

# WOMEN

Page 8 The Guardian Friday, December 17, 1954

## LET'S EAT

### Spices in The Bible

By IDA BAILEY ALLEN

With Christmas almost here, thoughts turn back to Bible times when spices were precious and often had a religious significance.

The first mention of spices in the Bible is in the Book of Genesis, Chapter 37, in connection with the story of Joseph.

And they lifted up their eyes and looked and, behold, a company of Ishmaelites came from Gilead with their camels bearing spices and balm and myrrh, going into Egypt.

Later, after Joseph had been sold into Egypt, and had become a powerful man, he sent his sons to Egypt for corn to keep his people from starving. And Jacob said to his sons: "Carry down the man a present, a little balm, a little honey, spices, and myrrh, nuts and almonds."

In the book of Exodus, spices are mentioned in the story of the wanderings of the children of Israel.

Solomon, the wise and wealthy king, derived a part of his wealth from spices.

Spices are not mentioned as frequently in the New Testament. When Jesus was speaking to the Scribes and Pharisees, he said, according to Matthew 23:23: "Ye pay tithes of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy and faith."

Again, in Matthew, Jesus also speaks of the power of faith even if it be no greater than a grain

### TOMORROW'S DINNER

Hot or Chilled Tomato Juice  
Short Ribs of Beef Green Beans  
Puffy Cornmeal Dumplings  
Jellied Peaches Whipt Topping  
Coffee Tea Milk

Short Ribs of Beef: Order 3 lbs. short ribs of beef cracked and cut in 3 sections each. Place in a deep kettle.

Add 2 tsp. salt, 1 tsp. monosodium glutamate, 1 tsp. pepper, 1 tsp. mixed pickling spice, 1 sliced peeled onion and 2 diced sticks celery.

Add boiling water to half cover. Put on the lid; simmer 1½ hrs., or until tender.

Remove to a baking pan. Add cooking liquid to the depth of ½ in. Bake until well-browned in a moderate oven, 375-400 degrees F. Serve surrounded with cornmeal dumplings.

Puffy Cornmeal Dumplings: Sift together 1c. already-sifted enriched flour, 1 c. enriched cornmeal, ½ tsp. salt and 3 tsp. baking powder. Chop in 3 lbs. shortening with a pastry blender until the mixture resembles crumbs.

Beat 1 egg; add ¾ c. milk and stir in. Drop by tablespoons into the boiling short rib liquid. Cover and boil 15 min.

TRICK OF THE CHEF  
Add ½ tsp. powdered thyme when you are making cornmeal dumplings.

### Kevin Kilbride Weds Margaret Campbell

A winter wedding was solemnized at St. Dunstan's Basilica, on Saturday, November 27, 1954, when Margaret H. Campbell, R. N., daughter of Mrs. James Campbell and the late James Campbell, was united in marriage to Mr. Kevin Kilbride, son of Mr. and Mrs. Lillian Kilbride, of Foxley River. Monsignor Patrick McMahon officiated and celebrated nuptial mass. Present in the sanctuary were Rev. P. Campbell, uncle of the bride, Rev. Basil Croken, Rev. Reginald McDonald, Rev. Leonard McKenna and Rev. George McDonald. The altar and sanctuary were decorated with white lights and flowers.

Mr. Albert Blanchard was organist, and soloists were Miss Lucy Blanchard and Rev. Bernard Gillis.

The bride was given in marriage by her brother, Peter Campbell. She wore a ballerina-length gown of coral and silver brocaded taffeta, with sequin hat, and white accessories. Her corsage was white gardenias. She carried a white prayer book.

The bride was attended by Miss Geraldine Campbell, who wore a blue taffeta dress with matching hat and accessories. Her corsage was pink chrysanthemums.

The bride's mother wore a maroon crepe gown with matching hat, and a corsage of white mums. The groom's mother was attired in a teal blue gown with rose accessories. Her corsage was pink roses.

Following the ceremony, breakfast was served at the Queen Hotel to the bridal party and their immediate relatives, after which a reception was held at the bride's home, 99 Pownall St.

Out-of-town guests at the reception included Mr. Frank Murphy, uncle of the groom and Miss Gertrude McAulay of Calgary, Alberta.

After the reception, the newlyweds left on a motor trip to Liverpool, N. S., where they were the guests of the bride's brother, Mr. Michael Campbell and Mrs. Campbell. They are residing in Foxley River.



### STEAMED PUDDING

1 cup boiling water  
1 cup raisins  
2 lbs. shortening  
1 egg (well-beaten)  
½ cup sugar  
½ cup molasses  
1½ cups sifted flour  
1 tsp. salt  
1 tsp. soda

Pour boiling water over raisins and shortening. Add well-beaten egg to sugar and molasses. Blend in fruit mixture. Sift together and stir in flour, salt and soda. Pour into greased 1-quart mold. Steam. Serve hot with any desired sauce.

