

WOMEN

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KEEP IN TRIM

Test Body Movements By Mensendieck System

By Ida Jean Kain

Muscles shape the body. Unused muscles become soft and flabby—and flabby muscles have an affinity for fat. A waste, a lack of normal tone in the big muscles results in lessened well-being.

The way you habitually move and use your body can help maintain muscle tone or allow muscles to slump into tired, unlovely lines. Try this series of tests, suggested by Dr. Bess Mensendieck in her excellent new book, "Look Better, Feel Better."

To make this practical rather than mere guess work, act out the movements. Here we go . . .

In rising from a chair, do you push yourself up by using the chair arms, help yourself by placing hands on thighs, or do you use the big thigh muscles to lift? Just for fun, get up from your chair in order to check on yourself.

How often in the course of daily movements do you bend your body sideways—sidon, occasionally, frequently? When you bend forward, is your abdomen relaxed, bulging loosely, or are these muscles drawn? When you sit down, do you shift to one side, slump back in the chair seat or distribute weight evenly on your sitting bones? While standing or walking are buttock muscles relaxed or held tight? Mark your answers before reading the next paragraph.

In all these questions, the perfect way to perform the movement is the last one given. If you get A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, you are doing well, but you are guarding your body through correct natural movements.

Dr. Mensendieck emphasizes that the cause of sag, bulge and ache is due to improper body use and not advancing age.

If you have heavy thighs, this indicates that you may not be using your thigh muscles in your daily movements. By the way, watch the movements of an actress. It is only when playing the part of an older person that she will use her arms to help herself out of the chair.

In bending, you should draw in the long abdominal muscles, otherwise the abdomen will bulge. When you sit, you should use your sitting bones, else you invite backache. In raising your arms, you should be conscious of the muscles near the end of the shoulder. If not, you will encourage drooping shoulders rather than squared ones.

The Mensendieck System stresses natural, easy-to-do movement schemes, scientifically designed to revitalize specific muscles and joints.

"Look Better, Feel Better" is published by Harper Brothers. Price \$3.50.

Newly Weds



Mr. and Mrs. Roy Stewart and their attendants are shown above following their wedding, which took place November 11. In front is the bride, the former Mary Kathleen McCarville, only daughter of Mr. and Mrs. Leonard McCarville. In the back row is the groom, Mr. Roy Stewart, son of Mr. and Mrs. Hedley Stewart, Brackley; Mr. Charles McCarville, groomsmen, and Miss Phyllis Gaudet, bridesmaid. (Photo by Craswell.)

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

November chill blows loud w' angry sigh:
The shortning winter-day is near a close;
The miry beasts retreating frae the plough;
The blackning trains o' craws to their repose;
The toil-worn Cotter frae his labor goes—
This night his weekly moil is at an end.
Collects his spades, his mattocks, and his hoes,
Hoping the morn in ease and rest to spend,
And weary, o'er the moor, his course does homeward bend.

—Robert Burns

November is a busy month in the country, and on the farms where the late ploughing has been done. In this country garden the most important planting of tulips was finished this week and good weather made it a pleasant task. Now there are many lovely flowers to look forward to in early spring . . .

A Miracle

A miracle? Is it more strange than Nature's common way?
From out the common clay
A shaft of green is lifted toward the sun,
And from its heart is spun
Fair fabrics ere its day is done—
Whorled leaves, an airy stem,
A crimson, fragile diadem,
And who can tell
Whence came the power thus to compel
A little seed beneath the sod
To fashion such a wondrous rod?
A miracle?—A thought of God
Which science scans—
It is more strange than flowers and thorns
That spring these mystic forms to birth
From out the trodden paths of earth?

—Kingle

Hidden deep in the bulb lie the pledges of another life, and in the fall of the year we are more conscious of these miracles. It is amazing how these hardy bulbs live and flourish in the cold and frost of our seasons!

FROSTY FOOTSTEPS

Silver-shod November steps with frosty footfall over the morning grass. His air is quiet and purposeful, as that of a fond parent whose orders are also wise and kindly. He gathers the gold from the swaying birches, and climbing the tallest poplars, loosens the last unwilling leaves from their topmost twigs.

As the day grows his smiles become more frequent. The curling blue smoke from the bonfire disavails, silent symbol of the garden's purification. The warm sun of St. Martin's summer makes the garden out the tulips, matching them to carpets of amethyst, turquoise and gold, choosing his colours with an artist's eye and a lover's joy. Through all the bare months they will comfort him, for he who plants waits for no public unveiling but is privileged in a private view of springs pictures.

