

WOMEN

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LET'S EAT

Dry Skim Milk Aids Modest Food Budgets

By Ida Bailey Allen

Whenever the Chef and I make personal appearances, we usually end up with a question and answer session. Here is one of the questions that invariably pop up: "How can I provide enough protein for my family on a moderate food budget?"

"Of course, Madame," the Chef said, "the solution is the use of less popular cuts of meat, more fish, grade B eggs and the purchasing of processed rather than natural cheese."

DRY MILK SOLIDS

"I would add one other great source of protein," I told him: "non-fat dry milk solids, which means dried skim milk."

"Of course, except for the cream."

TOMORROW'S DINNER

Hot or Cold Tomato Sauce
Minute Chopped Beef Steaks
Baked Potatoes
Carrot Rings
Hurry-Up Peach-Rice Custard
Coffee
Minute Chopped Beef Steaks: Mix 1 lb. chopped beef, 1 tsp. salt, 1/2 tsp. monosodium glutamate, 1/4 tsp. pepper, 1/3 c. each minced onion and green pepper.
Form into 6 thin, good sized flat cakes. Pan-fry in 1 tbsp. butter 4 min. for rare, 5 to 6 min. for well done.
Hurry-Up Peach-Rice Custard: Measure 2 c. cold water into a double boiler top. Stir in 2 1/2 c. instant non-fat dry milk solids (try-



Women Members Of The Commons

Three women members of the Commons smile for the camera during the opening of the third session of Canada's 22nd Parliament. Left to right are: Mrs. Ann Shipley, Liberal member for Temiskaming; Mrs. Ellen Fairclough, PC Hamilton West; and Miss Sybil Bennett, PC Halton. Mrs. Shipley the next day became the first woman to move the address in reply to the speech from the throne. (CP Photo)

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

WHITE HERALDS
Outside, the white of snow means winter still; inside, the white of hyacinths in bloom. Speaks with pure loveliness of spring; flowers spill their subtle fragrance round my firelit room. White heralds of that glad, resurgent day. When a single blossoming will come and hyacinths, pushing brown earth away. Will show green shoots, white flowers outside my door. Darcy.

In spite of storm and stress outdoors there is fragrance and flowers indoors, even if snow was melted for the watering of the many house plants. To those who lost precious trees and shrubs we send sympathy. It is hard to lose something it has taken years to grow and in some cases to be replaced. Here in the garden many of the old orchard trees were broken and twisted but because there are so many the loss was not heavy. Young birches and beeches as well as old trees collapsed but there are many left. Some lilacs and a few ornamentals were broken but there were dozens in the garden that were not damaged.

We are very thankful for everything and feel that others did not fare so well as we, in the garden here. In country gardens and on farms it has been a trying week and carrying water for many animals and writing letters by candle light is not easy but no doubt the worst is over.

WINTER GARDENING
It was good to walk on firm ground again after sliding around on icy paths, and today I dug a bushel of the grandest pansies of the garden and have also done a bit of gardening that was neglected last fall because of the early winter.

Garden chrysanthemums were gathered into the cellar because of the danger from frost after the snow had gone, and the hybrid tea roses were given a good hilling up with clay for the same reason. More buckets of clay and compost were placed in the cellar for early spring use and pansies and stocks were picked for a small fragrant nosegay in purple and yellow.

On December 19th, a large number of friends and relatives gathered at the home of Mr. and Mrs. Edison Heaney, Clinton, to tender a shower for their daughter Gloria, prior to her marriage. The living room was decorated with pink and white streamers and wedding bells. The bride-elect was escorted to the seat of honor by Miss Lois Slavert to the strains of the Bridal Chorus played by Miss Betty Joan Johnstone.

