WOMEN

LET'S EAT

Homemade Tea Breads Aren't Too Fattening

By Ida Bailey Allen

"In England, Canada, Bermuda, Australia, all the English-speaking countries we have visited, tea breads are popular, Madame. They are perfect with a fruit compote, jam, jelly, or cream cheese for dessert. Wonderful to top off a brunch; and nothing is nicer with tea in the afternoon.

Fewer Calories

"To most American homemakers they are somewhat new, Chef. Although called 'breads' they can be used instead of cake. And as they are made with much less shortening and sugar, and are not iced, they contain fewer calories per slice."

"Here is a new poppy seed tea bread to test, Madame."

All Measurements Are Level

Poppy Seed Tea Bread: Sift together 2 c. already-sifted enriched flour, 1 tsp. salt and 2½ tsp. double acting baking powder. Mix in ½ c. poppy seed.

Cream ¾ c. sugar, ¼ c. shortening and 2 eggs together. Blend in 1 tsp. grated lemon rind and 1 1/3 c. milk.

Add, all at once, to the flour mixture. Mix only until ingredients are blended (about 30 strokes), using the folding mmethod. Stop at the end of the 15th stroke to scrape down the bowl and spoon.

Turn into a well-oiled lightly floured 9"x5"x3" bread pan. Bake 1 hr. in a preheated oven, 350 degrees F. Cool. Yield, 15 slices.

Serve as a dessert with butter or cream cheese, stewed fruit, or a fruit compote; or spread with cream cheese and jam for either dessert or afternoon or TV tea. Try the following spiced rhubarb and orange jam for a perfect combination with poppy seed tea bread.

Spiced Rhubarb-Orange Jam: Cut 3 lbs. washed, diced fresh rhubarb into ½" pieces. Add 2 lbs. (4 c.) granulated, cane or beet sugar, 2 c. diced peeled oranges, a few grains salt, ¾ tsp. ground cinnamon and ¼ tsp. ground clove. Simmer-boil 40 min. over a low heat. Stir often. Remove from the heat. Transfer to sterilized glasses; seal with parrafin. Makes 7 (6 oz.) glasses.

TOMORROW'S DINNER

Chilled Vegetable Juice
Radishes Celery
Fish Steak Platter Butter Sauce
Chived Potatoes Corn Fritters
Poppy Seed Tea Bread
Rhubarb-Orange Jam
Coffee Tea Milk

Cook Ahead for Sunday

Here is a menu for Sunday you can prepare almost entirely the day before.

SUNDAY DINNER

Asparagus Vinaigrette
Chicken Fricassee
Biscuit Topping
Flaky Rice Mixed Vegetables
Strawberry Bavarian Cream
Coffee Tea Milk

Use canned asparagus for the first course. Moisten with vinaigrette dressing, and refrigerate. Serve on lettuce; colorful garnish of radishes.

Prepare the fricassee on Saturday, Refrigerate in a big low baking dish. On Sunday, top with prepared biscuits and bake.

Make the Bavarian in advance.

All you have to entirely cook for Sunday dinner are flaky rice and frozen mixed vegetables.

Strawberry Bavarian Cream: Thaw 1 (12 oz.) pkg. frozen strawberries. Drain, and save the syrup. Add 2 envelopes unflavored gelatin to ½ c. of the syrup.

Separate 2 eggs. Beat the yolks until light; stir in ½ c. sugar.

Meantime, in a double boiler, scald ½ c. milk. Stir into the yolk mixture; stir in the gelatin. Return to the double boiler. Cook and stir about 3 min., or until thickened.

Remove from the heat; add the thawed strawberries and 1 tsp. lemon juice. Refrigerate until slightly thickened.

Next beat the 2 egg whites stiff; beat and add 1 c. heavy cream whipped stiff. Fold into the strawberry mixture.

Rinse 8 good-sized custard cups or 1 (3 pt.) mold, with cold water. Spoon inthe Bavarian cream. Refrigerate until firm, about 4 hrs. Unmold. Serve with a garnish of whipped cream, or extra nearly-thawed frozen strawberries and juice. Makes 8 servings.

CHIVED POTATOES FROM THE CHEF

Boil or pressure-cook 1 doz. medium-sized peeled white potatoes. Before serving, roll in ½ c. melted butter, then in 1/3 c. fine-snipped chives.