Honest, impartial November, that bids us all start afresh, and fills us with Utopian hope. How soon he passes. Even as we listen to his sober counsel, the red sun drops behind a rising mist, a line of eerie trunkless trees crosses the hollow in a spectral pageant, November servers coldly and is gone.

In December there are many pleasant tasks to do for the garden and if the weather continues mild it is possible to enjoy the days we spend working at making a better garden for "next year."

It is necessary to be properly dressed for these outdoor tasks and kneeling pads and warm loose clothing worn. There are lovely bits of gardens to see, the green, green lawns have never been better and the evergreens shelter the violets that are still fragrant and lovely. In the rock garden the Iberis and Arabis are mounds of dark-green and grey foliage. The For-get-me-not is fresh and green promising lovely blue for early spring and continuing for weeks. Foxglove and Sweet William are large and healthy plants in great quantity and it is fun to count all these lovely perennials that will be sure to do well in the garden for next year.

English Ivy has wintered out-doors here for several years. It is planted next a warm sunny house wall on the south. Many pots and tubs of this lovely green Ivy in three varieties are used wherever needed and are not taken in until very heavy frost.

For-get-me-not plants have been transplanted to the new tulip beds and the winter covering is not placed around the roots until the ground is frozen hard as a covering is necessary to keep the cold in and prevent the freezing and thawing which is so hard on all plants.

NOVEMBER

a haze, dim, grey-lined, rose-edged and drifting over fallen leaves that softly cover Mother Earth against a waiting cold.
The sun a golden ball
beneath a shimmering, fleecy cloud and the air trenchant
with the breath of coming winter.
November!

It is necessary to cover the newly planted beds and borders of tulips as the pesky pullets seem to delight in scratching in the rich loam and the gardener will be relieved when they are in their winter quarters.

Today I walked through the woods to gather lovely moss and ferns, also ground pine to use with autumn flowers. Many different lichens and mosses were gathered for a low bowl and with the crimson leaves of Cornus canadensis, L. — Bunchberry, "Pigeon Berry" and the Creeping Wintergreen, Teaberry, or Gaultheria procumbens with the small green leaves trailing so close to the green mosses made a lovely winter garden with small ferns, ground pine and Clubmoss.

Before the snow comes it is wise to gather all the greens needed for the Holiday Season especially those that hug the ground. Then keep moist in a cool place until needed. It is wonderful to live near a wood! All year it is a joy to walk in it and gather some of the treasures found there. This month it is possible to see more of them because of the slim trees and the sunlight, the bracken is not so dense and all the many colored mosses are now seen . . . crimson and grey, and every shade of green.

November fields are golden brown. Losing, when the Sun goes down, Borrowed colour; then December Sharply changes, you remember, Sepia earth to silver'd furrows, Ice-tipped grass round rabbit burrows.

Until that sweet, enchanted hour Persephone shall bring her dowry Of richness, that we call the Spring. The fields awake, and all birds sing.

—E. R. Gordon

Herbs will grow fragrant and sweet for the bees and all who garden when the birds sing again. Even now in the garden here the lavender is greenish grey and the narrow leaves are fragrant and lovely. If the blossoms are picked when they open and dried, they can be used for pillows and sachets and where indeed can we find scents to equal those in the herb garden? What bought perfumes can rival those of lavender, or southernwood? They are so full of sunshine and sweetness that it seems there can be no tonic like them. Small wonder that in former days herbs were so largely used to ward off black magic, and did we but know how to use them aright, who shall say they would not be as powerful today to dispel gloom and depression?

Nearly all our sweet herbs were originally natives of Southern Europe and the Orient. Thymes and majorans were known and used in the Mediterranean countries centuries before the Christian era. Palestine and Smyrna are the homes of many herbs including Lavender.

Horticulturally we can best treat herbs in our modern gardens by giving consideration to their native habitats. Generally speaking, they need warmth, sunlight, air, and for the most part a poor, well-drained, gravelly soil.

As to winter covering, that too, is wholly dependent upon the locality and climate where the herbs are growing. Snow is the ideal covering and a few evergreen branches will help to keep the lavender and thyme fragrant and lovely for another garden year.