The many beautiful gifts were carried in by Susan Heany, sister of the bride, and Alberta MacLeod, and were opened by Mrs. Eric Heaney and Miss Jean MacKay while Miss Geraldine Woodside read the accompanying verses and Miss Louise Ramsay arranged the gifts on the table. Gloria gracefully voiced her thanks for the many gifts. After singing "For She's a Jolly Good Fellow" lunch was served by the ladies, later a sing-song was enjoyed with Miss Betty Joan Johnstone, pianist.

KEEP IN TRIM
Eat For Normal Weight
By Ida Jean Kala
It all depends on what you want. If banishing the excess pounds gives you an exultant feeling and an inner satisfaction, then you will be perfectly content to continue your search for normal weight. All this is made abundantly evident in your letters. Once you have made up your mind that life is too short to put up with logging around excess fat-10, 20 or 40 pounds, whatever the number—that's it. You resolutely adopt the protective food pattern, and normal weight is a certainty.

It was Thoreau who said, "If any man keeps advancing confidently in the direction of his dreams, he will one day achieve success unexpected in common hours." That most certainly holds true of success in reducing. It isn't so much that you have more will power, but that you do have desire, and desire is the motivating force. Now to apply psychology to eating. Eating is a joy—and always will be! It's overeating that's a lill-joy. This insight makes all the difference in your attitude. From then on, you focus all the force of your imagination on your goal. You see yourself in a smaller size dress, you imagine a streamlined you sur-

rounding the corner of the garden. Your wardrobe seems less attractive than they did earlier in the season. It's a common complaint, one that affects little girls as well as grown-ups. But if mother is handy with the sewing machine, she can give a little girl's wardrobe the lift it needs and with very little effort.

WASHABLE FABRICS
Choosing yardage these days is fun, since so many fabrics suitable for warm winter wear are washable. For instance, velveteen, today, is as washable as denim. Mother can simply snip a velvet dress, suit or coat, let it drip dry, give it a brisk shake or two, and the garment is ready for wear. If ironing is needed, a quick once-over with a steam iron will fluff the fabric up like new.

A dress and jacket outfit of velveteen is both warm and smart and does not require an expensive upkeep.

NEW PATTERNS
There are so many other fabrics for children's clothes waiting on the yardage counters to tempt the woman who can sew. And new patterns, too. These highlight the high-waistline jumper, the reversible skirt, the over blouse with its matching pleated skirt in styles that are smart yet have youthful charm and appeal.

One of the most attractive fabrics is a confetti pattern in pink, lime, white and black on an olive green background. Doesn't that sound high style? Then, there are whimsical polka dot rabbits in light blue or pink and gold.

Incidentally, the reversible skirt idea is an excellent one, as it means two outfits for the price and effort of one. Make the lining of a plain color to match the blouse, one that will harmonize with the patterned topside.

BEST EFFORTS
These new fabrics, of course, are washable and many are processed with crease-resistant finishes that make washing and ironing much easier. No home dressmaker minds putting her best efforts into garments that are so easily kept in prime condition. However, be sure to choose all linings, tapes, thread, buttons and trim as carefully as you do the fabrics. For unless a garment is entirely washable, there's always a risk when it goes into the suds.

Women in unskilled jobs can bring home \$5 or \$6 for a week's work. Some earn considerably more. With the average male factory man's pay running around \$10, that's a big help for the family budget. The experts sympathize, but say that a mother with young children shouldn't go out to work till the children are of school age.

ELEANOR ROSS

It's Time To Perk Up Children's Wardrobes

Every year about this time, winter wardrobes seem less attractive than they did earlier in the season. It's a common complaint, one that affects little girls as well as grown-ups. But if mother is handy with the sewing machine, she can give a little girl's wardrobe the lift it needs and with very little effort.

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Children Play In Their Nursery At London Factory

By STANLEY GODFREY
LONDON (AP)—Tucked away in a quiet corner of a factory yard, 20 children play in a nursery—symbols of a silent revolution that has altered the pattern of British family life.