Red Cross Gift From Ceylon

A gift from the Ceylon Junior Red Cross to the Canadian Junior Red Cross has recently been received in Charlottetown, as in other Canadian centers. It expresses the thanks of the Ceylonese for gifts of food and clothing during the past year for needy children in that country. Shown above are four members of the Charlottetown High School Red Cross Council as they present a gift of tea to the Sacred Heart Home. From l. to r., Rev. Bernard Gillis, Chaplain; Suzanne Francis, Notre Dame Convent; Jennie McDonald, Notre Dame Academy; Mary Smith, Rochford Square School; Jane Morrison, Queen Charlotte High School; Rev. Sister Mary Eugene, Superior; and Rev. Sister Mary Camillus, Assistant Superior.—**(Photo by Barter).**

ELLEN'S DIARY

by an Island Farmer's Wife

Gentle snowflakes drifted down today, quiet bits of white from among the last of Marches stores . . . clinging damply to bush and shrub, powdering winsomely the spruces along stream and hill, spreading lightly a clean counterpane over the drab of meadow and furrowed field.

"I let my imagination take me back to what the snow looks like on spruce trees and how the drifts can shape on a broken landscape" an Island girl of once, an army-wife now, writes from prairie places in an extremely interesting letter to bring us scenes with her fine pen we are unlikely ever to see in the flesh. "It is strange for me to realize my (two) boys have never even seen a sleigh in winter."

* * *

"This winter has been different—not such extreme cold as in past years but plenty of wind and snow. The climate is very different from that of the Maritimes and I find it more healthy for we seldom have colds. The cold is very dry and clear. I haven't seen any rain from late fall to late spring, so we don't have silver thaws."

"The winter sky seems to have trillions of stars; at the outside edges of the Camp, miles and miles of unbroken white, makes me shudder when I view it at night and think of how hopeless it would be to be lost there. When I see the white wastes which stretch right to the North Pole, it is easy to understand what Robert Service meant by the "Great Alone."

"To Westerners, distance means nothing . . . You would be far away from a neighbour on a farm out here! There are no more than six farm homes to be seen in the twenty mile drive from here to town. That never seemed too drastic to me until I set out one night in a slight snowstorm to drive to meet my husband at a depot seven miles from Camp."

"The needle of the temperature dial began climbing at a dangerous rate, for I had the front cover of the radiator buttoned and the weather had turned milder. It was dangerous to stop on the highway on account of the poor visibility, so I decided to turn in at a farmhouse, until I realized that ther was only one home on the route and that one near the depot!"

"However, I reached the depot without mishap, but it made me think about how the farmwives must feel when they look out at night and see no comforting neighbour's light . . . The land is so still and dark when the grain isn't growing, but when spring comes, the green wheat shoots up and from then until the climax, when acres and acres meet the eye, it seems more friendly and cheerful. The pioneer wives must have had real courage out here."

"Our fourteen year old son was born on P. E. I. and holds a very big place in his heart for the Land of his birth. Our eight year old loves the West and expects to see cowboys and Indians streaming over the place. We went on a trip through the Dakotas and Montana last year and he loved seeing the cowboys and Rodeos they have in Western fairs. The real cowboys down there don't drive horses but fine cars!"

* * *

"It was a strange and wonderful country to see, but I kept comparing it mentally with The Island and it came off second best . . . The only other place where I have seen red soil and green, green grass was in Northern Wisconsin. To my mind, it was easily the most beautiful State we saw from Maine to the West."

* * *

What a nice letter, from a lass whose homeland sleeps tonight with snow powdering its spruces!

Until tomorrow — — — — Diary
— — — — Good-night . . . . .

MARY HAWORTH'S MAIL

Fears Mother-In-Law's Ire If Child Is Taken From Her

DEAR MARY HAWORTH: I am a divorcee, 38, recently married to a widower my age. I have two boys and a girl, talkative happy affectionate extroverts, like me. Boyd enters into this spirit wholeheartedly; and one of the reasons he married me, I am sure, was to include his daughter Jenny, 13, in our family.

After her mother's long illness, Jenny was shifted about from one family friend to another, then finally left with Boyd's mother a year ago. From what I've seen, the grandmother's unstinting (if "spoiling") love was just what the child needed to give her a sense of security at the time. But now Boyd wants her with us, as we all do.

However, Mrs. B. (I'll call her) is influencing the child against me, and openly tells Boyd she won't give her up. Mrs. B. isn't too well, can't adequately supervise the child's activities, and her home isn't a proper environment for a teen-ager, I feel. Jenny, aware of the grandmother's illness, is showing signs of let's say, evasiveness — which bodes no good for her future.

Mother Requires Psychiatric Care

Mrs. B. has had shock treatments and some psychiatric care when her beloved sons married, and again at the prospect of "losing" her grandchild. Therefore my husband is reluctant to cross her will and assert his rights as a father. Jenny seems to enjoy my children and I truly believe I would be an understanding substitute for her mother (without forcing the role); but she seems rather indifferent to me, as she probably would be to anyone her father married.

