

WOMEN

Page 10 The Guardian Thursday, April 28, 1955

LET'S EAT

Turn-Of-Century Menus Still In Favor Today

By Ida Bailey Allen

The Margaret Louisa Home, the first women's hotel, was opened by the YWCA on Broadway, near Sixteenth Street, in New York City in January, 1891. The restaurant had a seating capacity for 112.

Astoundingly Low Prices

The first "Bill of Fare" offered lunches for a whole week for \$1; breakfast and dinner combined cost \$2.50 a week; three meals a day were only \$3.50 per week. These were astoundingly low prices even in those days! No wonder the restaurant became so overcrowded that, within 6 months, it was closed for alterations to increase capacity.

In 1898, 307,779 meals were

each coarse-chopped pecans or walnuts and raisins.

Rinse a 5 c. ring mold with cold water. Turn in the gelatin mixture. Refrigerate 4 to 6 hrs., or until firm. Unmold. Fill the center with salad greens. Serve with sour cream dressing.

A look to the week-end brings this delightful meal.

SUNDAY DINNER AT THE MARGARET LOUISA
Oysters on the Half Shell, Raw or Baked
Celery Pickles
Roast Beef au Jus
Mashed Potatoes Green Peas
Buttered Breads
Ice Cream eclairs
Coffee Tea Milk



A TEMPTING WALDORF SALAD

combines celery and unpeeled tart apples, chopped nuts and raisins.

Many women asserted that their health had been materially improved by this new facility for getting an inexpensive, wholesome hot lunch.

Fashionable Patrons

Working girls were not the only ones who patronized the restaurant. Young women and matrons in fashionable society lunched there, too. The New York Herald published a letter which read in part: "One might drop into Delmonico's and fare worse for ten times the amount."

DINNER IN 1900

Tomato Soup
Oyster Pie
Corn Sauté
Dandelion Greens
Waldorf Salad Ring
Warm Gingerbread
Coffee Tea Milk

Oyster Pie (circa 1900): Put 1 1/2 pts. oysters in a sieve and steam over 1/2 a water until plump. Add the liquid to 1 pt. thick rich cream sauce. Then stir in the oysters. Add 1 c. cooked or canned green peas, 1 c. cooked diced celery, 1/4 tsp. nutmeg, and salt and pepper to taste.

Line a 3 pt. baking-serving dish with rich biscuit pastry rolled 1/4" thick. Pour in the hot oyster mixture. Top with rounds of pastry barely touching each other. Brush with milk. Bake 25-30 min. in a moderate oven, 375 degrees F.

Waldorf Salad Ring: (Today's version of a favorite in 1900): Sprinkle 2 envelopes unflavored gelatin over 1 c. cold water; let stand 5 min. Add to 3 c. boiling water; stir until the gelatin dissolves. Stir in 2/3 c. sugar, 1/4 tsp. salt and 1/4 c. lemon juice. Refrigerate until beginning to thicken.

Fold in 1 1/4 c. diced celery, 2 1/2 c. diced unpeeled tart apple and

Words Of The Wise

There is no calamity that right words will not begin to redress. —(Ralph Waldo Emerson)

Household Hint

When you are cleaning a mirror, be sure that no water trickles between the glass and the frame. It is preferable to use a semi-dry cleaning method.

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Three shades of ROUX all bleaches—Gold, Drab, and Red—to match your needs. Ask at your favorite beauty parlor, drug or department store. Each package gives two applications.

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ROUX

KEEP IN TRIM

Restore Tone To Middle Muscles

By Ida Jean Kain



Fat is lazy. It gravitates to the nearest spot and clings where it finds a quiet undisturbed parking place — largely on the abdomen. From there it inevitably spreads to the hips and waistline. So let's start with the abdomen . . .

The longer I write this column, the more convinced I become that the chief aim of exercise should be to strengthen those flabby abdominal muscles. This is not merely to improve the figure, but to restore vigor.

From the figure standpoint, bracing tone to the front muscles will do more towards streamlining than for any other sets of muscles. The conditioners should be mild and taken daily. Also walking is wonderful if it's done in upright posture — with the abdominal muscles pulled up and in firmly. But make it a thirty minute straight away walk . . . 45 minutes would be better.

Take a few well chosen calisthenics. These require 3 to 5 minutes daily.

Position: Lie on your back on floor. Bend right knee, bringing it up over chest. Pull up and in with girdle muscles, flattening small of back to the floor.

Action: Move the knee in as large a circle as possible, circling first in one direction, then the

other. Repeat this ten times, then flex opposite knee and circle again.

If you find that exercise difficult to do, and if you are unable to keep the small of your back close to the floor, then start that exercise from a slightly different position. Lie on back on floor, and bend both knees . . . have soles of feet on floor. Bring right knee up over chest and make circles, while keeping sole of other foot on floor. This takes any strain off the lower back. After the muscles of the abdomen are stronger, you can do the more difficult version of this exercise.

For softies, this next exercise also is excellent.

Position: Lying on back on floor, knees bent, soles of feet on floor.

