

# WOMEN

Page 8, The Guardian Wed., Nov. 9, 1955

## LET'S EAT

### Best Way To Prepare And Cook Vegetables

By Ida Bailey Allen

"With your permission, Madam," said the Chef, "I will read a few notes I have made on the subject of preparing vegetables for cooking."

"Scrub and rinse all root vegetables thoroughly. Wash peas, lima and all shell beans in the pod—not after podding them. Plants thoroughly in cold water. Wash all greens and salad. After washing, rinse greens to be cooked, such as spinach or kale, in warm water to remove any grit or sand."

#### USE A POTATO PEELER

"Cook root vegetables with the skin on if possible. If it must be removed, pare very thin; a potato peeler is good and very quick for peeling most root vegetables."

"Vegetables are to be cut in dice or julienne, do this just before cooking, because exposure to air causes the vitamins to deteriorate."

"Never allow vegetables to stand in cold water after making ready to cook. No exceptions."

#### BEFORE BAKING

"Scrub all vegetables to be baked. Do not peel. Dry and rub all over lightly with fat before putting into the oven."

"When winter or acorn squash is to be baked, cut or saw into halves with a meat saw. Remove the pulp and seeds. Turn upside-down on an oiled pan to bake. This keeps the pulp soft."

"There are a few things I'd like to add, Chef," I said. "When boiling or stewing vegetables add as much monosodium glutamate to the liquid as salt, to lighten that fresh, youthful flavor lost soon after harvesting."

#### HOUSEHOLD HINT

If corrosion occurs on your copper cooking utensils, rub the spots with lemon and salt or vinegar and salt; then wash, rinse and dry the piece.

#### Words Of The Wise

The doctrine of human equality reposes on this: That there is no man really clever who has not found that he is stupid. There is no big man who has not felt small. Some men never feel small, but these are the few men who are. —G. K. Chesterton

### IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something in his little system may be "out of order." Probably mild Baby's Own Tablets can promptly "put it right." One Quebec Mother writes: "My little girl was irritable, feverish and sometimes sick at her stomach... what a relief it was, after giving her Baby's Own Tablets, to see her much better she was." Easy to take, these sweet-tasting tablets are promptly effective in simple fever, constipation, restlessness and fretfulness resulting from irregularity at feeding time, and other minor ills. No "sleepy" stuff, no dulling effect. Never without a full box of Baby's Own Tablets. Sickens so often strike in the night. Get a package today at your drugist. Money back if you are not satisfied.

### Clean Baby's Bath with SODA

Baking Soda is a safe and mild cleanser. To clean baby's bath, sprinkle a little baking soda on a damp cloth and wipe over fabric.

FREE 18-page booklet of recipes, nursery and medicinal uses. Church & Dwight Ltd., Box 116, Montreal.

### COW BRAND BAKING SODA

PURE BICARBONATE OF SODA

### Quickie Bran MUFFINS

ART LINKLETTER says: "One of my favorite All-Bran recipes!" (One of mother's "People Are Funny" Skits)

1 cup Kellogg's All-Bran flour  
1/2 cup milk  
1 egg  
1/2 cup soft shortening  
1/2 cup sugar

1/2 cup sifted flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt

Combine All-Bran and milk. Let stand until most of moisture is taken up. Add egg and shortening; beat well.

Sift together flour, baking powder, salt and sugar. Add to first mixture, stirring only until combined.

Fill greased muffin pan 3/4 full. Bake in moderately hot oven (400° F.) about 20 minutes. Yield: 8 muffins.

A delicious, ready-to-eat cereal, an aid to natural regularity.

**SPECIAL WINTER COATS REDUCED 20%**  
Sunter's Ladies' Wear

## MARY HAWORTH'S MAIL

### Wedding Set For January; Fiance Seems Reluctant

DEAR MARY HAWORTH: I am a girl 21, soon to receive my college degree, after an accelerated course that enables me to finish in three and a half years.

For three years I have known a boy whom I deeply love and who, I have always believed, loves me in return. We met in college, where he was a year ahead of me; and I wore his fraternity pin for two years, until we became engaged last spring.

Some time ago we set our wedding date for late January, and at first Ken seemed as enthusiastic and happy as I. But something has changed. Although he says nothing to indicate that the plans are off, he refuses to talk about details—and I feel we should complete most of the arrangements before the Christmas holidays, to minimize strain on all concerned.

