight to your opinions), it seems you aren't very well prepared to cope with the emotional hazards of the job.

The good social worker has sufficient psychological schooling nowadays, to consciously avoid the mistake of projecting her emotional disturbances into her "readings" of other people's experience or interchanges.

Your foregoing expression of "revolt" is a plain case of emotionally projecting your dissatisfactions, frustrations, hostilities, etc., into exchanges that don't apply to you—but which agitate your own private worries. After erroneously identifying yourself with these unknown complaints, you then do a slow burn at my remarks to them.

At to why you have this gratuitously quarrelsome reaction, the speculative answer would take up too much space—and besides, you haven't asked for light.

You say "Obviously these unfortunate folk have tried prayer in most instances, and have found themselves blocked—'ole. Isn't swinging wild?" Submitting guess in guise of fact. In our largely secular world, true prayer is usually the last resort of most people in perniculous trouble. And if they find themselves blocked in prayer (first or last) usually it is because their intercommunication pipe line to the Creator is clogged with discouraged hate, — evagitated in your outburst here, for example.

P. S.: Following is a reader-reaction quite different from yours.

ANOTHER READER FEELS DIFFERENTLY

DEAR MARY HAWORTH: Your articles with suggested readings have for three years been a source of inspiration to me; and I am writing at last to express my appreciation and admiration for your work—not only for myself, but for many who must have been touched and helped by your insight and compassion as I have been.

My life, prior to the beginnings of spiritual growth sparked by your suggestions was for me, bad; and filled with vague yearnings for something which seemed to elude my grasp. Now I know where I am going, and I am grateful. Please accept my wishes for your continued success. I am sure your wisdom and kindness will always bear fruit.

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

Summerside Newly Weds



Mr. and Mrs. Layton R. Schurman were married on Tuesday, November 9, at Miscouche, P. E. I. Before her marriage the bride was the former Marcia Ann Delaney, daughter of Mr. and Mrs. Carroll Delaney, Summerside. The groom's parents are Mr. and Mrs. Herbert Schurman, Summerside. Rev. John Kelly performed the wedding ceremony. (Photo by D. W. Sears)

KEEP IN TRIM

Borrowed Formal Sparked Reducing Club's Formation

By Ida Jean Kain

We might call this the case of the borrowed evening gown — it proved to be the motive for slimming down two sizes. But let our exultant dieter tell the story. . . . "Last March I wrote for help



with my diet. I wanted to reduce so that I could wear a white formal for installation in the Eastern Star. A friend had offered me the use of her lovely gown if I could wear it. The catch was — I could barely squeeze into it. Alas, I weighed 177 1/2 pounds — with installation just one month away! "On 1200 calories a day, I buck-

led down to slimming. Well, to shorten a long story, I did lose 19 1/2 pounds in the month's time allotted, and wore the white formal with no alterations.

"There is no doubt about it, that incentive roused me to action and encouraged me to continue. I did not stop dieting at 158 pounds, but kept on with the 1200 calorie daily fare. To date, I have lost 30 pounds and weigh 147 1/2 pounds. I have changed from size 20 1/2 to a 16 1/2. And instead of a size 40 bra, I can now wear a 36 bra.

"I have been heavy set all my life, so you can imagine how wonderful it is to hear people exclaim, 'What have you been doing to get so slim and graceful!' Best of all, I am losing some of my self-consciousness which has in the past spoiled so many good times for me. My height is 5' 6 1/2" and my measurements are now bust 36, waist 30, hips 37.

"We are forming a dieters' club, with six members so far. We would appreciate suggestions, nutrition information and beginning exercises." This story shows how an exciting incentive can help you hurdle the initial inertia toward starting a diet. The important thing is to start. . . . instead of continuing to postpone dieting until a more convenient tomorrow. Here's another tip gleaned from today's success story: To make diet time go fast, set a time limit for reaching your goal.

We congratulate this dieter for continuing to reduce following the installation. Even more, we salute her spirit of sharing and the enthusiastic way she is forming a club to help other overweights reach their goal.

