

# WOMEN

Page 8 The Guardian Thursday, March 17, 1955

## ELLEN'S DIARY

by an Island Farmer's Wife

So, St. Patrick's Day comes—are ye and whence came ye? And Patrick said: "Better were it for you to confess our God, the true God than to ask of what kin we are." And the first maiden said: "Who is your God? And where is God? And whose God is he? And where hath he his habitation? Hath he sons and daughters, gold and silver? Is he everliving? Is he lovely? Hath he many fosterers for his son? Are his daughters dear and lovely to the sons of men? Is he in heaven or on earth, in the sea or in the rivers or in the mountains or in the valleys? Tell us how we may know him, how he shall be seen, how loved, how found. Is he young or is he old?"

"And St. Patrick full of the Holy Spirit answered and said: 'Our God, the God of all men, the God of Heaven and earth, the God of the sea and of waves, the God of the sun and moon and of all the stars, the God of lofty hills and the lowly valleys, God above earth and in Heaven and under heaven, hath his habitation both in Heaven and earth and sea and all that is therein. He inspires all things: He quickens all things. He surpasses all things. He sustains all things. And he went on to preach the faith of the Trinity of them, and they believed and were baptized, and Patrick put a white veil on their heads.'

"We look, through the misty clouds of legend, tradition, miracle and myth, but we can clearly discern the figure of St. Patrick, the Roman-British preacher driven into exile and giving his life to the Irish people, so that they may have life more abundantly.

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

## ANNE ADAMS PATTERNS



**STORK-TIME STYLES**

What to wear? Mom-to-be, don't worry! Whip up a new top or skirt in a day with this sew-easy pattern! For casual wear, sew the checked version with or without the Peter Pan collar. For cool comfort on 80-degree days, choose the scooped-neck, cone-shaped top. Make it in a glamour fabric too, for evening! Send now!

Pattern 4705: Misses' Maternity Sizes 12, 14, 16, 18, 20. Size 16 skirt, 2 yards 35-inch; top with pockets, 3 yards; ¼ yard contrast.

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, c/o The Guardian, 60 Front Street West, Toronto.

## MORNING SMILE

Commanding officer — We're outnumbered four to one, so do your stuff.

Old Joe, a Kentucky mountaineer, began to blaze away, but in about five minutes he stopped and leaned his rifle against a rock.

Officer—What's the matter?

Old Joe—Well, I got my four.

## Crusty, Crunchy DINNER ROLLS

● They're really ritzy — and no trouble at all to make, with new Fleischmann's Active Dry Yeast! Gives you fast action — light doughs — and none of the bother of old time perishable yeast! Get a dozen packages — keeps full strength without refrigeration!

## CRUSTY DINNER ROLLS

● Measure into a large bowl ¼ 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 ¾ c. lukewarm water and 1 tsp. salt. Add, all at once, 3½ c. once-sifted bread flour and work in with the hands; work in 3 lbs. soft shortening. Knead on lightly-floured board until smooth and elastic. Place in greased bowl. Cover with a damp cloth and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough in bowl, fold over, cover and again let rise until doubled in bulk. Turn out on lightly-floured board and divide into 2 equal portions; shape each piece into a long roll with 1½" in diameter. Cover with a damp cloth and let rest 15 mins. Using a floured sharp knife, cut dough into 2" lengths and place, well apart, on ungreased cookie sheets. Sprinkle rolls with cornmeal and let rise, uncovered, for ½ hour. Brush with cold water and let rise another ½ hour. Meanwhile, stand a broad shallow pan of hot water in the oven and preheat oven to hot, 425°. Remove pan of water from oven and bake the rolls in steam-filled oven for 17 hours, brushing them with cold water and sprinkling lightly with cornmeal after the first 15 mins., and again brushing them with cold water 2 minutes before removing baked buns from the oven. Yield — 18 rolls.

## Cook's Corner



## PINEAPPLE GELATINE DESSERT

Heat 2 cups of milk in double boiler. Dissolve 2 pkgs. gelatine in almost 1 cup water. Let stand 10 minutes. Put gelatine in milk and cool 10 minutes.

Then add:

4 beaten egg yolks  
½ tsp. salt  
1½ c. sugar  
1 large, 1 small tin crushed well drained pineapple

Cook until thick. When cold, fold in one pint whipped cream and beaten egg white. Break one large angel food cake in pieces. Place cake in bottom of pan. Add alternate layers of cake and custard. Garnish with whipped cream and cherries.