LET'S EAT

White Cauliflower Is The Very Best Buy

By IDA BAILEY ALLEN

In selecting a cauliflower, buy one that is white and does not have any freckles. If it is to be kept 2 or 3 days before cooking, trim it carefully, but leave on most of the tender green leaves. They are as tasty as the cauliflower, and add good color contrast. Then rinse and dry.

Place in a polyethylene bag with a hole punched in it, so the cauliflower can breathe. Then make a goose-neck seal, and store in the refrigerator.

How to Cook

When ready to use, cut out the tough core from the bottom. This makes a funnel so the steam can reach the interior quickly while cooking. Scrub lightly all over with a brush, and let stand top down for 30 minutes in salted water to cover containing 2 tsp. salt; this draws out any insects!

Then rinse and steam-bolli or "pan," covered, in $\frac{1}{4}$ of boiling salted water, as already described this week. To cook cauliflower quick, separate the head into its "flour-ettes."

Cauliflower au Gratin

Drain a thoroughly washed and cleaned cauliflower, steam-cook in $\frac{1}{2}$ salted water. Allow about 35 min. for a medium-sized head.

Remove and place in a buttered or margarine lined baking dish or pie-plate. Pour around 1 c. cheese sauce, or use rich white sauce seasoned with 1 tbs. mayonnaise. Cover the top of the cauliflower with $\frac{1}{2}$ c. dry bread crumbs moistened with 2 tbs. melted butter or margarine.

Bake in a very hot oven, 400 degrees F. until the crumbs brown.

SUNDAY DINNER

Cottage Cheese Ball and Grated Carrot Salad
Choice of
Roast Chicken with Brown Gravy or
Nut Lentil Loaf with Mushroom Sauce
Sweet Potato Puffs
Cauliflower au Gratin
Sponge Cake a la Mode
Coffee Tea Milk

Nut Lentil Loaf

Combine and mix the following ingredients: $\frac{1}{2}$ c. mashed cooked or canned lentils, $\frac{1}{2}$ c. solid-pack canned tomato, 2 beaten eggs, 2 c. fine-ground roasted peanuts or English walnuts, $\frac{1}{2}$ c. toasted fine enriched bread crumbs, 1 graded medium-sized onion, $\frac{1}{4}$ c. whole milk, 1 tsp. baking powder, 2 tsp. salt, $\frac{1}{2}$ tsp. monosodium glutamate, $\frac{1}{4}$ tsp. pepper, $\frac{1}{4}$ tsp. thyme, and 2 tbs. melted butter or margarine.

Pack into an oiled 9" x 5" loaf pan. Bake 45 min. in a moderate oven, 375 degrees F. Let stand 3 min.

Unmould on a platter. Surround with mushroom sauce. Serve sliced.

TOMORROW'S DINNER

Cream of Cauliflower soup
Choice of
Escalloped Oysters or
Oyster-Plant Loaf
Potatoes Rissole
Baked Tomatoes
Tossed Green Salad with Dressing
Jellied Orange Sections and Figs
Coffee Tea Milk

Oyster-Plant Loaf

Combine 2 c. mashed cooked peeled oyster-

plant, $\frac{1}{2}$ c. dry bread crumbs, $\frac{1}{2}$ tbs. minced parsley, 1 tbs. salt, $\frac{1}{4}$ tsp. pepper, 1 well-beaten egg and $\frac{1}{2}$ c. boiling water. Let stand 10 min.

Add 3 well-beaten eggs and 1 c. milk heated with 1 tbs. butter or margarine.

Transfer to an oiled 9" x 15" loaf pan. Bake 45 min. in a moderate oven, 350 degrees F. or until firm in the center. Let stand 3 min. before unmolding.

Serve with chopped egg sauce, or oysters creamed with celery.

Jellied Orange Sections and Figs

Make up 1 pkg. orange-flavored gelatin. In individual molds arrange sliced orange sections, and small diced moist figs. Fill the dishes half-full. Pour in the gelatin. Refrigerate 2 hrs. or until firm. Unmould and serve with a whipped topping.

SUGGESTION OF THE CHEF

Season diced cooked oyster-plant with melted butter heated with 1 minced anchovies and a little minced parsley.

Household Hint

Proper lighting is essential in basements. Three-way switches should be installed at the head of the stairs to avoid walking up or down dark stairways.



