

WOMEN

Page 8 The Guardian Friday, February 11, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

Snow buntings visited the orchard today—a drift of them like so many over-size snowflakes to settle a while there beneath the old trees before lifting to fly towards the snowy fields up the rise beyond. . . . There where the millstream has worn away the ice at the bridge of lane, wild ducks boated, rising in startled flight when Blackie scouting ahead of us at midtime stopped to look over at the sight. And another bluster or two of snow, a few more specks of frost—it came to mind—and then spring will be over these farm-lands.

But now February walks them, stepping along the sunny sparkling white of them, and by the cool blue shadows, bringing the glory of the sunset and the lengthened twilight hushed and so lovely. And thoughts go on to the months ahead. "One of these times we must reckon what grain we'll be needing to sow" one of the farmers said today.

Now time is devoted to the choring—and today there was the hauling-in of store-feed from the highway by horse and sleigh since the snowy lane will not allow machines to reach the yards. There must be ample supplies of this on hand in the event of stormy weather: for the hogs fattening, the mamma-pigs-to-be and the weanlings.

KEEP IN TRIM

Points Way To Slimming

By Ida Jean Kain

The bulk of would-be-slimmer ladies skimp at breakfast, eat sparingly at lunch, and make up for it at dinner. Alas, they never seem to get a ounce slimmer. As time goes by, they gain on this one big meal a day plan and blame it all on birthdays they don't admit having.

A wise co-ed has come along with a slimming plan that takes advantage of the specific dynamic action of food taken during the day when the body is spending energy. Here's her enlightening letter.

"Some of your readers might be interested in a dieting tip which has proven, in my case, to be most successful. Based on the knowledge that fewer calories are needed at the end of the day, my practice has been to eat dinner at noon, ending the day with a smaller meal. I start the day with an energy building breakfast, always including eggs.

"By following this method, I discovered that unwanted pounds disappeared faster, although my caloric intake was no different than an ordinary diet. I am in my 20's and have been overweight since adolescence. Diet after diet was started and soon abandoned because of hunger and the discouragingly small loss of weight for the effort involved.

"In five months, I have lost nearly 50 pounds, and expect to see the pointer on the scales at my normal 125 pounds in three more months. I shall be very happy if any of your readers benefit from my plan of slimming down without going hungry."

MORNING SMILE

One of Winston Churchill's most persistent critics once said to the Prime Minister, "I am a firm believer in fighting the enemy with his own weapons." Churchill took a deep puff on his cigar. "Tell me," he said, "how long does it take you to sting a bee?"

action, counting them carefully to the managers as does Mack thus gaining a pre-school acquaintance with his numbers.

"And what are you doing?" we asked of this past-five lad. In a place cleared of chaff and seeds on the barn-floor he was busy with an old axe slicing roots for an animal more choosy. "Does your Grandfather know you're at that? You'll cut off a toe—that's what you'll do!"

"Huh!" he made light of it, pushing back his cap. "I always help him when I'm around." He turned to face the basement. "Granddaddy 'how do you want these done—the same as always?"

"Yes!" James called from the depths below. "Just make sure there are no lumpy pieces to stick in her throat."

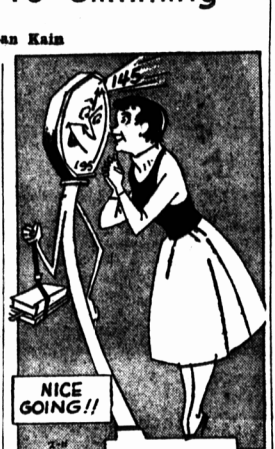
"I know," he replied eyes back to his work. "That's how I'm doing them!" We made a quiet exit then. It is really no place for a lazy woman to loiter—at our barns in the choring! A young laugh indicative of complete companionship and close understanding between youth and age, floated after us.

"She needn't think she's going to make a professor out of me," he called to James. "I'm going to stay right here on this here farm. Farming's better, isn't it Granddaddy?"

"Yes indeed," James replied soberly, voice muffled "farming's better!" What famed island fare of once was ours at dinner today? That was it! Herring and "blue" potatoes, with James commenting "Very flav'ful, isn't it, Ellen?"

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

NICE GOING!!



of calories are eaten in the evening meal at the end of the day's activities, more of them are stored.

The reason many overweights are not hungry for breakfast is because they overeat at dinner. If they would follow the plan of having their big meal around one o'clock and have only supper at night, they would relish a big breakfast and take advantage of the elevated metabolism from breakfast and take advantage of the slimming. Why not tune in with nature. Try it for 30 days . . .

The dietitian predicts this bright co-ed will graduate magna cum laude—and then, if she chooses, get her Mrs. degree.

Reduction Of Coffee Prices In Montreal

MONTREAL. (AP)—Three leading Montreal chain stores have announced a 10-cent-a-pound reduction in coffee prices, in line with similar cuts in other Canadian cities and in the United States.