### Frozen Fruit Salad

2 lbs. unflavored gelatin  
½ cup cold water  
1-2 cups boiling water  
¼ cup sugar or honey  
3 lbs. strained lemon juice  
1-4 cups Canadian port or sherry  
½ cup strained orange juice  
Few grains of salt

Soften gelatin in cold water. Add boiling water and sugar or honey. Stir until dissolved. Add other ingredients. Pour into mould and chill. Unmold on serving dish and garnish with fruit. This salad may also be served as dessert, topped with custard sauce. Serves 8 to 10.

er, P. E. I. where the groom is a prosperous farmer. Previous to her marriage Mrs. Kilbride was a valued employee of the Catholic Social Welfare Bureau, where she was in charge of the nursing services.

### ANNE ADAMS PATTERNS



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

The UN convention on equal political rights for women in voting and holding office was signed by 17 nations in 1953.

**IF YOU DRIVE... Drink TEA**



MR. AND MRS. KENNETH W. SWEET

### Principals in Recent Wedding Ceremonies

The marriage of Miss Elizabeth MacPherson to Mr. Kenneth W. Sweet took place at Glenwood, P. E. I., on November 18. The bride is the daughter of Mr. and Mrs. John MacPherson of Glenwood, and her husband's parents are Mr. and Mrs. Percy Sweet of O'Leary. (Photo by D. W. Sears).



MR. AND MRS. GORDON NORRING

Mr. and Mrs. Gordon Norring are seen above following their wedding at Seven Mile Bay on November 17, 1954. The bride is the former Eileen Noonan, daughter of Mr. and Mrs. Austin Noonan, of Cape Traverse. The groom is the son of Mr. and Mrs. Alfred Norring of Cape Traverse. (Photo by D. W. Sears).

### MARY HAWORTH'S MAIL

#### Beau Worried as Fiancee Kisses Fellow Traveller

DEAR MARY HAWORTH: Will you please advise as to the propriety of the following: My fiancee, while on an all-day train journey, met a man on the trip who introduced himself. They had all day in which to get acquainted and he seemed to be a gentleman.

At the end of the day, when my fiancee was leaving the train—the man was going on, maybe completely out of her life—he insisted on kissing her goodbye. Was it proper for her to allow this kiss? (He had already kissed her once, unexpectedly, something she could not prevent because of his sudden action.)

Maybe I am rather old-fashioned; at any rate I feel the foregoing isn't permissible between ladies and gentlemen even in this modern day. I am also dismayed because she was away two weeks, which seemed like months to me, and I had expected her thoughts to be all for me on her return. We both look forward to your impartial comment.

H. L.

#### Girl Is Short On Common Sense

DEAR H. L.: Your fiancee must be deeply unsure of her attractiveness, if (1) she flatters her ego by accepting the blandishments of a pick-up acquaintance, and (2) rushes into your arms at journey's end with a pleased account of her adventure. You have cause to be concerned about the quality of her manners, and the degree of her common sense.

As a simple precaution against involvement with criminal types, it is standard etiquette that a young woman travelling alone doesn't get folksy with strange persons enroute, either men or women. If socially skilled, she promptly takes steps, polite or pointed (as necessary) to rebuff insistent attentions. She opens a book, changes to another seat, perhaps asking a neighbor to trade, or she turns a cold shoulder to the presumption. In extreme case, she may ask the conductor's chaperonage.

Your dismay is properly founded rather than "old-fashioned," and your fiancee can't present any valid defense of her greenhorn behavior in this instance.

M. H.

#### Juliet Towers Over Her Romeo

DEAR MARY HAWORTH: for well over a year I have been deliberating the wisdom of marrying a man who is virtually all I have ever hoped to find in a mate—except that he is five inches shorter than I. Out of consideration for him, and because of my age—(35) this vacillation must end soon.

George isn't aware that height is the factor that gives me pause; I don't want to hurt him so cruelly if, finally, I reject him. His stature doesn't bother him at all; in fact he has a healthy sense of humor towards it, which shows he is the bigger person essentially.

I suffer self-consciously each time we enter a public place, each time I must introduce him to friends, etc. And although I try desperately to erase from mind the grotesque picture—by thinking of his kindness, intelligence and devotion—the misery stays. Might it gradually decrease and perhaps disappear entirely in time, if I should marry him? Giving him up is a painful thought.

C. K.

#### Stature Isn't The Real Problem

DEAR C. K.: Five inches' difference in height doesn't justify such agonizing. And George's stature isn't your problem. You are habitually edgy with self-contempt, and the only means of easement you know is to try to be as perfect-seeming as possible, from the onlooker view.