## Household Hint

Electric mixers are taking on a new look. One manufacturer is offering portable mixers in yellow, pink or turquoise, to match some of the colors of their new refrigerators. Prices of the colored mixers are to be the same as for white ones.

## LET'S EAT

## Frenchwoman Serves Interesting Omelettes

By Ida Bailey Allen

"Here is a restaurant menu different from any under the sun," observed the Chef. "It is composed only of omelettes, no less than 350 varieties and combinations. An omelette, a tossed green salad, a French croissant or brioche, coffee and French pastry are the only foods featured.

"Which omelette will be your pleasure, Madame?"

"The Mid-Winter Omelette, Monsieur. And you?"

"I shall order Omelette Fontainebleau.

The omelettes arrived big and well-filled they were, but daintily, with a parsley garnish, served on warm plates, each plate different and decorated with a few bars of music from a famous opera.

## Perfect Omelette

The Chef tasted. "Perfect!" he exclaimed. "This is home cooking in the best French tradition. 'But here is the proprietress, Madame Romaine de Lyons.'

"How did you happen to start an omelette restaurant?" I asked her.

"Before the war I came to the United States from Lyons, France, with my husband, who was in the silk business," she told us. "Unfortunately, he died suddenly. I was alone. All money was lost.

## Two Hands and a Gift

"But still I had my two hands, and one gift — I knew how to make real French omelettes. I suddenly remembered that, in my childhood home, my mother often served eggs on savory meat or bits of fish and vegetables, and it

## KEEP IN TRIM

## Reducing Leads To New Life

By Ida Jean Kain

The newly found feeling of self-confidence expressed in letters from successful dieters is most rewarding. A heartwarming example is the courageous Ohioan who proudly writes that she has succeeded in getting down to exactly half her original weight!

"I must write and let you know how proud I feel of myself. Ever since I was a child, overweight has been a big problem. At nine years of age, I weighed over 100 pounds and kept right on gaining. At 35, I weighed 252 pounds . . . and I cannot describe to you how defeated I feel, or how embarrassed I was when I tried on clothes, trying to find something — anything — to fit me."

"Finally I made up my mind I was going to do something about it — and I did. I am now 40 and what a wonderful difference. I weigh 126 pounds with these measurements: Bust 34, waist 27, hips 37. What a pleasure to go into a store and be able to slip into size 16 with the greatest of ease. I feel fine and free. Without that burden of fat, I can get around so much better. Truly, no words can express the difference. I wouldn't go back to 252 pounds again now!"

"I use your protective pattern of eating to keep my weight normal. Enclosed is a self-addressed envelope. Please send me the 'Take Your Choice Diet,' the leaflet on Slimming Clubs, and another Calorie Chart. Mine is worn to tatters.

"Thank you for helping us



Her most beautiful half.

heavyweights. I know now that all overweights can lose — if they honestly want to and make up their minds. I'm really proud now — and they can be too."

We all salute you! What you have achieved requires courage of a high order. For you the second 40 years will be far happier and infinitely healthier.

All interested overweights, tune in here. Make that important inner decision to reduce and banish the burden of fat and you can change your life. Firmly make up your mind that this is the last spring you will be overweight. Set your goal. On the scientific plan of eating, you can lose 25 excess pounds by this summer. And, if need be, another 25 pounds before the leaves come tumbling down next fall. But don't go on some silly diet and try to half starve. You can't stay with that kind of diet. Check with your doctor. On the protective pattern of eating you can lose weight healthfully and look and feel the way you did all those excess pounds ago.

## ROUX Colour Shampoo



Gray streaks disappear and you renew the bright, youthful-looking loveliness of your hair.

Simple . . . easy . . . you will look years younger.

Ask at your Cosmetic Counter in Drug or Department stores.

## MARY HAWORTH'S MAIL

## Mother Forbids Son To Speak of Marrying

DEAR MARY HAWORTH: I am a young man of 20, and for five years I have been going steady with Hilda. I am closer to her than to anyone else in my life; and we have come to love and respect each other so much that we plan to be married shortly.