#### IS IT A MISTAKE?

I reserved the church some time back, with Ken's knowledge and consent. I have now been repeatedly put off our necessary visit together to the pastor who is to marry us; and he also refuses to give me a list of his and his family's friends to be invited to the wedding. Surely these are two areas of planning that require some cooperation from the groom.

Am I wrong to plan realistically for this big day? I've tried to honestly discuss my disappointment with Ken, but he merely says it isn't the biggest day of my life, and that all grooms are "like that." What is wrong? Even as a child I looked ahead to my wedding day, and now Ken's indifference is breaking my heart.

At this point I am thinking seriously of cancelling all plans, as I interpret Ken's attitude to mean he no longer wishes us to be man and wife. If you have any other explanation, please let me know for I love him deeply. Although I don't want to marry him, I feel he doesn't want me, my life would be meaningless without him. I am terribly confused and unhappy. A.E.

#### TRICK OF THE CHEF

Seasoned mashed turnip with butter and a little lemon juice.

#### TOO MANAGERIAL?

DEAR A.E.: You ask what's wrong that this one-time enthusiast has become so disponded. Well, as I get the pitch, it could be that he has the average male's distaste for a managerial woman, when her zeal seems to center on him. And that he is reacting maliciously to the executive way that you've taken hold of the wedding plans.

Maybe Ken thought getting married was his idea, and that he was the leader in relation to you, until you felt the deal was in the bag, and exuberantly began to be yourself, no longer gentled by suspense; and thus revealed your purposeful character, expressed in far-sighted detailed planning and directive suggestions addressed to him.

Maybe Ken has developed cold feet (even though still in love with you)—wondering if he is letting himself in for being led by the nose, henceforth. Maybe reckons it sufficient sacrifice of personal privilege to settle for one woman for life—and shrinks from the disturbing fancy of being married.

### Bringing Up Baby

Hints Collected by Mrs. Ben Barber (Mother of 5)

A column-reading mother writes: "I was surprised to find that I learned more about what was best for baby through the little mistakes I made. After all, I didn't really know she would prefer being bathed, fed or held another way until I did it the wrong way." Interesting! The "trial and error" system obviously has real educational value.

Profitable shoring plan. So many hints, anecdotes and short-cuts in this column are suggested by mothers just like you. Why not share your ideas with other mothers? Just send them to me. Gerber-Ogilvie Baby Foods Ltd., Box 68, Toronto 18, Ontario.

Vitamin C, so necessary for sound gums and body tissues, cannot be stored in the body, so baby should have a good supply every day. Gerber Strained Orange Juice, processed just for babies, has a consistently high vitamin C content. Made from tree-ripened oranges, golden by the sun and selected for mild natural flavor, appealing golden color. Naturally it's pasteurized for baby's protection and specially strained so it can easily be fed from spoon, bottle or cup.

Plain talk. Skip the frills and fancy trimmings when you take baby to the doctor for check-up visits. Diaper, shirt, wrapper, receiving blanket make for quick and simplified stripping.

Knit-note. When buying sweaters for baby, choose tight weaves. They're less apt to snag; won't catch on baby's fingernails.

"Solid" start. When baby's ready for his first solid food, get him off to a good start with Gerber's Cereals. When mixed with milk, formulas or other liquids, they have a creamy texture that feeds extra-nice. Gerber's Cereals are enriched with calcium, B Vitamins and the iron babies need shortly after birth. For variety, rotate all five: Rice, Barley, Oatmeal, Wheat and Mixed Cereal.

## MORNING SMILE

A policeman who had stopped a motorist for dangerous driving, and was taking down the particulars, kept putting the point of his pencil in his mouth.

Motorist—Why is it necessary to moisten your pencil?  
Policeman—To make the case look blacker.

## LET MOTHER PLAN

Are you wrong to plan realistically for the big day? Theoretically no. But diplomatically it is a mistake, in relation to Ken's temperament, for you to be spearheading plans, I gather. So I recommend that you surrender that chore to your mother.

Ordinarily it is the bride's mother's job to supervise advance arrangements and nudge the principals through preliminary paces. And if suggestions were coming from parental sources, for Ken to cooperate as tradition outlines, he probably would yield without struggle, regardless of quaking second thoughts.