Before the Second World War only 900,000 British wives went out to work. Now, nearly 4,000,000 put out notes for the milkman and hurry off to shops, offices and factories. That is one-third of all women and girls of working age in the country.

It is a revolution that has sociologists and child welfare experts worried. Tens of thousands of babies are taken daily by their mothers to factory and workshop nurseries. Hundreds of thousands of school children are coming home to empty houses, letting themselves in with their own keys and preparing the kitchen for their mother's return.

Full employment in Britain has led to a booming demand for women workers—and the women are cashing in.

John Watson, chairman of London's Tower Bridge magistrates' court, said recently: "A race of children is growing up whom I call 'latchkey children.' Mothers who go to work... are a major cause of juvenile crime."

Mrs. Geoffrey Fisher, wife of the Archbishop of Canterbury, complained that "mothers... (in) pursuit of money... leave their children without a mother's love and understanding."

But Ronald Ledger, who represents industrial Romford in Parliament, said: "It is not the bad mother who goes out to work... it is the working mother who is the one prepared to make a sacrifice."

The working wives blame the rocketing cost of living. With inflation and a "credit squeeze," Britain's shops are stacked with goods far out of grasp of the average family. Women in unskilled jobs can bring home \$5 or \$6 for a week's work. Some earn considerably more. With the average male factory man's pay running around \$10, that's a big help for the family budget. The experts sympathize, but say that a mother with young children shouldn't go out to work till the children are of school age.

Mary Haworth's Mail

Overweight Girl Says Being Fat Is Worst Experience

DEAR MARY HAWORTH: I am a high school girl, 17, and my problem is about to drive me crazy. I am fat. Believe me, being a fat high school girl is just about the worst experience imaginable.

I am only asked out on dates when no one else is available; and when I do go out the boys think that just because I am fat I have no morals. They always act like taking me out is a big joke anyway.

I have tried dieting and exercise and just about everything, but my doctor says I have gland trouble and there's nothing can be done about it. I try to be jolly and pleasant around people to make up for it; but all I get is the comment that I am jolly and pleasant.

Mother won't sympathize with me either. She says I am just a big crybaby. You are probably going to tell me to forget about being fat, and to get out and join organizations and have a lot of fun. But you will have to do better than that. I am already doing that. Every-thing I can think of—which doesn't make me forget for a minute that I am fat.

I played on the girls' basketball team one year and it nearly embarrassed me to death to get out in front of all those people—wearing shorts and the smart, shiny boys yelling "Hey, Fatty!" and things worse than that; so I quit. Please help me to solve my problem, because I have thought seriously of killing myself if things don't get better.

PROBLEM GOES

DEAR T. Y.: As I understand, overweight is symptomatic of pernicious emotional distress, usually. And in your case, the distress may be in an unsatisfactory relationship with your anxiety-disturbance.

Your sole reference, here, to your mother's "crybaby" appraisal of your crucified feelings about your fat, shows that she is pointedly, almost scornfully, indifferent to your sufferings in the matter. Which isn't the attitude of a normally devoted, helpfully interested, warmly sympathetic mother, of course.

A genuinely loving, intelligently helpful mother would be loyal in league with you to lick the overweight problem. She would be drafting and heading a series of campaigns to slim you down to proper size. Actually this is a duty parents owe children—to guard their wellbeing. A grossly overweight boy or girl is carrying a heavy cross, due to somebody's ignorance and/or neglect; and this cross is a drain on the youngster's physical and emotional health.

NATURAL CHARM
It is my inference that you are naturally very winsome, in looks and personality and sex appeal. This is suggested by several clues, as follows:

1. You do have dates—even if events signify you are second choice. The ordinary too-fat girl never gets a bid.

2. Boys want to make love to you, though wrapping their desire in jest. This means they are definitely attracted, despite your jumbo size, and are kidding in self-defense—half afraid of their cronies' ridicule, if it becomes known that they really like the person you are. (The average boy mentally associates the average fat girl with a comic valentine).