Unfortunately, my mother is wholeheartedly against our marriage plans. She has never given me any reason why I shouldn't marry Hilda. When I ask her why,

she simply says, "Don't ever ask me anything about you getting married."

If I marry Hilda, the shock will kill mother. She has had one stroke already—last year. And last September she had a terrible time with major surgery. She has done so much for me in the past — helping me through school, and at play, and in my personal problems, which we all seem to have at one time or other. I love her so much, and I don't want to hurt her.

But of course I have my life and Hilda's to think about too; and to really confuse matters further, Hilda now tells me that she is expecting a child. So you can see the gravity of my prob-

lem, and I would appreciate any guidance you can give me. J.S.

**My Mom Dies, Who's GUILTY?**

DEAR J. S.: It is proper to have compassion on your mother's childish, fretful, neurotic personality—which is the basic cause of her more recent bodily ailments. But it isn't right to believe for a minute that her weakness of character entitles her to make a mess of your life, by keeping you tied to her apronstrings—as her captive domestic companion.

You say if you marry Hilda, the shock will kill your mother. The shock of what? Of being frustrated in her wretched determination "to have and to hold you" as hers exclusively? Of being obliged to

face the fact that you are capable (healthily) of loving and, or, others, besides herself? Or, of realizing that you've somehow claimed a core of strength — sufficient to put you over the top, in your struggle for inner freedom—so that you can go on and become a man, not the mom's puppet she'd have you remain?

If you marry Hilda—as indeed you should, for various reasons—and your mother falls back and dies, this wouldn't be a tragedy of your doing. On the contrary, her demise in such circumstances, in a mood of bad will, would signify her mulish destructive preference to die, rather than make rea-

Continued on Page 11

# NEW LOW PRICE

Lower world price of coffee beans means a new lower price for...

## NESCAFÉ



Coffee bean prices are down on the world markets. Even the choice grades used in the making of Nescafé are costing less. And the saving is being passed on to you. Only the price is changed. You'll enjoy all the convenience and delicious flavour that has made Nescafé first favourite everywhere.



## ADDED SPECIAL SAVING

"Get-acquainted" offer for limited time only

IN ADDITION TO THE SAVING ON NESCAFÉ'S NEW PRICE YOU SAVE MONEY ON THIS SPECIAL OFFER. For a limited time your grocer is offering Nescafé at the new price LESS 10c on the regular jar and LESS 25c on the giant economy size. Get an extra jar next time you shop and save more. And enjoy better flavour cup after cup than you've ever known with ground coffee.

# MANUEL'S

- Johnsons Hard-Gloss Glo-Coat Pint Tin 59c
- Pride 8 oz. Bottle 79c
- Blem 50c Special BOTH FOR 79c
- JOHNSON'S PASTE WAX 1 lb. tin 59c
- KITTY KAT CAT FOOD A properly balanced diet. Fortified fresh fish base. 25 oz. CAN 13c
- GRADE "A" FOWL, 6 to 8 lbs., lb. . . . . 35c
- LARGE SIZE ORANGES, 2 doz. . . . . 59c
- CHASE & SANBORN COFFEE, 1 lb. tin . . . . . \$1.15
- LARGE SIZE RINSO, 2 pkgs. . . . . 69c
- ROBIN HOOD WHITE CAKE MIX, 2 pkgs. . . . 45c
- MACHINE SLICED BACON, lb. . . . . 49c
- APRICOTS 20 Oz. Tin 33c
- KRAFT DINNER 15c
- MAPLE LEAF LARD 39c
- PERFECTION MILK 6 Tins 85c
- MEDIUM SIZE PRUNES 19c
- SEEDLESS RAISINS 2 Lbs. 37c
- WHITE BEANS 2 Lbs. 29c
- TOILET TISSUE 25c
- PEAS 35c
- RASPBERRY JAM 24 Oz. Bot. 39c
- ROYAL INST. PUDDING 25c
- FRESH HALIBUT 59c
- SMOKED FILLETS 35c
- BONELESS COD 35c

36 ELM AVENUE FREE DELIVERY DIAL 6580 — 6589

## MOORE & McLEOD Limited

PRESENTS Wonderbra 'Petal Burst' in an exciting new fabric DACRON and Egyptian Cotton

More absorbent — more easily laundered. Quick drying — longer lasting. A B C Cups. Sizes 32-38.

\$2.95

## MOORE & McLEOD Limited

