

# WOMEN

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## Improving The Home Is Now A Family Job

By ELEANOR ROSS

NEVER before has the American public been so home-loving. While everyone agrees that television seems to be the answer to this mysterious move from the night clubs, motion picture houses, and other places of entertainment to the living room, the fact remains that Mother, Daddy and the kiddies are trotting towards the four walls every evening with more enthusiasm than anyone remembers.

### A Vogue in Home Care

Whatever the reason, it's been the greatest thing ever for the field of home decoration. The average recently married couple of this era believes in the home, and in making it as comfortable and aesthetically pleasing as possible.

With these goals in mind, these young people are slapping on paint, rebuilding staircases, putting in new plumbing, and, in short, re-vamping the old house.

### Doing It Yourself

While much of the work has been of the now famous do-it-yourself variety, professional help has also been called in as finances permitted.

New kitchens, additional bathrooms, modern flooring, and picture windows are but a few of the interior improvements. A facing of cut stone veneer seems to be the choice of many persons who are giving old houses a face lifting. Stone veneer is about three-and-one-half inches thick

Thus, adding a few square feet of facing is not a major problem.

### Too Much Variety

The only difficulty is said to be the worry of selecting from so many textures and colors.

Natural stone is gaining constantly in popularity. A facing four or five feet high, reaching to the window sills isn't at all an expensive improvement and is easily added to frame, plaster, cement as well as other wall construction.

Stone facing such as this can be carried out beyond the corner of the house in the form of a stone wall, the same height. We were told that this is fast becoming a popular method of enclosing a patio or outdoor dining terrace while extending the lines of the home. Still another growing adaptation of partial stone facing is its use on the lower portion of a two-story home or a split-level layout.

### A Smart Compromise

If a major job is not contemplated at this time, a nice compromise can be worked out by concentrating on the front door alone. A veneer of cut stone on either side is extremely attractive. A more extensive undertaking and a most desirable one, would be the addition of a porch or stoop (perhaps using flagstone), steps and planting boxes, making the front door lead directly into the landscaping plan.

Herman N. Bundesen, M. D.

## Stress Harmful

THE condition within ourselves known medically as stress is not fear, but rather an argument with one's own body against some tendency, habit or circumstance that may exist. The conflict or battle within the body itself is usually prolonged and the person is constantly aware of it.

Stress in itself can be very harmful to the body. Heart disease and colitis may be direct effects of the strain. It also may serve to increase the severity and duration of many diseases that are not its direct responsibility.

### Utopia Needed

In order to remove stresses in the individual cases that come to the attention of the physician, we would have to take such measures as giving everyone in the country an increase in salary or providing everyone with a bigger house than his neighbor. Therefore, it is actually impossible to remove strain from the world. Getting rid of stress is some-

## Morning Smile

At a barbershop: "Just a shave—I don't have time to listen to a haircut."

times accomplished by talking the problem over with a physician or psychiatrist. Brain surgery may also help in very severe cases. The surest method of preventing stress is leisure. In this mechanical age too many of us spend our time at occupations that are tedious and in themselves require no intelligence, thereby giving rise to resentment and strain.

However, a resolute attitude adopted for our spare time along with recreation and fun can avoid a lot of conflict.

### QUESTION AND ANSWER

Mrs. L. G.: What is meant by truth serum?  
Answer: The drug that is known as truth serum is a barbiturate drug known as thiopental sodium. This drug should only be used under the direction of a physician.

## Anne Adams Patterns

### PANEL-FRONT!

Half-sizers — banish alteration worries! Sew this smart-detail fashion — specially cut to fit the shorter, fuller figure! Ever-so-slen-derizing is the gathered-yoke-bodice front! Paneled skirt takes inches off hips! Easy step-in style! Simple-to-sew!

Pattern 4832: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3½ yards 39-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.