Should we force the issue and take the child for her own sake, risking the possibility of Mrs. B's breakdown? Or disregarding Mrs. B, is it better for Jenny to stay where she is — where she has developed some sense of security? I personally feel the child shouldn't have to make the decision, because in the event she chose her father and us, and Mrs. B. had a breakdown, the child might have strong feelings. I should appreciate your views, as there is no adequate counselling service near here. B. R.

Parents Seem More Qualified

DEAR B. R.: An emotionally disturbed elderly person is an unfit custodian for a teen-age child, if more appropriate arrangements are possible. Thus if you and Boyd sincerely wish to be parents to Jenny, I should think she belongs in your household, for all sorts of constructive reasons; and, therefore, steps to that effect should be carried through, without weak-kneed deference to the child's or grandmother's views, in the crisis.

From what you say of Mrs. B, I gather she is precariously unstable in dealing with life. This seems implicit in her recent history of having shock treatments — a modern antidote to certain patterns of mental disorder. And implicit also in her turning to psychiatric care when her sons got married, and again since she is battling the prospect of "losing" her grandchild to you.

It is no compliment to Jenny's parents if the past year with her grandmotherd has been a good experience comparatively, in terms of giving her a sense of security missed before. But you suggest that this is so; and reading between the lines of your letter (here condensed) I get the impression that Boyd's performance as a father was pretty escapist, especially after his wife died — in parking the child with various friends, and finally taking her to his mother. A responsible, organized, sympathetic father would have steadied himself to stand by Jenny, and stay in the picture—whereas Boyd cleared out, ostensibly on business.

Get Specialist Slant On "Mom"

However, considering the fearsome influence of his mother's immaturity, perhaps Boyd is doing remarkably well in trying to meet his problems. His reluctance to force the issue with his "Mom" is understandable, but if he has to choose between humoring her, and giving his child a healthy break, he is duty-bound to put the child's welfare first, I think.

Now for a concrete suggestion: you and/or Boyd should talk with Mrs. B's psychiatrist, to get the specialist's slant on the damage (if any) to Jenny, if grandmother keeps the upperhand. I imagine the expert will say "Take the child, for the child's sake" — in which case he may also indicate how to handle the whole complication wisely. M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

KEEP IN TRIM

Rolling Irons Out Bulges

By Ida Jean Kain

Winter's gone, spring's on . . . so roll off the bulges. No getting around it, bulky hips take the dash out of a suit skirt. The most ruinous bulges, according to complaints from shortwaisted gals, are the pincushions of fat padding the sides of the upper hips, just south of the waistline. There the fat pads cling, squaring off the "figger." Rolling is the remedy.

The technique is to bring pressure to bear by rolling soft fat against the hard, unresisting floor. Ease into a straight roll . . .

Lying back on floor, legs straight down. Roll slowly and heavily across the hips to the side thighline, then roll back across hips to rest heavily on the other thighline. Continue for 25 slow counts.

To smooth off the window-box spread, shift to this angle . . .

Sitting on floor, lean back so as to bring weight to bear directly on the upper hip spread. To get the right angle, bend knees, keeping feet together. Roll slowly along the thighline, then pushing with the hand, roll back across upper hipline, clear over to rest on side thighline. Continue for 25 counts, always slow motion.

Follow by bouncing directly on fatty pad . . .

Half reclining on floor on left side, rest on pincushion of fat padding thighline. Your weight is partly supported on left forearm, left leg straight down, right knee bent, foot on floor. The action is to bounce, bounce, bounce up and down, smack on the fat padding the gluteus medius and the gluteus minimus muscle on side thighline. That action really hits the spot. Change sides and bounce up and down heavily on the opposite fat pad.

Since rolling is passive exercise, always finish with an active circulation jogger. Again, lying on left side, head on folded arm, legs straight down. The action is to flex right knee briskly toward chest, shoot leg straight down, then swing vigorously toward rear. Hold the movement on that backswing for a few seconds. Do this to a count of 1-2-s-w-i-n-g, hold. Ten times will do. Then change sides and repeat. In this exercise the flexion and swing of leg is past the 45 degree angle necessary to bring the gluteus maximus muscle on the back of the hips into action.

This rolling routine is guaranteed to shape hips to suit the most streamlined skirt styles.

