

WOMEN

Page 8, The Guardian Thursday, Feb. 23, 1956

ELLEN'S DIARY

Fair Skies Of February

The new moon of month is a bow in the sky now, a shy, wistful thing, flanked by candles of stars and warrants of bright, silver-washed nights to come.

"A nice night?" one who was called by this evening offered. "Yes it is. But," he smiled, "I have a hankering now to hear the frogs sing again. Those nights—those of spring are the ones I like best. Did you ever in your young days drive with a horse and wagon past a pond or swampy place where the critters were into their singing? So loud the sound was fairly deafening? But it was good to hear, wasn't it? Oh, the youngsters of nowadays in their cars miss so much don't they? They don't get so close to nature these days."

Today with its fair skies reminded us that with "this number of fine days in a row" as someone said, we are enjoying a spell of settled weather. The pair of fat animals got away when ready to market, going the first lap of the way out and over the hill on foot to a waiting truck beyond. Today, however with the appearance on the road of the great machine which comes down the children's trail happily, the snowplow-truck followed, trucks bearing off cityward with this and that marketable offering of the farm went outward, cars moved between the snowy drifts. And once more we became a part of that wide world which lies beyond the rim of our valley.

And the winter passing swiftly, moved us into the Lenten season, reminding us to lift thoughts above the fret and care and distractions of earthly doings; to centre them on better things—to "come apart" for a while, even when hands are busy with the Martha-duties, to remember the precious bow of ointment given, and the joys of the Mary-like ways.

Peaceful the day has been. And to accent it a pair of pigeons flew in over the fields to stop in the sun of a barn-roof. This evening, it was Gage (Rob's younger lad, no babe-of-a-fellow now but tallish and ever to us very dear) who stopped by to tell of the pair of rabbits added to his list of pets; and that the bantam mother-broods her eggs in the cutest way while her handsome lard and mast are "just crows."

We sewed patches on James' other overalls this afternoon, by a window. And it came to mind that this was how life itself was

COOK'S CORNER



POTATO PANCAKES

1/2 cup evaporated milk
1/2 cup fine dry bread crumbs
1 egg
1 teaspoon minced onion
2 cups grated raw potato
1 teaspoon salt
Bacon fat

Pour milk over bread crumbs. Stir in egg, onion, potato and salt. Melt bacon in frying pan when hot. Drop pancakes from tablespoon and press out rather thin. Cook slowly until well browned, turn and brown other side. Serves 5 to 6.

DOROTHY GRAY DRY-SKIN Special!

3-OZ. QUICK CLEANSER
Plus 1-OZ. SATURA MOISTURE
CREAM with HORMONES and VITAMIN A



Moisturizing and cleansing pair for dry skin. QUICK CLEANSER removes dirt and make-up without drying. SATURA with hormones and Vitamin A helps replenish skin moisture.

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Mary Haworth

Woman, 45, Feels She Has Nothing To Live For

Dear Mary Haworth: I need advice badly. All I can think of is that I have nothing left to live for. I am 45, and have known for years that my husband didn't love me; but he supported me and did not abuse me. I have been a wife in name only for many years.

I am not well enough to work and last night my husband informed me that he wants a divorce. When I refused, he said he would walk out and get a legal separation himself. He has been keeping company with a married woman with children all these years; and now she wants him to get the divorce.

Days and evenings when he does not have to work, he spends all his time with this woman. He is on very friendly terms with her husband, who thinks nothing of them going out together. They have been seen everywhere together, but they don't care.

Being rejected by my husband all these years has made life very lonely for me. I love him and look forward to his homecoming in the evening; it helps to break the day. If we part, he couldn't afford to let me keep the apartment, and I don't want to live alone; and I have nobody to turn to for help or advice.

I have thought of turning on the gas as a solution; I can't stand it alone. When Jack wants to argue, he comes home drunk; then he doesn't care what he says to hurt me. Is death my only respite? I am desperate. Please do not let me wait too long for an answer. — D. R.

LIMP ATTITUDE

Dear D.R.: There is a very old saying that "The Lord helps those who help themselves." And the worst aspect of your situation is your limp attitude towards your existence. You indicate, in effect, that you can't lift a finger to help yourself — which is but another way of saying that you don't want to; and don't intend to. As for standing on your own feet in life — well, you virtually admit that you'd almost prefer death to that prospect.

How did you get into this state of mind? It is as much of a drain on your energies as creeping paralysis would be. It is my impression that you are by inclination a clinging vine, in the sense that you want others to do the necessary thinking and planning and providing for you.