ALL-IN-ONE CHOCOLATE PUDDING

1 cup sifted flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ cup white sugar
2 tbs. cocoa
 $\frac{1}{2}$ cup milk
2 tbs. melted shortening
1 cup brown sugar
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{4}$ cup cocoa
 $\frac{1}{4}$ cup hot water

Method:
Sift together the flour, baking powder, salt, white sugar and 2 tbs. cocoa. Add the milk and melted shortening and stir until blended. Mix in walnuts. Spread the mixture in bottom of a greased square pan. Sprinkle with the brown sugar. Dissolve the remaining cocoa by adding the hot water to it slowly.

Pour this mixture over the batter in the pan. Bake in moderate oven 45 minutes. This provides its own sauce. When it comes from the oven it has cake-like mixture on top and sauce underneath.

—Mrs. Raymond S. Milligan
MacNeill's Mills W. I.

MARY HAWORTH'S MAIL

Large Numbers Ask For Manual Of Prayer

DEAR MARY HAWORTH: First of all I want to thank you for your loving kindness in recommending our little MANUAL OF PRAYER. It surely is meeting a need of these heart-hungry people who write to you through your column.

The first time you wrote about the MANUAL OF PRAYER, we had 3,000 requests for it, and now again, this past week, following your reference of November 3, we have had 1,042 calls for it. The forthcoming issue (December) will tell all about our little Prayer Book and how it is used. I hope you will enjoy reading about it too.

Now for a request: I wonder if in future you would please leave out the words "cost free" when recommending the Manual to your readers. It sort of puts us on the spot. As you know we are not subsidized in anyway whatsoever, by anyone except God. We depend solely upon love-offerings to pay all bills . . . and the subscriber list has grown from 7,500 to 20,000 in less than two years—so you can see how God has enlarged our field.

We do literally send thousands of gift copies of the Manual to shut-ins, and to way-seekers in foreign countries—for which we never can receive any remuneration. Thus we have to depend upon our friends and well-wishers in our native land, to help us keep this blessed ministry going. Doing God's work for Him . . . may you ever continue to be His radiant witness.

Alma Fisher, Director
The Manual of Prayer
Some Background On Book Demand

Herman N. Bundesen, M. D.

Spanking Makes Junior Feel Like Big Shot

Nobody likes war. Nobody likes a bully. Yet, when you spank a child in anger, you are, in effect, declaring war on him and warning: "You must obey me because I am bigger and stronger than you."

The child knows that already.

Not Deliberately Naughty

Your youngster doesn't lie awake nights deliberately trying to think up ways to be naughty or to aggravate you. If he gets boisterous when you visit a neighbor's home, or climbs on the furniture at the home of a fussy friend, he's merely trying to attract attention. In a moment he is transformed from just a "little guy" into a "big shot," the center of attraction. Spanking him will only prove that he has successfully got that attention.

Then how are you going to make him behave when you are out in company?

An Easy Way

There's an easy and very effective way, if you are willing to sacrifice a few hours of your visit for a night or two. Tell him: "If you don't stop that, we are going home and put you to bed. Not because you're bad, but because you're tired. If you weren't tired, you wouldn't act this way."

If the tot isn't tired, he will probably settle down and become a little gentleman. However, if he continues to act up, you must follow through with your warning and take him home and to bed.

You may have to leave a gathering early once or twice, but your child will soon learn that he must be orderly when he goes visiting home before the fun is all over.

Now, right here, let me give you parents one of the most important pieces of advice I have. And this

ELLEN'S DIARY

by an Island Farmer's Wife

Today we shall be bidding a long farewell to November, smiling a little wistfully we are sure as we say "God-speed!" We think we shall keep hands clasped a long lingering minute, for we shall be loath to part with this good friend we have known. Then, only committed to the pages of memory will be the happenings of the month about gone.

Looking back, how very much has been tucked away in its days! Quiet hours they were, calm and serene for the most part though we remember too those rain-storms, when a fall wind mourned about the eaves of month we recall now: chuckles, laughs—sighs too, and regrets occasioned when here and there a friend has left the pilgrim march of earth to fall by the way.

The farmers we know best, will look back now to count their blessings, remembering how exceedingly good to them November has been. It extended the season of harvesting to give them time to gather in the crop of roots which contributes, in their opinion, in no small measure to the well-being of the cow-kind through their stabling days.

"What about these here loafing barns?" we overheard an old-timer of a farmer ask James on the day the cattle were brought in from the fields.

No loafing barns we have yet on these farms, the farmers using the old-time methods of stabling, which chain-ties stable-mates in each stall. Only the calves of all are in "passets" given the freedom of box-stalls. In the stable of the larger barn water in bowls is available to all to their fancy, a convenience which is planned to be extended to the moved-barn of last summer, one of these days.