CONFIDENTIALLY YOURS
by Eyrne Hope Sanders

MONTREAL, March 31st—"Have a cup of hot coffee—this instant!" It's a joy to say that to a tired member of your family—and a joy to watch their pleasure in the fragrant delight of Instant Chase & Sanborn Coffee. It really is *good* coffee! Have you come across those charming gentlemen, Mr. Chase and Mr. Sanborn . . . and their argument as to what makes their coffee so delicious? Mr. Chase says it's his unique method of brewing and extracting all the rich coffee essences. But Mr. Sanborn vows it's the top-quality coffee beans that's the *real* secret! Both, I think, are right. If you have not served INSTANT CHASE & SANBORN COFFEE to your family—*do* try it!

During The Lenten Weeks . . . you'll find DAINTY RICE a *great* help in planning nutritious meals. For instance—serve Chinese Fried Rice, and see how good it is! Place 3 tbsps. of salad oil and a pinch of pepper in a heavy ten-inch frying pan. Fry an egg in it, over a low heat, until firm. Remove egg and cut it into shreds. Add ¼ lb. of fresh mushrooms and two tbsps. sliced shallots (spring onions) to the oil and cook gently. Add shredded egg; three cups of cooked Dainty Rice; two tbsps. of Soya or Chinese sauce; half a tsp. of sugar. Stir until well mixed and rice is warm—then serve to your happy family! They'll *love* it.

I Got A Lovely Letter This Week . . . from a column reader who said "Thank you so much for telling us about the IAC *Merit Plan*. It has greatly improved our home life because through its help we bought an oil burner this winter. I am not strong, and running the furnace was a bit of a nightmare for me, as my husband travels a good deal. This year, we were warm and cosy *all through* the winter—and we're paying for the burner, comfortably, and sensibly, *out of income*." Yes, indeed, the IAC MERIT PLAN *is* the modern way to better living through planned buying of cars, appliances and household equipment. And like our friend, why don't you ask your dealer to tell you all about the advantages you'll find when you buy through the famed IAC Merit Plan?

Dishes Done — Kitchen Tidy! That's when I whip out my favorite Campana's ITALIAN BALM and smooth *one drop* of the delicately fragrant lotion into my hands. A pleasant finish to a daily household chore—and a *wise* one, too! For Italian Balm contains 16 medically proved ingredients—designed to keep your skin soft and pretty. So—after every exposure to Work—Water — Weather — give those busy, *busy* hands of yours a simple beauty treatment with Italian Balm. Use *plenty* of it for children's hands to avoid chapped skin. There's a SPECIAL HAND CARE OFFER now — of one household size, plus one travel size bottle—for only 65c!

Here's A Story—I love to tell, because it's about the pride we women feel in household chores *beautifully* done! It's the story of GLIDE—the Liquid Laundry Starch—that's prepared *in an instant!* All you do is *add water to Glide!* There's blue in Glide to add whiteness—and wax to smooth your ironing. As thousands of young women are discovering, Glide makes a *wonderful* difference to the appearance of clothes—and to the way they stay *fresh and crisp!* Use Glide—for men's shirts, table linens, curtains, blouses, children's frocks and cotton dresses. They'll be crisp, clean and lovely—with that *professional* look!

I've Never Believed . . . in coaxing my children to eat. But found that if I prepared something nice for them, and served it with pleasure—they enjoyed it. Take BREX, for instance, the whole grain cereal with *extra wheat germ added.* You're giving your family precious B vitamins and other essential nutrients when you serve this delicious, hot cereal—and you're giving them a cereal with that pleasant nutty flavor that most people—grown-ups or youngsters—really enjoy. Brex cooks to perfection in 3 minutes—so there's no trouble in serving this fine breakfast cereal with ease—and with pleasure. Do make a point of getting some today! You'll soon find Brex in a very attractive new blue package—containing new ideas for using Brex in muffins or meat-loaf.

I've Found A Wonderful Way to get youngsters to take all the milk they need. Serve them plenty of ROYAL INSTANT PUDDINGS! You see, with these delicious creamy puddings, children get the benefit of the fresh milk used in preparation *and* the important food-energy in the puddings themselves. And it's so easy for you . . . Royal Instant Puddings are cooked to perfection . . . all you do is mix them with cold milk and serve! I know you'll find Royal Instant are exceptionally light, fluffy, and easy to digest, too . . . because they're the ONLY puddings that are *super-homogenized!* I suggest you try all four flavors—chocolate, butterscotch, vanilla, and coconut cream.

Cook's Corner

BAKED LIVER

Dip liver in bowl containing boiling water. Then place in bowl containing mixture of egg and cracker crumbs. Place in baking dish without adding any fattening, and place strips of bacon over liver. Bake at 350 degrees for 25 to 30 minutes.

MORNING SMILE

"Jackson and Williams had a terrible row at the club last night," said Wilson.