4832  
14½-24½  
by Anne Adams

## Household Hint

The correct way to wash plastic handbags and shoes is to use "dry" soapsuds. Whip up a lot of soap with very little water until the suds stand up stiff, then dab some on a clean cloth or sponge, and go over the soiled surface. Wipe quickly with a damp-dry rinse cloth, then with a dry cloth. Wash off the slightest smudge as it appears, and these accessories will always be clean.

## Horton - Ford Wedding



Photographed following their wedding on September 1 at Trinity Church Manse are Mr. and Mrs. Lloyd Horton and their attendants. Left to right are the groom; Mr. Donald Ford, groomsman; Miss Shirley MacRae, maid of honor; and seated is the bride, the former Doris Ford, daughter of Mr. and Mrs. Alex Ford, Charlottetown. The groom is the son of Mr. and Mrs. Samuel Horton, Bethel, P. E. I. (Crawell Photo).

## MARY HAWORTH'S MAIL

### Family Opposition Against Job

DEAR MISS HAWORTH: I am a girl 31, working at a job I despise. I save no money, as I spend it for clothes and for expensive vacations once a year.

My family is criticizing my all-out expenditure, saying it is a sign of immaturity when a person refuses to save for rainy days, or for possible necessities in the future. I contribute towards the support of our home, therefore think I should do as I like with the balance of my earnings.

I have taken this attitude inasmuch as I wish to become an air-line stewardess, and my mother won't permit it. She doesn't care for that profession; and besides, she believes I should remain at home and work in this city as other members of our family do.

Mother has always been a good parent; but isn't she wrong in prohibiting my choice of profession for myself? Just because my brothers and sisters stay in the city until they marry, etc., doesn't mean that I should do likewise, does it?

The family says that my immature actions further stimulate their belief that I should stay home. They refer to my free spending, which I shall continue, if I can't do the work I prefer. I shall appreciate your prompt response. V.B.

### HER REFLEXES ARE INFANTILE

Dear V. B.: Your mother's authoritarian disapproval of your choice wouldn't keep you from responding to the call of a true vocation, if we had confidence in your ability to make out on your own. Unfortunately you haven't enough self-reliance to go against her wishes, it seems. Which suggests that you've been family-bossed and overly supervised, in formative years, to such an extent that you've remained infantile in your social reflexes.

Your aspiration to be an air-line stewardess may have a psychological significance that you don't suspect, namely, a desire to take wing out of the family fortress.

### Wife Preservers



If you haven't a store-bought clothes sprayer to dampen your wash before ironing, take a clean, empty catnip bottle with a screw top, and punch some holes in the top.

## Butterscotch-Pecan Cookies

Grease cookie sheets. Preheat oven to 350° (moderate). Mix and sift twice 2½ c. once-sifted pastry flour (or 2½ c. once-sifted all-purpose flour), 2 tsp. Magic Baking Powder and ¼ tsp. salt. Cream ½ c. butter or margarine and gradually blend in 1½ c. lightly-packed brown sugar; add 2 well-beaten eggs part at a time, beating well after each addition; mix in ¾ tsp. vanilla and ½ c. chopped pecans. Add flour mixture to creamed mixture part at a time, combining thoroughly after each addition. Drop dough by spoonfuls, well apart, on prepared cookie sheets; flatten with the floured tines of a fork. Bake in pre-heated oven 10 to 12 minutes. Remove from pan immediately. Yield—6 dozen cookies.

Always Dependable



## LET'S EAT

# Slow-Cooking Meat Stew Needn't Take Your Time

By IDA BAILEY ALLEN

"WHETHER it is goulash, Irish stew, or a French ragout, it can be the center of a hearty meal," announced the Chef. "Success depends on the way the dish is prepared. Long, slow cooking is essential unless it is pressure-cooked, which can be done in one-fourth the time."

"That's an important point, Chef. Many of the millions of homemakers now holding jobs buy mostly high-priced steaks and chops instead of the moderate-priced beef now on the market, because they don't remember that their pressure-cookers can be used for the quick preparation of all sorts of stews and braised meats."