Action: Lift the hips just a bit off the floor, then swing hips slightly to right, and as you swing, pull strongly inward with the bias muscles that cover the side-front of the abdomen. Swing rhythmically back to center, then toward the left side, tilting the side of the hip upwards slightly as you pull strongly inward with the muscles which cover the side-front. Be sure to keep the swing slow but rhythmic . . . do 8 full swings at first, more later. Relax.

MARY HAWORTH'S MAIL

Mother Blue Because Family Doesn't Remember Her Birthday

DEAR MARY HAWORTH: Today is my birthday, my 40th, and as usual my family has forgotten. They say "Happy Birthday" — but that is all, and I am so blue I feel I can't take much more.

I have a husband and four children (the eldest is 18), and they seem too selfish to think beyond their own desires. The eldest child always has so many "needs" that I haven't enough money left over to buy things for myself, or even to get my hair done.

I do all the housework myself, help the children with their studies, act as family chauffeur, and see that all their birthdays are suitably celebrated — with gifts, a big cake and a favorite dinner. I see that my father-in-law gets

(Continued on page 13)

MORNING SMILE

The teacher was explaining to a class of small boys and girls the meaning of the word "collision." "A 'collision,'" she said, "is when two things come together unexpectedly. Now can anyone give me an example of collision?" "Twins!" said the class idiot.

Cook's Corner



CHOCOLATE SAUCE

Stir over direct heat 1/2 cup cocoa, 1 cup cold water until smooth. Then stir in 2 cups of sugar, a dash salt until dissolved. Boil three minutes. Add 2 tsp. vanilla. Pour at once into glass jar. For drink for children add 2 or 3 tsp. to a glass of milk. This makes a nice sauce for puddings or ice cream.

ANY TIME — it's time for
KING COLE TEA

ELLEN'S DIARY

by an Island Farmer's Wife

Gage, younger son of the farm "in the road," that is Rob's, is enjoying the thrill of "Beginners' luck" these days at the angling and is becoming so Jamie says "a pretty good fisherman." Their fishing grounds lie not far from the house, for the millstream slips through front meadows there. This is not like angling in a brook where one can cross the flow at a fancy to get to any farther pool or shadowy nook which invites. There, as in these fields one must look to a bridge or a convenient spanning-log, or to bare feet in the shallows to get to the other side.

We can still recall the feeling of frustration we sometimes experienced in (our) more intensive farming days of the younger and smarter years.

Then James at supper might offer: "We're pretty busy, Ellen — guess you will have to round up the cows for us." And back along an Alder-edged trail, through enchanting summer scenes and along lovely summer ways we would come to the pasture to find, on more than one occasion, the herd divided by the stream and no bridge near.

And "Co-ome cow, co-o-me cow!" we would call desperately from the very brink of the stream to those on the far side. But our calls unlike those of James, who could get them at a commanding hail, always proved fruitless. They sometimes looked up with casual inquiry from their grazing to regard us for a moment, before resuming it to ignore us entirely.

What should we do? To suppose they would follow presently the cows on the nearer side along the homeward path was only so much wishful thinking.

"Don't worry yourself, Ellen — leave them to the men to gather!" a meadow-bird would pipe. "You can't get them, at any rate. Better go home without any of them."

But there was a way. Off would come shoes and (long) stockings and back there in that quiet spr with nothing but the whisper and rustle of faun and elve and pixy of evening about — and the birds to glimpse our degree of indignance as we would wade over stone and pebble and smooth place to the far side to retrieve the wand (Continued on page 13)

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JELLY BUNS

Measure into small bowl, 1 c. lukewarm water, 2 tps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Active Dry Yeast. Let stand 10 min., THEN stir well. Cream 1/4 c. shortening; gradually blend in 1 c. granulated sugar, 2 tps. salt, 1 tsp. grated nutmeg. Gradually beat in 2 well-beaten eggs. Stir in 1/2 tsp. lemon extract, 1/4 c. milk which has been scalded and cooled to lukewarm, and yeast mixture. Stir in 3 c. once-sifted bread flour; beat until smooth. Work in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and cut into 36 equal portions; knead into smooth balls. Brush with melted butter or margarine and arrange 1/2" apart on greased baking pans. Cover and let rise until doubled in bulk. Twist the handle of a knife in the top of each roll to form an indentation; fill with jelly. Cover and let rise 15 min. longer. Bake in moderately hot oven, 375°, about 18 min.

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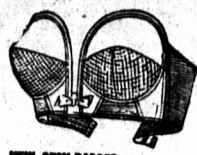
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LIME LIGHT

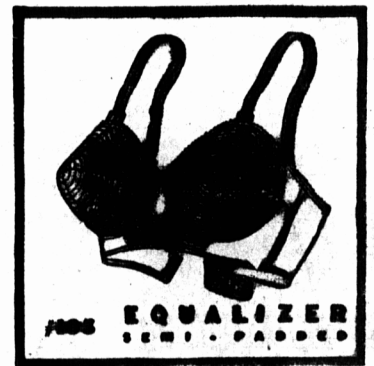


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