These Will Top Mamie



Like any other well-dressed lady, Mrs. Mamie Eisenhower will be wearing new hats this season. This glamorous quartet, was made for her by designer Sally Victor, of New York. The red Jersey "four leaf clover," top left, is embroidered in yarn of red and topped by a red felt wing. The soft, dusty pink velvet, top right, features a long side drape. Gem of the collection is the simple white mink breton, lower left. Small blue wool jersey toque, lower right, is embroidered with pink and blue yarn and trimmed with a narrow strip of Persian brocade.

Saving Heart Cases From Winter Perils

You're not necessarily doomed to an early death just because you have heart disease. In most cases you're not even sentenced to a life as an invalid. In fact, there's a good chance you'll outlive many who right now think they are in perfect health.

Top Killer

True, heart disease is still the nation's number one killer — 800,000 deaths this year, and about 850,000 estimated for next year.

But, even though you may be among the more than 4,500,000 Americans who already have organic heart disease, you needn't be one of the fatalities. The guy next door who believes he is in top shape might be in more danger. It's the person who thinks he's healthy but is not, and who ignores danger signals, whose life really is in jeopardy.

A Regiment To Follow

If you know you've got heart disease, and there are several kinds, you know you've got to live a bit differently than someone who hasn't.

And here's how to do it: With the official beginning of Winter only a month or so away, probably the most timely advice I can give you is to be careful of snow and cold weather.

As for the snow, don't try to shovel it. Bending and lifting are bad for you. If someone else can't shovel for you, don't worry; the snow will melt anyway.

Don't try wading through deep snow, either.

Walking against a cold wind might bring on an attack, too.

You've got to remember to keep from straining at anything. And always quit anything you're doing before you get tired.

Avoid Bitter Cold

Avoid extreme cold as much as possible. If you must go out, bundle up well. But be sure you take off your heavy outer clothing whenever you step inside a heated room. That's important, even if you're only going to stay for a moment.

Walking into zero weather from a room where the temperature is, say, 72 degrees, taxes anyone's heart. It creates more strain if you are warmed even more by heavy clothing.

Victims of heart disease must watch themselves all the year round, not only in winter. There are do's and don'ts to follow no matter what the season. I'll discuss more of them tomorrow.

QUESTION AND ANSWER

M. C.: For several years, small bruises keep appearing on different parts of my body. I have been advised this is a condition called "fragility of the capillaries." What causes this trouble?

Answer: The exact cause of this trouble is not known. It is possibly due to a vitamin deficiency. Various preparations containing vitamin P, as well as vitamin B, are often prescribed for it.

You should consult your doctor who will advise whether such treatment would be helpful in your case.



By ALICE ALDEN
TOP interest is paramount this season as fashion focusses on necklines, high and low. Trifari fills in neckline interest with a four-strand bib of topaz and pearl, crystal and pearl or jet.

Alice Brooks Designs

CHRISTMAS STOCKING
Make one of these colorful stockings for each member of your family! Easy! Use brightly-colored felt or oilcloth. Embroider, applique gay motifs.
Pattern 7138: Christmas stocking. Embroidery, applique transfers. About 16-inches, top to toe.
Send TWENTY-FIVE CENTS in coin for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.
Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashion.



7138 by Alice Brooks

AEROWAX SAVES RE-WAXING!

The SHINE COMES BACK AGAIN and AGAIN WITH EASY BUFFING! FLOOR WAX 43¢ PER GALLON. Over 22¢ per Pint!



on this special introductory offer

ON JACK and JILL RUB

RUB
WITH LANOLIN—
a new, finer, faster, more pleasant way to relieve CHILDREN'S CHEST COLDS

New JACK and JILL RUB — 59¢
JACK and JILL Children's Cough Syrup — 50¢
BOTH FOR ONLY 89¢

This new JACK and JILL RUB with lanolin is one of the finest triumphs of the Buckley Laboratories in its 30 year study of effective ways to ease cold suffering.
Rubbed gently on suffering little cold-tight chests, it soothes away tightness and muscular aches of colds, while its pungent pleasant vapours help stuffed up little noses to breathe freely.
Yes, Mothers, you are going to praise JACK and JILL RUB even more than you praised JACK and JILL COUGH SYRUP. So get it now — on this money-saving introductory offer.

