

WOMEN

Page 8 The Guardian Friday, Nov. 26, 1954

LET'S EAT

Cook To Save Vitamins

By IDA BAILEY ALLEN

"Do most Americans eat enough vegetables, Madame?" asked the Chef.

"No, Chef, according to surveys they do not, and the vegetables they do eat lose their vitamins, minerals and soluble portions if boiled and the water drained off."

Best Things Boiled Out
"Madame, I cannot understand how any otherwise intelligent person will pay a good price for vegetables, boil out and discard the most important elements, as well as the flavor and then add an unwarranted quantity of butter or margarine to make them 'taste good.'"

"Well, Chef, it's a hold-over from old-fashioned ways of cooking. The general public is slow to catch on to a revised cooking method, as perhaps we'd better remind our readers of the modern scientific food-saving way to plain-cook all vegetables of firm texture."

Panned Vegetables
Pare, dice, slice or cut root vegetables into strips; shell peas; separate cauliflower into natural sections.

In a heavy, wide saucepan, melt and slightly brown 1 1/2 tbs. butter or margarine. Pour 4c. of the prepared vegetable pour in 6 cup water to cover, just 1/2-inch from bottom of saucepan. Add tsp salt and 1/2 tsp. monosodium glutamate; boil 1 min.

Reduce heat and slow-boil until vegetable is barely tender and the water evaporates from 10 to 25 min., according to the kind and size of the pieces. Shake pan occasionally to promote even cooking. Correct the seasoning. Serve "as is."

This week, we shall feature menus giving a choice of a meat or vegetable main dish.

TOMORROW'S DINNER

Mushroom Soup
Choice of
Broiled Minute Steak
or
Walnut Broiled Eggplant
Spanish Rice
Creamed Green Beans
Cornmeal Potato Muffins
Peach Custard
Coffee Tea Milk

Walnut Broiled Eggplant: Wash 1 medium-sized eggplant. Leave on the skin. Cut in crosswise slices 1/2-inch thick.

Brush generously with almost-melted butter or margarine. Dust with 1 tsp salt and 1/2 tsp. monosodium glutamate. Then cover thickly with fine-chopped walnuts.

Place in a well-buttered or margined pan. Broil slowly about 10 min., or until eggplant is tender. Turn when brown on one side. Serve with a creamed vegetable.

KEEP IN TRIM

American Sweet Tooth Cause Of Cavities, Expert Warns

By Ida Jean Kain

What causes tooth decay and how can it be remedied is of vital interest, for tooth decay affects more than 95 per cent of our population. Dr. Paul E. Boyle, Professor of Oral Histology and Pathology at the University of Pennsylvania School of Dentistry, discussed this problem at a recent meeting of the American Dietetic Association in Philadelphia.

America has a gigantic sweet tooth, he said, requiring 8 million tons of sugar per year (100 pounds per person) to satisfy it. Linking the high consumption of sweets with tooth decay, Dr. Boyle explained that fermentation of sugar in the mouth produces the acids which start the trouble.

Studies of tooth decay have revealed some startling facts. Children, he said, are particularly susceptible to cavities. The dentist, he said, is now being called upon to clean the teeth of children who have a high susceptibility to cavities should eliminate sweets and pastries from the diet. After a period of time, the sugar may be somewhat increased in most instances without a return of high caries susceptibility. It is important to thoroughly cleanse the mouth with water immediately after eating, our authority emphasized.

This dietitian corrected the scientist after the talk to ask what children should do in school after eating lunch, particularly one including those popular peanut butter and jelly sandwiches. Here's the answer, kids: Rinse out your mouth after eating. Do a thorough job of it, and you'll save trips to the dentist.

MARY HAWORTH'S MAIL
Ex - Mate Lures Children With His Luxury

DEAR MARY HAWORTH: Early in World War II, my first husband, John, had two children by a very wealthy man and we are all South Africans by birth.

In 1949 we came to the states and soon John was called back to South Africa on business. I made the mistake of not going along with him as a young girl and insisted on divorcing me. In vain, I begged him to reconsider. I got the divorce after a year, with a fairly good monthly allowance but no maintenance, and John gained title to the younger children (our children) every summer.

Hurt and despondent, because I still loved John, I married the first man who seemed good and kind—but, alas, he wasn't. To continue on page 9

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wash It First
Let's assume you have a clinical thermometer in your hands right now. The first thing to do is to wash it in cold water; then wipe it dry with a cleansing tissue. I've known persons who "sterilized" a thermometer in hot water. This, of course, renders the thermometer useless, and may break it.