### Cook Ahead

"Or if one doesn't own a pressure-cooker, the dish can be prepared the evening before, ready to reheat the next day. Once put together, these dishes can cook themselves while you read, watch TV, sew or play scrabble or cards. "One of the important points that should be kept in mind, Madame, is to use enough onion, especially in making a goulash. A trace of garlic, or herbs for seasoning add interest and appetite appeal."

### Good Irish Stew

"A good Irish stew should not be so watery that it must be served in soup plates; it should be made of beef and vegetables cut in large enough pieces and combined in a nice gravy to serve on deep plates. "As for the ragout, or French stew, I make it with plenty of vegetables, and serve American style, topped with your savory biscuits."

Madame, which I like very much.

### TOMORROW'S DINNER

Sardines on Lettuce  
Ragout of Beef with Savory Biscuits  
Braised Carrots  
Pear Floating Island

Coffee Tea Milk  
Ragout of Beef: Peel and slice 6 medium-sized white potatoes; 6 medium-sized onions and 6 medium-sized carrots. Add 2½ tsp. salt, ¼ tsp. pepper and ¼ tsp. thyme. Cut 2 lbs. chuck, neck or shank of beef thin; cut in squares. Cut 4 slices bacon in squares and spread in a 2½-qt. casserole.

On this, arrange the vegetables in layers with the beef. Top with 1½ c. strained canned tomatoes and ¼ c. grape juice. Cover closely. Simmer or bake in a moderate oven, 350 degrees F., for 2½ hours.

If too dry, add a little hot water. Uncover half an hour before it will be done. Top with savory biscuits; bake 30 min.

Savory Biscuits: Sift together 2 c. already-sifted enriched flour, 2 tsp. baking powder, and ¾ tsp. salt. Then add ¼ tsp. poultry seasoning.

Melt 3 tsp. shortening; add 1 minced, seeded, small green pepper and 1 minced, peeled small onion. Sauté until yellowed. Stir into the flour mixture. Add ¼ c. milk.

Pat to ½-in. thickness on a floured board or pastry cloth, and cut into 2-in. rounds. Bake as directed above.

### TRICK OF THE CHEF

Dress sardines on lettuce with lemon juice and pickle relish mixed together.

## ELLEN'S DIARY

by an Island Farmer's Wife

Now stubbles bare on the neighboring farmlands as folks turn to the mauling—home, the "bringing in the sheaves" and the threshing . . . And it comes to mind that in a happy tone: "Never mind sitting down to read the newspaper now, boys—that will keep 'til the night! Ellen, if you've a bite for us, let's get to it . . . Be smart now, smarter than you've ever been before!" And someone of the crew chuckling: "Is there a dessert? Then put it on the table too, so as not to delay us!"

"And we'll join the ladies then for coffee in the parlour!" another adding with a laugh at the suggestion. It is a time for laughs born of thankfulness we think—the threshing, which crowns nowadays in many places, the sunny bringing in of the sheaves.

What an abundance of food is required for the season of it! Leaves vanish like a puff of wind or a star that slips through the night, cakes, pies—there is no last to them at all! And how good it is for the housewife with no lagging appetite to cater to and no uneasiness that her presentations are not acceptable.

There was a clean wind in the trees today and the sun caressed lovingly the now worn shoulders of the hills. But now it is as many declare "the best moon of all" which climbs regally the blue steps

of the heavens . . . The Harvest Moon of the year, to light once more with silver beams the quiet fields of our valley. . . . Until tomorrow . . . Diary . . . Good-night . . . .

Threshing! While the word is not as significant as once to this farmer, it still contains much meaning. It indicates the placing of extra boards in the table and more chairs than usual drawn up about it. Sometimes means a flush of face not stimulated entirely by affection at the moment it appears. It rises unbidden with a fluttering of the heart when the minute hand of the clock halts briefly the hour hand at noon. And we hear the voices of the hungry threshers in

the yard, and shortly, steps on the porch . . . .

