

Women's realm

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Aluminum Foil — The Housewife's Aid

Aluminum foil, that wafer thin covering which has been keeping candies, cigarettes and other perishables fresh on store shelves for years, is a boon to the housewife because there are so many ways in which it can be used around the home.

Before mentioning some of the many ways in which the foil can be used, let's take a look at the reasons why aluminum foil is so useful.

Aluminum foil forms a metallic barrier which prevents light and

air, so destructive to color, taste and vitamins, from getting at the food. It will not impart any odor or taste to food and, most important to the housewife with a well stocked refrigerator or deep freeze, it will not absorb outside moisture or flavor.

Budget-wise, in the food line, aluminum foil has much to recommend it. Fresh foods and leftovers wrapped in it will not dry out and the food budget is certainly stretched when spoilage is cut down. The foil may be used over and over again too!

Here are just a few of the many ways in which the use of aluminum foil has been proved successful:

1. Wrap or cover strongly flavored foods such as cut onion, old cheese, cooked cabbage with aluminum foil. It will prevent the strong flavors from permeating the milder foods.
2. Wrap and store open butter, shortening and cream cheese in aluminum foil to prevent them from picking up flavors from other foods.
3. Wrap left-overs in foil to preserve freshness and flavor and then store in the refrigerator.
4. Rolls and muffins will heat through evenly and will not dry out if, before warming, they are wrapped in aluminum foil.
5. Apples preserve their color, fragrance and shape when cooking if placed on squares of aluminum foil. Set cored and filled whole apples in the centre.

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Cook's Corner

VEGETABLE SALAD IN CABBAGE HEAD

1 small firm head of cabbage
2 carrots
1 small onion
Salt to taste
1 cup finely chopped dates
½ lb. grated cheese
French dressing

Cut the center from the cabbage, starting at stem end, remove outside wilted leaves, shred the exterior cabbage, add grated carrots, onions, salt, dates and grated cheese. Mix lightly with French dressing and refill cabbage shell. All ingredients should be chilled before using.

—Mrs. Ralph Costain,
St. Laurence W. I.

HOW TO MAKE NYLONS LAST LONGER

Soften, relieve hard cuticle, dry, rough, scaly hands, foot callouses with emollient Cuticura Soap and Ointment, as recommended by many housewives.

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Alice Brooks Designs



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ELLEN'S DIARY

By An Island Farmer's Wife

These days behind the November hills, the sun beds coldly. Gone now is the kindly loveliness of a summer sunset, threaded with bird's evensong, spreading so beautifully its shades, and descending then solemnly behind the wooded rim of our world to mark the close of another God-given day.

Coldly now and with an aloe charm it goes down, and the earth is left then very silent and alone. Fields . . . ah, where now are the enchanted fields of summer starred with their wealth of dewy meadow-flowers? Their herds grazing in content on the slopes or cooling their heels in the water of mill-stream. Gone indeed!

The red of the furrows however given warrant that round the bend of the white winter-road, wind-driven snows and the keen sparkle of frost, we shall gather again the magic gold of a first dandelion; we shall love the satin petals of buttercups, and the white-ruffed daisy shall be our best reward.

Bins in the cellar of the new barn, space neither immense nor yet small, have by this almost reached the point of saturation. They have come to that place of concern which makes James shake his head and wonder about to Rob, "Now where do you plan to store the rest of them?"

Past sundown, possibly in indication of the feared crack of doom to the field-work, the air cooled frostily. We saw Jamie come to the house-corner to read the glass. It was—and is chilly. Fall, we believe is definitely here. No more this year, will Autumn cast her spell over the farmlands, her mild, still charm, unless she returns to remain only briefly, to remind us of pleasant days that were.

The wind blows high in the tree-tops tonight—a wind of Fall, compelling, desolate. And falling it was we reminded of nights of the old years at Alderley. Then with the children in bed, we would come outdoors to "show light" to James about his latest chores. Then as the glow of the lantern brightened our paths about barnyard and stables, as he carried bedding to the animals and bed-stowed their treats of grain, we were never far from the wind's keening as it passed and re-passed in the high branches of the trees about the yards. And sometimes—how well we remember!—keeping company with the night, while cold dark clouds roved hither and yon in the heavens, a moon looked down a little eerily, it always seemed, on the Fall scene.

And how good it was sooner or later to leave the outdoors, the strange moon and the wind's wail and following the welcome gleam of light from the small-paneled window, find warmth and quiet and peace within!

"Yes" our helper nodded ominously coming in at the supper hour—"I reckon this is it—the trump of doom has sounded for the farmers. No more turnip-gathering, Ellen. After this . . . the grass is crisp already. Well! with teasing resignation, "there's nothing we can do about it."

"But there was!" James reminded him with a chuckle somewhat rueful, "away back there in those hours of good weather we next—thing to loitered away!"

"This day—how short was the span which bridged its dawn and dusk!"

Until tomorrow Diaries Good-night

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DOROTHY DIX'S COLUMN

Wise Parents

Daughter Complains Beau Dodges Calling On Her Father And Mother

DEAR MISS DIX: Glenn is a boy in my class (junior), whom I like very much. He has asked me several times to go out with him, but each time I tell him he must call for me at my house and meet my parents. This he seems loath to do. He has promised to call, then failed to appear, and the next day he makes a date for some other night. Mom and Dad won't let me go out with a boy unless they meet him and they like to know something about his family. Do you think they are too particular?

Lora

A SHY YOUTH

ANSWER: I heartily endorse your parents' policy, and wish all families would show the same interest in their children's dating. Your young man probably is too shy to relish the idea of meeting strangers, and he may conclude, as so many teenagers do, that all parents are averse. You must impress upon him the fact that no meeting parents, no dating.