With the thumb and forefinger of the left hand holding the thermometer at a point just above the mercury container, and the thumb and forefinger of the right hand clutching the top, check the fluid level.

The Figure 8
The fluid will be a thin red or silver line. Rotate the thermometer until you can see it. You will note a small figure "8" on the side of the thermometer below the numerous lines. Each line is marked off in two-tenths of a degree. That figure "8" is below the line representing 98 degrees.

Immediately to the right of the figure "8" is an arrow. That arrow points to a line directly above, which marks the normal oral temperature of your body, 98.6 degrees.

If the mercury is near, or above, that line, you must "shake down" the thermometer before taking a temperature.

Holding it at the top between the thumb and forefinger of your

right hand, snap the instrument down sharply three or four times. This is usually enough to return the mercury to its proper place, well below the 98.6 mark.

Put Under Tongue
Now, place the end of the thermometer containing the mercury well under the tongue for three minutes. It's placed under the tongue because the temperature can't be recorded accurately there without interference from air taken into the mouth.

After removing the thermometer, determine whether the mercury has advanced past the normal mark, remembering that each line represents two-tenths of a degree.

Other Temperatures
The normal rectal temperature is 98.6 degrees, and the normal armpit temperature is 97.6.

Then "shade down" the thermometer again, wash it in cold water, rinse in alcohol and put it away where you can find it.

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

ELLEN'S DIARY

by an Island Farmer's Wife

And so the fields, amber, worn, green, red-brown, wait now for the coming of winter. Still, hushed, as are folks in Church who has been neighboring in decorous whispers to cease suddenly and in a profound silence wait then the opening of the year.

"There's not a robin left now," Gage said, strolling in from school this afternoon . . . nor a garden-flower, other than the odd pansy that these days lifts a damp face in the sunlight.

And the sands of Time fell away today in the newness of morning, the clear sunshine of afternoon, the reverence of dusk giving us our old round of duties for our blessing. Nothing besides? Not that we could see. When the pieces of the pattern of our life have finally fallen into place, we may see how overheard James ask Rob today.

"But weren't you going to give it a coat of manure first?"
"I have-in part. The rest will have to wait until later. I think it's better to get the plowing done. After this continued mild spell, we just may get 'hard' frost shortly."

As indeed we may. There is no telling. "If we could see into the future," someone has said "what a dull, monotonous place this old world would be!" Just back of the dark rim of hilltop which edges our valley, however, there we fancy that monarch who is King Winter now waits. Tonight, above are starred heavens and below, each in a way sufficient unto itself, farmhouses show their friendly lights.

Winter is not far away. But only the other day, Jamie brought in a wild strawberry blossom he had picked at the lane-side. It was damp and somewhat bedraggled to be sure, but white-petaled and whole, a symbol not of winter but of spring. It brought us memories of fresh new blossoms in the sunny shelter of weathered rafters of old, or along the earthy banks of field-stone bounding remembered fields, quaint even then. There we should later look for the sweet, scarlet fruit. But none we shall gather from November blooms.

Until tomorrow Diary
Good-night

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.

Wife Preservers
To prevent your umbrella from cracking in the folds, open the umbrella after it has been used and let it dry, then leave it with the folds loosely shaken out when not in use.

Morning Smile
The stranger breezed in with a big smile: "Good morning, doctor. I just dropped in to tell you how much I benefited from your treatment."

Doctor: "But you're not one of my patients."
Stranger: "I know. But my uncle was and I'm his heir."

QUESTION AND ANSWER
N. N.: If a woman has been operated on and sterilized, is it possible for her to have another operation so that she can have another baby?
Answer: In most cases, an operation to restore the fallopian tubes cannot be carried out. However, in some few instances, such restoration of the tubes is sometimes possible.

You might consult with the physician who performed the operation as to advisability of carrying out this procedure.