You spend your life trying to be two places at once, psychological—(1) in your own shoes, being yourself as best as you can; and

### HOUSEHOLD HINT

After you have laundered knitwear, it is a good idea to smooth out all surfaces with your hands, paying special attention to hemlines, collars, yokes and trimming.

(2) in the bystander role, appraising yourself severely, to see if you'll "pass." That's why you can't get together with yourself about George, whom you really love, I think. He just about weighs in as your soul-mate, in the sense of affording you real contentment as his sidekick.

Your characteristic misery, repeatedly addressed to George's size, stems back to punishment inflicted on your sensibilities by some jering critic in childhood—an authoritative person in your formative experience, who continually tore at your self-esteem. That kind of injury usually underlies the inability to be innocently happy with the goods the gods provide. If George is well-liked in his own right, and if you can attain sound self-respect, I should think marriage might work out fine.

M. H.

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

### Herman N. Bundesen, M. D.

#### Neglected Peptic Ulcer Can Be Fatal

A PEPTIC ulcer can do more than cause you discomfort and pain. If neglected, it can kill you. If you know you have an ulcer and feel widespread severe tenderness over your abdomen, it's a pretty good indication that it is in danger of breaking through the stomach or bowel wall. If you have extreme, agonizing pain, it's likely the perforation or rupture has already occurred. In this case, your breathing becomes shallow, your pulse may increase, and your abdomen is hard and tender.

#### Profuse Bleeding

If there is a great deal of bleeding when the ulcer ruptures, you may feel faint, weak, dizzy and begin to sweat. You probably vomit blood, too.

After a short time, you'll develop symptoms of shock. Your temperature will increase, your blood pressure will drop, and your abdomen will become swollen. There will also be an increase in the number of white cells in the blood.

Well before these symptoms have developed, I hope you have summoned your doctor, because, in a case like this, an operation is necessary.

You must be kept absolutely quiet and given complete rest. Drugs can be taken to overcome restlessness and pain.

#### Feeding Continued

Feeding must be continued. In fact, your doctor will permit you to swallow as much as you desire, excluding, of course, everything barred by your diet.

If the ulcer is bleeding profusely, you'll need a blood transfusion. The doctor will also give you fluids and dextrose solutions through the veins.

#### Avoiding An Operation

By intelligently planning your diet, however, getting enough rest and keeping calm, you probably will never need an operation for your ulcer.

If you do need surgery, however, don't worry about it.

#### QUESTION AND ANSWER

Mrs. I. K.: I have had piles for three years, and have a constant pain in the rectum. Is this serious? Answer: As a rule, piles are not serious. It is advisable, however,

### KEEP IN TUNE

## Borrow A Leaf From Notebook Of Celebrated Beauty

By Ida Jean Kajn

If you ask your Great Uncle about Lillian Russell, he'll likely tell you she was a fine figure of a woman and the celebrated beauty of her day. While her contours were too ample for present day fashion, this singer and actress had pulchritudinous curves and shapely waist. Her figure perfecting plan could be used today with beautiful results. Here it is, in her own words . . .

"I prefer much exercise and no starvation. I find it far healthier to eat wholesome food and keep physically fit with daily exercise. I myself reduced sixteen pounds in three months by this method, and I feel better in every way for it."

"I dance and enjoy it, not only for the pleasure of dancing, but for the exercise afforded. I walk as much as I can and advise much walking. There is no excuse for sitting about . . . Keep alive, do not let the muscles soften and get useless. There is no age limit for exercise . . ."

On snacks between meals, she had this to say: "Don't pick from the ice box between meals, nothing is more fatal to beauty than that habit. Don't keep candy around the house, unless you are strong-minded. Deny yourself fat forming foods and be regular and vigorous in your exercise."

Hurray for La Russell . . . that is shapely advice. Today, fashionably thin women often appear angular in places. Curves are pre-

ter than angles. That undernourished, thin-as-skim-milk look leaves men cold. They prefer a woman with a little meat on her bones, meaning the collar bones.

A little regular exercise is the best measure for keeping shapely. But exercise, including walking, seems to have gone out of style. For a fact, in the suburbs, there are no sidewalks to walk on. That's an unhealthy trend . . . as a single exercise there is nothing that beats walking.

To overcome the habit of riding everywhere, even short distances, ask yourself "Could I walk?" When riding the bus, consider walking part of the way first . . . it's a beautiful habit to get into.

Well, I've talked myself into it . . . I'm going out for a walk, with my dog Cindy. I'll finish this with my dog Cindy's advice . . . "It needs but a little strength of mind and determination to be just as you want to be in appearance."

She must have been quite a gal!

### MORNING SMILE

A man had come to install the hillbillies' new TV set.

"Now this," he said, pointing to the antenna, "will have to go on the roof."

"It's like I always tell you, Zek," said the woman of the house to her husband, "one thing leads to another. Now we have to put a roof on the house."

## ALICE BROOKS DESIGNS

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