3. Another point in your favor is that you belong to every organization you can think of—including the basketball team until you quit. This talent for sociability indicates good heredity—a sound mind in a sound body, that gravitates to fellowship. So much for assets.

DEEPLY HUNGERS
Coming back to your problem, part of your trouble with boys—namely, your assumption that, because you are fat, you have no morals—undoubtedly is due to your deep hunger for loving acceptance. In short, your poor relationship

ELLEN'S DIARY

By An Island Farmer's Wife

This was a quiet day giving an arch of silver-gray to rest on the damp hills of cur valley. One after another, mostly still, showery, and unless they come, we welcome them. And in mind go back to that period before the silver thaw of island history—to the clear snarling white that was winter; the sharp pleasant days and the precious moonlit stary nights that so beautifully kept watch and ward of the farmlands.

"Can't say as I ever saw a January thaw last as long as this—of course I might be forgetting," an old-timer of a farmer who had come by to talk shop with us while this evening offered. "It's not what you'd call the nice-weather," he chose his words deliberately, "damp and cheerless as it's been of late. No it's not," he nodded, but at the same time, isn't it just what is needed?"

"The very best," James agreed, "if it will only last. Supposing after the thaw was over the weather had turned cold with snow, and so many people suffering from the destruction left by the storm to say nothing of the work of those righting the damage, what added hardship that would be."

Meanwhile, not actually suffering from any inconvenience left in its wake at Alderley, we manage. We look at the next-to useless winter range with its modern water-tank and pipes, and partly agreed, with James when he said this morning, "I wish we had our first stove back, Ellen—there was no worry with it. Remember it, Ellen? With night—"

the open hearth and the high oven and good bread it baked, and cakes and pastries too. Doors at either end of the oven for convenience."

"And the iron kettles and pots of those times and the big earthenware teapots," he continued. "Put four or five good sticks in the stove-door and how smartly they would bubble and steam."

"And on a fall evening or in winter before it was time to light the lamp, what a nice light the hearth would throw about," we remembered. "So cozy to sit by."

"Seems as though," he chuckled, "each we've had since has been successively worse—nothing but boxes, stoves are now. No hearth to warm your feet on—or," he twinkled "pick up a coal for your pipe. And little sign of a fire either to warm a fellow's heart!"

The added cares occasioned by the present lack of electricity at this place have, for the most part, been put on the shoulders of the farmers. They pump by hand and carry the water which goes to satisfy the thirst of the stock in stable and piggery—there were modern drink-bowls and gleaming pipes spin a tale of what might have been had winter been content to follow usual paths.

Dance and dinner tonight. Not even with so much as a friendly sit to ease an ailing or restless low. But under the clouds, and around this bend of way a bit tedious, what lovely days and bright lie ahead!

Until tomorrow—Diary—Good night!

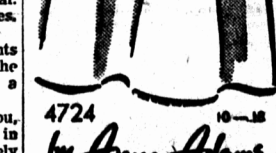
ANNE ADAMS PATTERNS

THE PARIS LOOK
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Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto, Ontario.

RELATIVE RATES
Crowded Italy's birth rate for 1954 was 17.6 per 1,000 people, against a little over 25 for the United States.



4724 by Anne Adams

with your mother makes you a beggar-or-crumb in boy-girl relationships; and also drives you to overeat habitually—as if to appease your emotions via your stomach. I doubt that your obesity is glandular; yet even if it is, modern medicine can control it—provided you cooperate, dependably.

My advice to you is to write to the University of (Your State) School of Medicine, Mental Hygiene Clinic, in the capital city, and ask for a reference list of psychiatrists, or psychologists, or first-rate internists, in your locality—who might be competent to solve your problem, with your help. Enclose a clipping of this column, to document the nature of your difficulty. Address your inquiry to The Medical Director, School of Medicine, in short, your poor relationship

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NON-FAT MILK solids in bowl, cheese and steak shown. Custard, are equal to protein content of eggs, at right, is one way to "eat" milk.

reconstituted dried skim milk has the same protein—milk, sugar, or lactose, and vitamin and mineral values—as whole milk. Whenever, and however used, it contributes protein and fine flavor to the menu at low cost.