The plowing too—our farmers will remember that November was especially gracious to them in this. Giving them to commence and before long bring an end to the endeavour, to have the fields in good order to go into their winter rest. . . . On old fields and a virgin patch of land at Alderlea, on far level places and quiet, of "the other farm," on woodland-sheltered slopes and table-lands of places of this farm, the younger farmers plowed by day hurrying with the chores to come to it early and as well beneath skies dappled with stars.

November, we remember, was more expectant than melancholy as patiently the farmlands awaited the arrival of winter.

And now we hear the rustle of December's white robes. Already children hail joyfully the month as they hum the old Christmas carols.

"Hurry, Mack! Here's Santa on the radio!" Granddaughter urged her brother recently to a spell of favorite listening.

"What!" he smiled his surprise, "not OUR Santa Claus!"

So December bringing our Santa Claus, our Christmas waits now not far from the door.

Until tomorrow Diary
— — — — — Good-night

That Personal Touch Adds Charm to Gifts

By ELEANOR ROSS

It's as much fun to make pretty holiday gifts and remembrances as it is to give and receive them. And it's a good lesson in imagination, ingenuity and that priceless possession, good taste, too.

When adding glitter, it is wise to add little, rather than too much. When embroidering any article, keep the design smartly simple rather than so intricate that it can't be recognized. Use color wisely, keeping the coloring and preferences of the recipient in mind.

That Indispensable Stole

A stole is always welcome. For an effective gift, make or buy a basic stole, preferably in felt or velvet, either black or white. Line it in a contrasting or matching color. White or black felt lined with matching satin is beautiful.

Butterfly Decorations

Then get busy with one or more butterfly decorations. To make the butterflies, place two

Popular Slips

No woman ever had too many slips, so a gift of slip, and perhaps matching petticoat or panties, is always welcome. It's a good idea to buy good plain basic slips, then beautify them with embroidery, appliques of ribbon, bowknots or tiny fans of pleated net or embroidered tiny French knots in a contrasting color.

The tiniest of satin baby ribbon bows on net or lace hem flounce and bodice top are a soft, feminine touch, too.

Morning Smile

Teacher: "And who are the Phoenicians?"
Tommy (after great deliberation): "Early makers of blinds, m'ss."

Dark Xmas Cake

2 cups sour milk
2 cups brown sugar
 $\frac{1}{2}$ cup corn syrup
2 lbs. seedless raisins
 $\frac{1}{4}$ lbs. dates
 $\frac{1}{4}$ cup shortening
1 cup nuts
1 cup mixed peel
1 tsp. soda, baking powder, pinch salt
3 cups flour

Mix shortening and sugar to a cream, add syrup and sour milk. Mix fruit with small amount of flour. Add spices and mix all together. Bake 350 degrees for 1 1/2 hours. Will make three cakes.

Anne Adams Patterns

4612 14 1/2-24 1/2
by Anne Adams



Wife Preservers

A new fruit juice and liquid decenter has a lid that locks on with a twist and will not pop off when briskly shaken. They are made of polyethylene—a plastic that is non-toxic and is designed to provide a tight seal which maintains freshness of juices, soups and other liquids stored in freezer or refrigerator. They are non-splattering and return to shape if they are squeezed or dropped.



COOKIE SHEET CHOCOLATE CAKE

HEAT . . . 1 cup milk
2 tablespoons FRY'S COCOA
STIR until mixture begins to thicken
REMOVE from heat.
ADD and heat . . . $\frac{1}{2}$ cup shortening (or butter) and 1 egg
ADD . . . 1 cup brown sugar, well packed
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{4}$ teaspoon baking powder
MIX . . . 1 teaspoon baking soda
IN . . . 1 tablespoon milk

ADD soda mixture to cocoa-flour mixture. Beat well.
USE shallow cake pan or cookie sheet, 15" x 10 1/2".
BAKE 12-15 minutes in moderate oven (350° F.).
ICE with . . . FUDGE ICING
BOIL slowly until soft ball is formed in cold water.
1 1/2 cups white sugar
2 tablespoons FRY'S COCOA
 $\frac{1}{4}$ cup milk (scant)
1 pinch of salt
1 teaspoon butter

REMOVE from heat.
BEAT until thick but still soft
SPREAD on cake.

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by Alice Brooks

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