IGNIBLE EMOTION

Self-pity is rightly known as the ignoblest of human emotions, since it fritters away one's strength of character. And though I make no defence of your husband's disloyalty, yet I may say in all truth that you've gone the wrong way about trying to keep your marriage together. It is very probable that if you had behaved with self-respect and dignity in the first years of his straying, and had reached out to stock your life with other worthy social interests, he'd have drifted back to you gratefully in time.

Even now, if you would stop moping and get out of the apartment, and discuss this crisis with a marriage counsellor — say at your local Family Service Agency — you'd become at once more of a person, in your husband's eye. At 45, you are still a young woman, comparatively speaking; and it is foolish to drift in fear of the worst any longer.



Fashion From Florida

From Miami comes an intricate, tuckled blue peau de sole frock for after dark cruise or resort wear, by Frank Williamson, with a touch of glitter.

KEEP IN TRIM

Glamorous Women Control Weight Through Habit

By Ida Jean Kahn

Glamor career women keep beautifully slim, seemingly without undue effort — so let's look into their weight control systems.

It takes stamina to have a singing career, and that calls for good nutrition. When lovely Jane Pickens found herself gaining too many pounds, she sold herself on the idea that rich gooey desserts are "cheap calories and not worth their weight—they don't help you keep your bounce." With this attitude she formed the habit of skipping cakes and pastries.

Singing star Dinah Shore loves to cook and loves to eat. So here is her system: She cooks for her family and eats a little of everything, but controls her weight by small servings. "It's the initial taste of a special treat that is really delicious," reasons Dinah.

Esther Williams who is one of the healthiest gals in Hollywood has a healthy appetite to match. Esther always eats a substantial breakfast. This gives her energy for her strenuous swimming roles and fortifies against the temptation to eat between meals. This athletic star is a hearty meat, vegetable, salad, fruit and milk gal. See—all the protective foods.

PROTECTIVE EATING

Petite Leslie Caron also keeps her food habits strictly on the protective side, and eats mostly proteins and fresh vegetables. For dessert she has non-fattening cheese such as Swiss or cottage cheese with fruit. She drinks quantities of skim milk.

Marilyn Monroe eats mainly vegetables and meats and drinks milk. When weight threatens, she switches to buttermilk. Although she has a sweet tooth, she skips rich desserts because "I'm the rich type." Her provocative

MILLVIEW W. I.

The Feb. meeting of Millview W.I. was held at the home of Mrs. Lorne Drake on Wed. evening, Feb. 1st, with 12 members and one visitor present. The Mary Stewart Collect repeated in unison opened the meeting. Roll call was "Say or pay". Minutes were read, approved and signed by pres. and monthly financial statement was given by secretary treasurer.

Reports of committees were heard as follows: Sick, eight calls made and treats taken; School, two dozen clothes hook's were purchased for the School, all bills presented and paid. After a short discussion it was decided to buy heavy unbleached cotton and make a coverall for school piano.

Several thank-you notes were received, and other letters pertaining to institute work were read and discussed. Collection amounted to 85 cents. Mrs. Victor Grant invited members to her home for March meeting, roll call to be answered with an article for a bazaar.

An interesting contest was won by Mrs. Ted Crane, consolation by Mrs. Victor Grant. Lunch was served by the hostess, assisted by Mrs. Francis Drake, and meeting adjourned.

LET'S EAT

Fish Has Fine Flavor And Nutritional Value

By Ida Bailey Allen

Fish is the only variety of animal food that feeds itself.

From the oceans, gulfs, bays, bayous, lakes, and rivers it comes. No grain must be raised to feed it; no houses or barns built; no hired hands are needed to raise and "tend it."

READY CROP

This ready crop of protein food is harvested by well-organized fishery industries which safeguard it with refrigeration until it gets to the frozen food or refrigerated cases of the supermarket.

How much fish do we, as a person, eat a year? A mere 12 pounds! Yet, biologically, fish is a form of meat. It can be cooked in any way meat is cooked. It is as digestible as meat and has comparable nutritional and fine flavor values.

Tomorrow's fish grill dinner: Hot or cold tomato juice; fish grill with vegetables; tossed green salad; Lemon chiffon pie. Coffee tea, milk.

All measurements are level. Recipes proportioned to serve 4-6.

Fish grill with vegetables: Combine 1/2 c. milk, 1/2 tsp. Worcestershire, 1 tsp. salt, 1/2 tsp. monosodium glutamate and 1/4 tsp. pepper.

In this, dip 6 fresh or frozen and thawed fillets of fish (any kind). Dust both sides with 1/4 c. flour. Chill about 10 min.

Next, peel 2 large Spanish onions; slice 1/4" thick. Peel and slice lengthwise four large Idaho potatoes, also to 1/4" thickness.

Put the slices of onion, sand with fashion, between 2 slices of potato; dust with salt and dot with butter.