At the very word of it we can fancy them there, James remarking in a happy tone: "Never mind sitting down to read the newspaper now, boys—that will keep 'til the night! Ellen, if you've a bite for us, let's get to it . . . Be smart now, smarter than you've ever been before!" And someone of the crew chuckling: "Is there a dessert? Then put it on the table too, so as not to delay us!"

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## Cabinet Minister's Wife



Mrs. Walter Harris, wife of the new finance minister, says she likes election tours but can do without the social whirl of cocktail parties, meeting foreign dignitaries and attending tea parties that go with being the wife of a cabinet member. She says it's hard to find time for her music and church work.—(CP Photo).

### By PEGGY THOMAS

Canadian Press Staff Writer  
OTTAWA, (CP) — Ever wonder what it's like to be the wife of a federal cabinet minister?

There's the social whirl of cocktail parties, meeting foreign dignitaries, attending tea parties, and the rigor of an election campaign.

Mrs. Walter Harris says she could get along without any of it, except perhaps the election tours. The wife of the new finance minister enjoys campaign trips because she said in an interview, "I like people—generally—and like to meet and talk to others."

### NOT MUCH TIME

But she finds nowadays she can't get enough time to do the things she wants. In her case it's music and church work. She was a music teacher before her marriage and was active in the United Church in Markdale, Ont., the home town of the Harris family.

At one time her church work showed signs of developing into a full-time job. "You know how it is in a small town," she said.

She played the organ for a choir of about 25 boys. She has sung in choirs herself but gave it up soon after coming to Ottawa four years ago.

"I had to be absent so much it wasn't fair to any choir master for me to be in his company."

Friendly, cheerful Mrs. Harris was born on a farm but left it when she was nine to live in Toronto where she grew up and attended the Toronto Conservatory of Music.

### MOTHER OF THREE

Mrs. Harris is a diligent housekeeper and mother. She says she's

of the heavens . . . The Harvest Moon of the year, to light once more with silver beams the quiet fields of our valley. . . . Until tomorrow . . . . Diary . . . Good-night . . . .



### Cook's Corner

SOUR CREAM DROP COOKIES

1 cup brown sugar  
½ cup shortening  
1 egg beaten  
¼ cup sour cream  
½ teaspoon salt  
2 cups flour  
½ teaspoon nutmeg  
½ teaspoon soda  
2 teaspoons baking powder  
Nuts or raisins.

—Mrs. Thomas Hardy, Bloomfield Station W. I.



This is IT! The new, faster, easier HOME PERMANENT, so quick it named itself!

# Quick by RICHARD HUDNUT

With the lanolized waving lotion that takes in only 10 minutes!



I'm for lanolin! Why risk that dry, dull, lifeless look when there's lanolin in QUICK'S waving lotion to help protect your hair from damage...keep it healthy! My QUICK curls are soft and shiny and perfect lambs to manage.

You think a pin curl's fast? It's the over-all timing that counts! QUICK'S waving lotion takes in only 10 minutes; with my short hair I can give myself a QUICK in just 1 hour. That includes winding, waving, neutralizing!

QUICK'S easy as pie! Just three things to do. Wind, wave and neutralize. And what a neutralizer! It's actually a Wave Vitalizer, and you dab it on your curls just once, quick-as-a-wink. Makes them last longer...lots livelier!

Pick the Quick that's right for you

REGULAR for normal hair

SUPER for fine hard-to-wave hair

GENTLE for easy-to-wave hair

bleached, dyed or tinted hair

\$175



Pick QUICK if you want a longer lasting, livelier wave that you can't tell from naturally curly hair!

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Richard Hudnut  
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City Cancer Workers Tonight

The final turn-in for the General City Cancer Canvass will be tonight (Friday) at seven (7) o'clock at the Legion Hall.