COOK'S CORNER

SALMON IN POTATO CRUST

2 tbs. butter or margarine
2 tbs. finely chopped onion
2 tbs. flour
1/2 tsp. salt
1/4 tsp. pepper
1 cup milk

Melt butter in top of double boiler. Add onions and cook until tender. Remove from heat. Add flour

Household Hint

Paint stains should be removed immediately with turpentine. If fabrics are delicate, sponge with chloroform.

and seasonings, then gradually add milk. Heat over boiling water until thickened, stirring constantly. To this sauce add the following: 2 cups (cooked) salmon, flaked
2 tbs. parsley

Line the bottom and sides of a greased baking dish with 2 cups (warm) mashed potatoes to which has been added 1 egg, well beaten. Fill the centre with the salmon mixture, then top with remaining mashed potato. Bake in hot oven (400 degrees F.) until heated through and lightly browned on top.

—Mrs. W. F. A. Stewart, Bonshaw W. I.



Wake up lazy appetites with Aylmer **SUNSHINE** flavor

Wow! Watch him go for bacon and eggs with plenty of Aylmer Catsup!" says Mr. Sunshine, the Aylmer Hired Man. "Dad and the kids love its sunshine flavor . . . the richer goodness that comes only from prize-quality, red-ripe tomatoes specially grown for Aylmer. And you enjoy all that delicious flavor, because Aylmer makes these tomatoes into pure, rich Catsup within a few hours of picking. So try Aylmer—for sunshine flavor."

AYLMER
Tomato Catsup



SLICE FOR SLICE THERE'S More Nourishment in Butter-Nut Bread THAN IN HOMEMADE

WHY DO YOU encourage your child to eat plenty of bread? For nourishment, of course. You know it helps build strong healthy bodies and sound bones and teeth.

BUT DO YOU KNOW there's more nourishment in Butter-Nut Bread than in the bread you bake at home? It's a fact! So why go to all the work of baking bread yourself when slice for slice you can give your child more nourishment in the new Butter-Nut Bread at your grocer's today!

Free — AT YOUR GROCERS, THIS BUTTER-NUT Growth Record & Growth Chart

Is your child gaining properly? This chart will show you the proper weight and height for his or her age. It has a special chart for keeping getting a proper diet for steady, healthy growth. Simply ask your grocer. There's nothing to buy. They're free as long as they last. So get yours today!



2 SLICES OF BUTTER-NUT BREAD A MEAL, AND A SANDWICH DAILY SUPPLY:

For Sound Bones and Teeth . . . as much Calcium as in a helping of cottage cheese.

For Strong Muscles . . . as much Protein as in a serving of roast sirloin of beef.

For Healthy Red Blood Cells . . . as much Iron as in 3 lamb chops.

For Normal Body Cells . . . as much Phosphorus as in 1 whole egg.

For Work and Play . . . as much energy as in 2 glasses of milk.

For Healthy Growth . . . as much Vitamin B2 as in 3 slices of yellow processed cheese.



Confidence . . . in a better cup of tea!



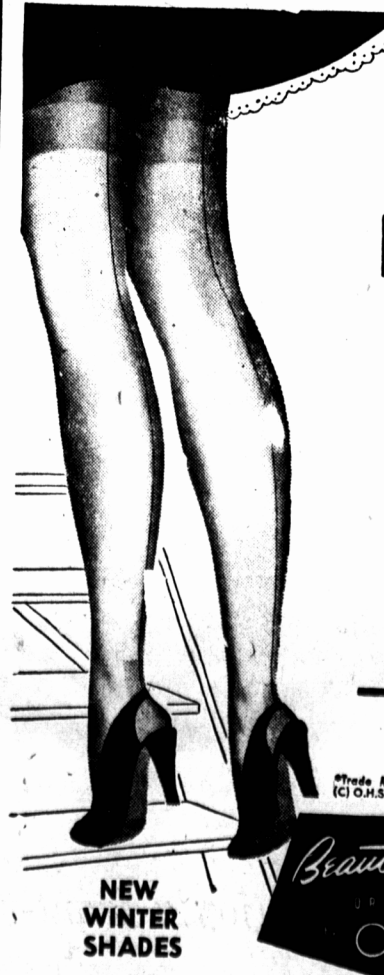
MORSE'S
Selected ORANGE PEKOE TEA



Grand STABILIZED PEANUT BUTTER

MERRY CHRISTMAS SALE

GLAMOUR GIFTS



ORIENT
Hosiery Styles
..SALE..
For 10 Days Only

NOV. 25th to DEC. 5th
60c OFF
EVERY 2 PAIR PURCHASE

SANTA'S CONSUMER GIFT BONUS

Exquisite Yuletide Creations for Party, Dress, Afternoon and Business

S. A. McDONALD
129 Queen Street
Charlottetown