"Suppose one had a family of 6 and for lunch served a potato chowder made with reconstituted dried skim milk calling for 2 quarts, and a baked custard that used 1 quart. This amount would provide as much protein as seventeen eggs—a pound of process cheese or a pound of de-boned sirloin steak, all of which cost at least twice as much. Furthermore, the calories in the dried skim milk used are much less!"

Happenings

Friends of Mrs. Stanley Hurry will be sorry to learn that she has entered the Victoria General Hospital, Halifax. She is wished a speedy recovery.

Mrs. Gordon Mulrow has returned to her home in Parkdale from the P.E.I. Hospital where she underwent a successful operation.

Mrs. W. M. Whitton returned to Halifax recently after spending the New Year with Mr. and Mrs. F. D. Bonness, Summerside.

Miss Reva Babcock, Matapedia, Que., has resumed her teaching duties at the Air Marshall Johnson School, RCAF Station, Summerside.

Mrs. Heath Strong, Summerside, has taken up residence in Charlottetown for the winter months.

Miss Carmel MacDonald, Dorchester, N. B., and Miss Dorothy Melnis, Chipman, N. B., have returned to their duties at the RCAF Station, Summerside.

Mrs. Claude Sharp has returned to her home in Moncton after visiting the Misses Wanda and Dorothy Wyatt, Summerside.

Mrs. Don Stewart entertained friends at the tea hour on Thursday.

Tuesday, January 17 is the 250th birthday of Benjamin Franklin, American writer and statesman. Mr. Franklin was born at Boston in 1706 and died in Philadelphia in 1790. With Washington he ranks as one of the two greatest and ablest men the United States has yet produced. He was one of the three 18th century sages the others being Rousseau and Voltaire. Mr. Franklin was exceedingly popular in his diplomatic post in Paris. His homespun manner and wit are very much recalled in these mottoes from Franklin's "Poor Richard's Almanac":—"He that both a trade hath an estate." "He who saves not as he gets may keep his nose to the grindstone all his life!" "Three moves are as bad as a fire." "Now I have a Sheep and a cow, everybody bids me Good Morrow." "Foolish men make feasts and wise men eat them."

MORNING SMILE
He had gone into the library to put the thing up to her father, and she was anxiously waiting on the front porch.

"Well," said the suitor when he returned, "he asked me how I was fixed and I told him I had \$3,000 in the bank."

"And what did he say to that?" He howled.

COOK'S CORNER
MONTGOMERY'S SCONES
2 tbsps. butter
2 tbsps. sugar
1/2 tsp. salt
1 egg well beaten
1 1/4 cups flour
1/4 tsp. baking powder

Mix all ingredients and beat in cup of milk last, then cook in

COOK'S CORNER
home. Keeping your goal in mind stirs up enthusiasm and makes the project exciting.

Then, seemingly without effort, you have developed the habit of beautiful normal weight. Habit is a way of doing things—in this case, eating for ideal weight.

It helps enormously to routinely eat an energy giving breakfast, including an egg or a serving of hot cereal. Not only is food needed at the start of the day, but breakfast, including protein, increases body metabolism. It is a happy fact that if you start the day with an adequate breakfast, you can lose more weight on the same number of calories.

The beauty of following a protective pattern to reduce is that this new way of eating subtly becomes habit. Then keeping normal is habit too! To go back to your old fatening ways of overeating on fatening fare that put on the bulging pounds while took the fun out of life would be sheer folly. This enlightenment sets you free!

Get the habit of normal weight and you will never again be tempted to eat beyond your calorie requirements. Nor will you feel put upon at turning down fattening

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