I feel it would be unfair to yourselves, to cancel all plans because Ken has misgivings. Take care to revive his belief in himself as unit leader; and let him know it is he, not pagantry, that most interests you as the day draws near. That should restore rapport, I think. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

## ELLEN'S DIARY

By An Island Farmer's Wife

Hushed and quietly ray the clouds continue.

"The change of moon hasn't done much to clear the weather" one of the family offered with a teasing smile this morning.

"The next change will straighten it away," we promised. Unsmiling - fast down cast Nov. that mood, sound of the season are solemn these days: the calls of the crows that litter along the hilltops, a remnant of the summer-crew, contain haunting notes. The bluejays' cries are sober, if the flash of their wings in the orchard or in the spruces below the milldam brings pretty glints of color to the quiet shadowing about. And "we're missing the sun" we say with longing, as we turn to the duties about.

"I wonder how Granddaddy will like this?" Mack smiled, stopping a moment in his work this afternoon. He was topping a row of turnips with a hoe. He pushed back his cap, drew down the zipper of his jacket to open the neck, and took a long breath of the great outdoors.

"He'll more than like it!" we chuckled from the row beside. A wish to speed up this last harvesting of ours had drawn him and his mother to the field. To gain that exercise in the open which James declares is a panacea for many an ill of body and

## KEEP IN TRIM

Taste Appeal For Diet Fare

By Ida Jean Kala

When the day dawns that diets are as taste appealing as fattening fare, gone will be all resistance to reducing. A dietitian psychologist who deals with overweighted struggling to stick with diets suggests tests to help you achieve real satisfaction from foods that furnish fewer calories.

First experiment to see whether you get more satisfaction from eating a piece of bread toasted or plain. While toasting doesn't "dry out" any calories, it may bring more taste satisfaction for the same number of calories. It is most important to really taste the food you are eating, for this will help you to eat for quality, rather than merely to fill up. Try a piece of dark bread, pumpernickel or rye—the kind that must be chewed thoroughly. Some of these dark breads are unusually satisfying for a thin slice.

Since fats boost calories, it's important to figure out the least amount that gives taste satisfaction. Of course you'll want butter on the bread. Here's an experiment: Soft butter will spread thinner for fewer calories. Take the butter out of the refrigerator early enough. Hot breads are apt to prove doubly fattening because they soak up so much butter. To sidestep those fat calories, take on your plate only the half part of butter that fits in-between days, busy and winged, are indeed, "king o' nice."

Until tomorrow—Diary—Good-night.

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### Children's Colds

Relieve Suffering Fast-Effectively with VICKS VAPORUB

### PIN-WORMS MAY BE A FAMILY AFFAIR

Pinworming, nose-picking and a tormenting rectal itch are often tell-tale signs of Pin-Worms... ugly parasites that medical experts say infect one out of every three persons examined. Entire families may be victims and not know it.

To get rid of Pin-Worms, these pests must not only be killed, but killed in the large intestine where they live and multiply. That's exactly what Jayne's P-W Tablets do... and here's how they do it:

First—a scientific coating carries the tablets into the bowels before they dissolve. Then—Jayne's modern, medically-approved ingredient goes right to work—kills Pin-Worms quickly and easily.

Don't take chances with this dangerous, highly contagious condition. At the first sign of Pin-Worms, ask your drugist for genuine Jayne's P-W Vermifuge... the small, easy-to-take tablets perfected by famous Dr. D. Jayne & Son, specialists in worm remedies for over 100 years.

**JAYNE'S P-W** for Pin-Worms

# To the 6 women out of 10 who dared not serve a mix-made cake...

Canada's most respected name in baking OFFERS

## FIVE ROSES CAKE MIX

ALL CANADIAN!

Every single ingredient in Five Roses Cake Mixes is a premium quality Canadian product—the best in the world!

# FIVE ROSES CAKE MIX

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THE ONLY MIX TO MATCH THE QUALITY OF FINE RECIPE CAKES!

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Now they're here to give you cakes that are high, light and tender, yet have that richly moist and satisfying texture that comes only from fresh eggs—just as it does in your best recipes.

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There's an exciting new game in packages of Five Roses Cake Mix and Five Roses Flour. Simply by enjoying these fine products you can win thrilling prizes... steam irons, blankets, automatic toasters—tricycles, scooters, skates for the children—and many others! No cash to pay! Get Five Roses Cake Mix or Flour today and start on your way to terrific prizes!