Place the fish on a broiler rack lined with aluminum foil. Arrange the vegetables around.

Broil 4" from the heating unit, 15-20 min. Turn once when golden. Place on a heated large platter. Over it, pour 3 tsp. melted butter or margarine seasoned with 1/4 tsp. Worcestershire.

Border with the vegetables. Garnish—parsley or creas.

Sunday dinner: Vegetable slaw with vegetables; tossed green salad; green beans; fried cornmeal mush; green beans. Angel cake, ice cream. Coffee, tea or milk.

Fried chicken mid western with bacon: Prepare a 3 lb. all-purpose chicken for cooking. Disjoint; cut into 11 or 12 pieces as for fricassee.

In a strong paper bag, mix 1/2 c. enriched flour, 2 tsp. salt, 1/2 tsp. pepper and 2 tsp. monosodium glutamate.

Add the chicken sections; shake until evenly coated. Meanwhile, in a large heavy frying pan, heat equal parts melted lard and butter to 1/2" depth.

Slow-brown the chicken in this. Turn occasionally. Allow about 20 min.

Dot with 2 tbsp. extra butter or margarine. Cover; bake 30 min. in a slow oven, 325 degrees.

Arrange on a large platter; garnish with crisp slices of bacon. Surround with overlapping slices of golden-brown fried cornmeal mush.

CNA President Relaxes At Home With Dog, Gardening

By CAROLYN WILLET

OTTAWA (CP)—The president of the Canadian Nurses' Association noddled and beamed when asked in an interview if she ever has time to relax.

"I've a little house, a dog and a garden with a lily-pond," said Gladys Sharpe of Toronto, who directs nursing at Toronto's Western Hospital as well as heading the 41,000-member nursing association.

Her home is in a suburb of her native Toronto where she grabs spare moments for her favorite hobby, gardening.

"I like to ride too," she added. "I started riding when I was a child and I've ridden everything from a plow horse to an Irish hunter."

HOUSEHOLD HINT

Stubborn food burns on enamel pans may be removed by a cleaning solution of weak soda and water. Boiling vinegar and water in a scorched pan will also help to remove these stains.

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MORNING SMILE

Customer: "Has this dog got a pedigree?" Dealer: "I should say so. If it could talk it wouldn't speak to either of us."

LENTEN SPECIALS AT SHAMA'S THURSDAY, FRIDAY AND ALL DAY SATURDAY

FISH - FISH		GROCERY DEPT.	
COD FILLETS, lb.	29c	LANTIC SUGAR, 10 lb. 83c	
SMOKED FILLETS, lb.	39c	Broken Pekoe TEA, lb. 79c	
SALT COD, lb.	39c	Aylmer 2-Fruit	
SCALLOPS, lb.	79c	MARMALADE, 24 oz. 35c	
Salt HERRING, 2 for	25c	PLUM JAM, 24 oz. 35c	
Kip. HERRING, lb.	35c	York PEANUT BUTTER	
DIGBY, 2 lb. box	43c	4 Lb. Pails	\$1.43
SMELTS, lb.	25c	Raggedy Ann	
FISH STICKS	39c	PEACHES, 2 tins	39c
MACKEREL, can	25c	PERFECTION MILK	
ANCHOVIES, btle.	49c	6 Tins	79c
MEAT DEPT.		HEINZ KETCHUP	
BACON, sliced, lb.	45c	11 Oz. Bottle	25c
PORK HOCKS, lb.	15c	York PORK & BEANS	
SPARE RIBS, 4 lbs.	59c	20 Oz., 2 tins	39c
ROAST PORK, lb.	39c	PURITY ROLLED OATS	
RIB ROAST, lb.	39c	5 lb. bag	45c
BRISKET		GIANT BREEZE	
CORNED BEEF, lb.	25c	With Tea Towel	85c
CORNED PORK, lb.	39c	Colgate's SOAP, 4 for	29c
CHICKEN, Gr. 'A', lb.	49c	FAB, 2 kgs.	69c
FOWL, Gr. 'A', lb.	39c	Heinz TOMATO JUICE	
FRUIT & VEG. DEPT		48 Oz.	
SUNKIST — Full of Juice		LARGE	
ORANGES, 2 doz.	69c	GRAPEFRUIT, 3 for	25c
McINTOSH		TOMATOES, pkg.	25c
APPLES, 5 lb. bag	35c	LARGE	
WASHED		CELERY	19c
CARROTS, 3 lbs.	25c		



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REGULAR ONE-PLY
Canada's favourite tissue...
AND NEW DELUXE TWO-PLY
baby soft, for you who prefer extra luxury.
ALSO—TOWELS AND SERVIETTES

Quality products of
The E. B. Eddy Company