The reductions follow last week-end's devaluation of Brazilian currency to aid exporters, and a break in the green coffee market.

The three local chains are the Atlantic and Pacific, which reduced prices Tuesday, and Steinberg's Ltd., and Dominion Stores, Ltd., which made the move Wednesday.

When the biggest share

Peanut Butter Pinwheel Loaf

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 5 1/2 tsp. Magic Baking Powder, 3/4 tsp. salt. Cut in finely 7 tbs. chilled shortening. Combine 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 12" thick rectangle, 8 1/2" along one side. Cream together 1 tbs. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

Always Dependable

MAGIC BAKING POWDER

Mother Exasperated By One Girl's Steady Telephone Campaign

By MARY HAWORTH

I am the mother of a son, 16, and I would like to have your thoughts on that subject of teen-age girls telephoning boys. A certain girl, 15, will call her Judy—tel. phones my son as often as two to six times a day (and through the evening).

Judy's calls start as early as 7 a.m. and continue as late as 10:30 o'clock at night; or they did, until I put my foot down and established a limit of one call a day. Now she has somebody else call Dick for her, after she has made her call for the day.

Judy calls and initiates all the dates and if Dick says he can't make it, she keeps begging him. Is this usual procedure for girls nowadays? I think two dates a week are enough during the school year, and I also think a boy ought to suggest at least some of the dates. If this is old-fashioned, then I am old-fashioned.

By the way, I don't mean that I listen in on their calls; but it happens our telephone is in the kitchen, and I can't always leave when Dick gets a call. Judy lives with an uncle and aunt; he is a mother died when she was a child. I am hoping they read your column, and that your ideas may help us all.

D. R.

What Goes On In Girl's Mind?

DEAR D. R.: Your tone towards Judy is acidly rejecting. And I think it might be a good thing for all concerned if you were to try to know her better, in a sympathetic, maternally interested way.

Is there an element of wishfulness, or a strong undercurrent of emotional insecurity, implicit in her persistent telephone calls to Dick? Maybe the trait that most draws her to him is his passivity, his receptivity, his willingness to listen—and sometimes respond to her appeals for attention or dating companionship. Possibly she hasn't encountered very much real responsiveness in her experience as a foster-child. It is sometimes the lonely uncertain individual who seems most aggressive in pursuit of a desired friendship, when a crumb of encouragement is given him (or her).

It also occurs to me that you and Judy may be somewhat alike in temperament—equally forthright and outgoing, not hiding your feelings under a bushel. Judy, for example, doesn't make a secret of her preference for Dick—she doesn't care who knows it, apparently. Nor do you hide the fact that her courting of your son gets you all riled up—that you'd much prefer an old-fashioned girl; or perhaps no special claimants for some years yet.

Passive Male Likes Hysteresis

Maybe it is the outspoken intensity of Judy's interest in Dick that opens his heart to her, and puts him at ease in their interchange, even when he seems to be warding her off, over the telephone under your nose. Because you may be sure she's the woman's keenest critic, in the teeth of your disapproval, if Dick were really opposed to it. Somehow he lets her know confidentially that he is on her side and welcomes her campaign, even if he's not the demonstrative type.

Perhaps Dick is so accustomed to being managed by you, in a brisk kindly way, that he takes for granted all "right" girls will be like you—fondly managerial too. And therefore sees nothing wrong in Judy's demands on him.

Now, as to what I think of Judy's telephone routine, I think it is exceptional—even amongst today's teen-age girls, who are socially less inhibited than their grandmothers or mothers were.

In general, girls don't really like to call boys—even when they have good reason—for fear of losing ground by seeming too eager. It is safe to say that Judy doesn't find it altogether comfortable to take the initiative nearly always with Dick. Thus I'd be interested in understanding her motivation—in risking possible humiliation—if I were a parent on the scene.

Mother Should Be Constructive

My advice is to be hospitable to Judy, instead of passing hostile judgment, without insight. When she calls, chat a bit if you happen to answer the telephone; be cordial in taking messages for Dick, or in giving information as to his whereabouts and such. Invite her over; encourage him to fetch her to supper occasionally, and try to establish real friendship with her—on the sound principle that you want to know, and hope to like, the boys AND girls who like your son. This way can do more to influence them constructively, than you can by acting frosty.

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

Try To Avoid Clatter In Doing Kitchen Work

By IDA BAILEY ALLEN

We complain about the noise of tooting automobile horns from the street; wince at the "blaring" radio or television (especially when it comes from a neighbor's set); jump when the door is slammed; snap at the children when they clatter about the house; shudder when someone runs the vacuum cleaner or alarms the dishes in the sink. And with reason, for these noises set up brushing sound waves which beat on the brain.

Can We Train Ourselves?