When you get Glenn around to appreciating your family's point of view, he'll have more regard for you and your parents. Furthermore, and this is an angle for consideration, his people will be pleased, also, to learn that their son keeps such good company.

DEAR MISS DIX: I know and like a boy at school, and I'm sure he likes me, but we've never been properly introduced. He's a senior and I'm a sophomore, I only have until June to get to know him. Can you help me?

Flora

ANSWER: Now how can you possibly know a boy likes you when you've never even spoken to him? Are you sure you are not making too much of a friendly smile from an upperclassman? Since you are both in the same school there's no need for a formal introduction. It's up to you, as the lady in the case, to make the first move. It's better in order for you to smile and bid him a pleasant good morning, or to congratulate him on some successful effort.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

Modern Etiquette

By Robert Lee

Q. Some friends have just told me that I committed a serious breach of etiquette by congratulating a girl upon her engagement—that this suggested I thought she was lucky to have found a man. Is this true?

A. This was a mistake, but is a very common one, and you should not worry too much about it. The usual procedure is to congratulate only the man and offer wishes of happiness to the girl.

Q. Isn't it considered bad manners and rude for a guest to refuse a drink when in the home of a friend?

A. Not in the least. There is nothing compulsory about it, and only a person who is weak-willed and influenced to do something that he or she does not want to do. Q. Is it necessary that one send a gift when invited to a party?

A. Yes, this is obligatory.

Better English

By D. G. Williams

1. What is wrong with this sentence? "Why not add up the column of figures?"

2. What is the correct pronunciation of "passé"?

3. Which one of these words is misspelled? Cincinnati, Caribbean, Philippine, Copenhagen.

4. What does the word "itinerary" mean?

5. What word beginning with "a" means "warm, passionate, eager"?

ANSWERS

1. Omit "up." 2. Pronounce *pa-say*, as in *pat*, second *a* as in *say*, accent second syllable. 3. Caribbean. 4. Of or pertaining to a route or journey; a record or journal. "The salesman submitted his itinerary to his home office." 5. Ardent.

The Stars Say --

By Genevieve Henkle

For Tomorrow

THIS is an excellent period in which to put into effect some of the ideas and inspirations which you've been mulling over in the past. New ventures are favored and financial deals postponed during the recent restrictive period can be pushed now.

With the Moon in Aquarius, air travel is under beneficent aspect, as are activities connected with either patriotic or community organizations. During the evening hours you should find great peace and contentment in the companionship of friends and loved ones.

For the Birthday

If tomorrow is your birthday, you can make the year ahead a banner one if you enter it in a spirit of self-confidence and with a will to use your skills and talents to the very best of your fine ability. Many opportunities will be offered to you and if, with imagination and foresight, you are prepared to take advantage of them, results should be eminently satisfactory.

During early 1954 your horoscope indicates the possibility of meeting someone who will play an important part in your future and, during the early summer, you may realize a long-cherished dream of travel. Try at all times to control your emotions and be especially careful not to lose your temper during business dealings or you might antagonize those who could be of great help in the future.

A child born on this day will be determined and aggressive, with an inclination toward impetuosity in dealing with others.

Morning Smile

Boy—I don't know what's the matter, I never danced so poorly before.

Girl—Oh, then you have danced before?

That Body Of Yours

By James W. Baynes, M.D.

NEW SYSTEM OF HOME CARE FOR THE CHRONICALLY ILL

Despite all the new hospitals and the extension of present hospital buildings, hospital facilities are crowded and, unless it is an emergency, the physician often has to wait weeks to get a bed for a patient. For this reason many hospitals now provide home care for patients. Physicians and nurses are sent right into the home where the same care is administered as that given by the hospital to its in-patients.

It is of interest to learn of the Philadelphia Plan for Home Care of Chronically Ill Persons as outlined by Dr. Louis Udell, Philadelphia in the Journal of the American Medical Association. This new plan has been in operation in a section of Philadelphia since 1949, under the aegis of the Visiting Nurse Society of Philadelphia. This program officially known as the Intensive Home Care Plan for the Chronically Ill, is based on medical care rendered by the warmly physician practicing in the community, in contrast to plans in which the medical care is given by staff physicians of the hospital from which the patient has been discharged.

The purpose of the plan is to give the chronically ill, home-bound patient better and more complete medical care in his own home, using the team cooperation approach and always keeping him under the direct supervision of his family physician. This plan was designed to permit participating hospitals to use their beds to better advantage by the discharge of patients who no longer need "specialized" hospital care and who can, therefore, be sent home, provided the necessary equipment, personnel, and supervision are available.

The plan was set up to improve

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How Can I!

By Anne Ashley

Q. How long should clothing be soaked before laundering?

A. The soiled parts of clothes should be rubbed with soap before putting them to soak. If they are to be soaked overnight, put the clothes into cold suds; if to be washed within a short time, soak them in hot suds.

Q. How can I strengthen buttonholes?

A. By outlining them with a row of machine stitching before they are cut and worked. Their intended position may be marked with a pencil to serve as a guide in stitching.

Q. How can I save gas when boiling food?

A. When a pot of food starts to boil, turn down the gas a little. The food will keep on boiling with less heat, and there will be no waste of gas.

Household Scrapbook

By Roberta Lee

Jars

The inside of glass jars can be easily cleaned by filling with hot water and stirring in a teaspoon of baking soda. Shake well, then empty the jar at once and rinse in clear water.

Bleeding

The bleeding of a wound can often be stopped by applying very hot water, as hot as can be borne.

The Ironing Board

Protect the ironing board from dust by taking two paper flour sacks, cutting the bottom from one and pasting to the top of the other to form the needed length. It can be slipped over the board when putting it away.



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4877 14½-24½

by Anne Adams

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