"His companion looked surprised. "That's strange," he said. "I thought those two were inseparable.'

"They were," said Wilson. "It took six of us to drag them apart."

Household Hint

To strengthen pockets at the corners and keep them from tearing, a second row of stitching is usually enough for the pockets on a blouse. For dresses or apron pockets, lay a piece of tape on the under side in line with the pocket top. Stitch it in with the corners.

ROCH FORESTS

French Equatorial Africa has 300,000 square miles of tropical forest, rich in timber.

Wife Preservers

To remove nail polish stains, sponge with banana oil or nail polish remover.

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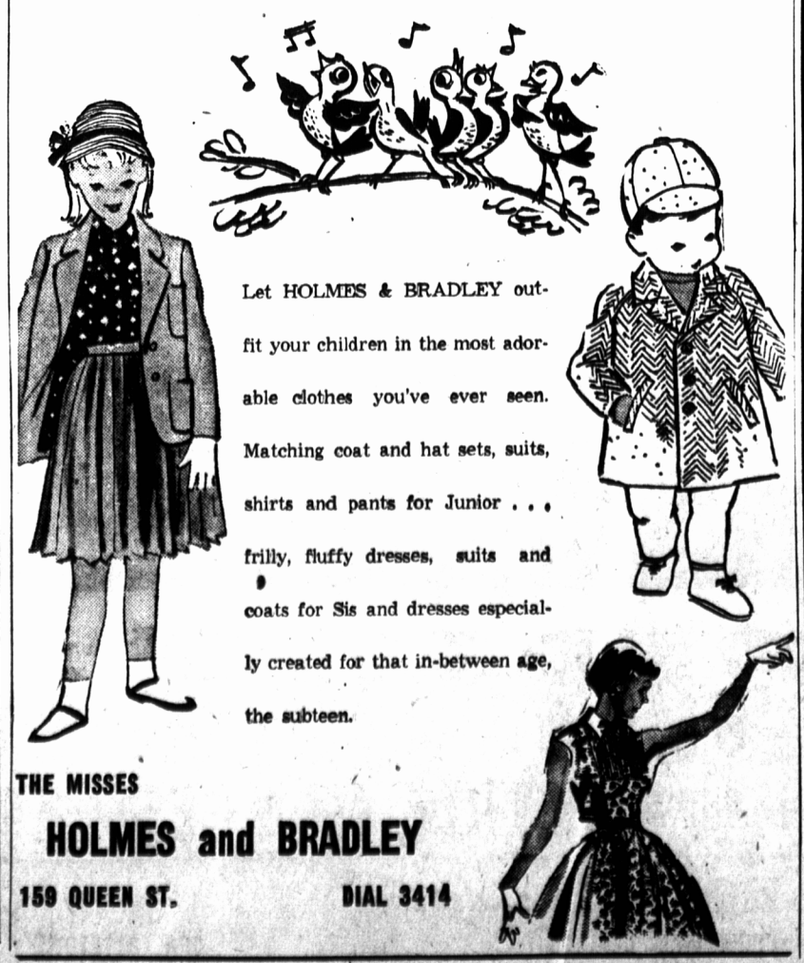
FLAKY COFFEE CAKES

● Scald ⅔ c. cream, 2 tbs. granulated sugar, 1 tsp. salt and ¾ c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl ½ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.

Add cooled cream mixture and stir in 3 well-beaten eggs. Stir in 2 c. once-sifted bread flour; beat until smooth. Work in 2½ c. (about) once-sifted bread flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and set in a warm place, free from draught. Let rise until doubled in bulk. Mix ¾ c. granulated sugar and 2 tsps. ground cinnamon; sprinkle half of this mixture on baking board. Divide dough into 2 equal portions and turn out one portion onto prepared board. Roll out into a 12" square; fold from back to front and from one side to the other. Repeat rolling and folding 3 more times, flouring board lightly if it becomes sticky. Seal edges of folded dough and place in a greased 8" square cake pan and pat out to fit the pan; butter top lightly and press walnut halves well into the dough. Sprinkle remaining sugar and cinnamon mixture on board and treat second portion of dough same as first portion. Cover and let rise until doubled in bulk. Bake in a moderate oven, 350°, 15 mins., while preparing the following syrup; simmer together for 5 mins., 1 c. granulated sugar, 1½ tsps. grated orange rind, ¼ c. butter or margarine and ¼ c. orange juice. Quickly pour hot syrup over the 2 partially-baked cakes and bake cakes about 15 mins. longer. Stand baked cakes on cake coolers for 20 minutes, then loosen edges and gently shake from pans.



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