But what about ourselves? Can we train ourselves to do housework with less noise? To use the range without clanging pots and pans? To wash dishes without clatter? To close cabinet, refrigerator and freezer doors quietly?

The answer is positively "Yes," and there's no magic about it. Let's stop being impatient and feeling sorry for ourselves; stop groaning; take a little more time and put on a smile, even if it's just for ourselves.

Less Fatigue

We'll be more efficient, less "nervous" and less fatigued at the end of the day. The bruising effect of the noise we ourselves make will be eradicated, because we will have learned to control our job, instead of letting it control us.

TRICK OF THE CHEF

The tip, pickling spice in a bit of cheesecloth and add when cooking pork butt with black-eyed peas. Remove when done.

HOUSEHOLD HINT

Box Springs are best cleaned with the upholstery brush of the vacuum cleaner. Coll springs should be dusted with a brush having end bristles tufts which reach into the small end of each coil.

At snacktime—at mealtime

Barbour's STABILIZED PEANUT BUTTER

WELSH GIRL ARRIVES ON TOUR OF UNITED STATES AND CANADA

By HAL BOYLE

NEW YORK. (AP)—Few visitors arriving in New York by ship bother to bring along their own lifeboat anymore.

But Janet Jones, a young lass from Wales, did. Stepping ashore clad in a red cloak, and 18th-century-style black beaver hat, she took one look at busy Manhattan and exclaimed: "Aeth a fy gwntu I fwrdd yn symyd mor gyflym!"

This, as any Welshman would grasp instantly, meant: "It takes my breath away—everything moves so fast!"

GOODWILL TOUR — Miss Jones — a name as common as Kim in Korea or Smith in North America—won over 1,100 other contestants to become the national hostess of Wales. She is here for a seven-week, coast-to-coast goodwill tour of the U. S. and Canada. With her she brought a corge, a coracle, a collection of wooden love spoons, a black Bible made from a block of coal, a 5 1/2-foot harp, and a walking stick which once belonged to the Welsh statesman David Lloyd George.

The corge turned out to be an underslung, mystified, homesick lady dog named Ceri, and pronounced "Kerry."

"The word corge means cur or mongrel," explained Janet, who pronounced this in less than five seconds from a standing start.

"In English," she said, "it means 'St. Mary's church, in a hollow of white hazel, close to a rapid whirlpool and St. Tysilio's church, and near a red cave.'"

Even so, after all these centuries, the town still has a population of only 1,200.

ORIGIN OF SPOONING

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ancient-type Welsh boat made of wicker and cowhide, so light even a girl could pack it on her back.

Now about those wooden love spoons? "In the old time," said Janet, "instead of giving the girl of his choice an engagement ring, a Welsh boy would come to her with a spoon he had carved. The more beautiful the carving, the more he loved her."

"If she accepted the spoon, they were engaged. That is where the term 'spooning' came from. If she turned down the spoon, it was love's labor lost."

"Very occasionally the old custom is still followed. It is much easier today to buy an engagement ring. But I'd much rather have a love spoon myself."

NEAR LLANFAIR, P. G.

However, Janet made it quite clear she expects no love spoon on this trip.

"I'll be much too busy to look for a husband," she said.

Miss Jones, daughter of a Presbyterian minister, comes from a Welsh village only 50 miles from the town with the longest name in the world. It is—here we go, kids, look out for the vowels: "Llanfairpwllgwyngyllgogerychwyrndrobwllantyllysilloiogoch."

Miss Jones, believe it or not, can pronounce this in less than five seconds from a standing start.

8.98

S. A. McDONALD

Try To Avoid Clatter In Doing Kitchen Work

By IDA BAILEY ALLEN

TOMORROW'S DINNER
Pork Butt with Black-Eyed Peas
Browned Sweet Potatoes
Spinach or Kale
Flavorful Applesauce
Drop Cookies
Coffee Tea Milk
Pork Butt with Black-Eyed Peas: Wash 1 lb. black-eyed peas; place in large kettle; pour in boiling water to cover; put on lid and let stand 50 min.

Add 1 1/2 lb. smoked pork butt or tenderloin; bring to boiling point. Add 1/2 tsp. each pepper and thyme. Cover and simmer-boil 2 hrs., or until both peas and pork are tender.

Drain off any liquid and save for making soup. Serve on a large deep platter, peas in center, pork sliced and arranged around it.

Flavorful Applesauce: This recipe contains 100% flavor and nutrients. Wash and quarter 2 lbs. cooking apples. Remove stems and blossom ends only; do not core or peel. Place apples in saucepan; add 2 c. boiling water; cover and simmer from 20-25 min., or until soft.

Put through food mill or coarse sieve. Add 1/2 to 3/4 c. sugar according to tartness. Flavor to taste with a little nutmeg, cinnamon or lemon juice; stir in 1/4 lb. butter. Serve warm or cold.

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