

WOMEN

Page 8 The Guardian Wednesday, Sept. 22, 1954

LET'S EAT

Have You Been Feeding Your Husband Properly?

By IDA BAILEY ALLEN

A RECENT survey, conducted by the New Jersey Experiment Station, of 800 men working in industrial plants shows that many are not eating the right foods to produce good health and efficiency.

A fourth of the men were low in calcium, needed for sound bones and teeth and proper functioning of muscles and nerves. The cause? These men had less than half a pint of milk a day.

Lack of Vitamin C
Blood analyses showed that one out of four was low in Vitamin C; they ate too few citrus fruits, tomatoes and leafy vegetables.

Forty per cent were overweight. They were the men who had only a cup of coffee and a sweet roll for breakfast, and filled up with high-calorie snacks at the morning coffee break to satisfy the consequent mid-morning hunger. This brought about overeating, and caused loss of appetite at noon for foods rich in vitamins and minerals.

The remedy is simple, but needs a little will power.

Get up in time to see that your husband is up early enough to eat a man-sized balanced breakfast: make breakfast neat and appealing and eat along with him. He will then skip the mid-morning snack and be hungry enough to enjoy a well-balanced lunch at the plant cafeteria or from a well-planned box lunch packed by yourself.

TOMORROW'S DINNER

Salad
Braised Steak Spanish

MARY HAWORTH'S MAIL

Child Wants Parents' Company

DEAR MARY HAWORTH: Our daughter, 11, refuses to go anywhere unless her father or I accompany her. We were in our thirties when she was born—the most thrilling, important event in our lives. She was a beautiful intelligent child. And when Tim was born three years later, she was prepared for his arrival and accepted him gladly.

Our family life has always been exceptionally pleasant. We are financially secure, emotionally congenial, able to devote much time to our children and enjoy them. We have a luxurious home and I try to make the children's friends welcome and comfortable here. Jean joins in their games wholeheartedly, but won't return their visits unless I accompany her.

Jean won't go to movies she wants to see, nor to concerts, parties or even Sunday School, with a relative or friend, she goes only if her father or I go with her. Although she isn't happy about it, she has reconciled herself to my husband and my going out together twice a month—a long-time practice. When she first became aware of it she seemed heartbroken, and for a few months she stayed home, hoping she would get over it. She never did.

HOW BROADEN HER HORIZON?

Of course she doesn't like school, yet she is an outstanding student with a high IQ. At school she is quiet and well-behaved, but at home a happier child would be hard to find. Her mental health chart reveals a feeling of security, a feeling of being loved and appreciated. And in America, she is as well as in school, and no parental domination. Only fear of the dark, which I believe I have corrected.

BOARDING SCHOOL SEEMS INDICATED

Jean's gingerly social attitudes towards the larger world are pretty much those of a typical "poor little rich girl." Probably the best way to wean her from too-constricting family attachments, in the high school phase, is to place her in a well-chosen boarding school, where she will be trying her wings with fellow students from backgrounds similar to hers. And where the staff is wise in the ways of helping such girls on the beam of self-reliant social interchange.

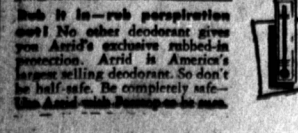
GIRL'S LIVING IN FAIRY TALE

DEAR S. G.: You say Jean's



NOW! YOU CAN HAVE DRY, SWEET UNDERARMS EVEN ON HOT, STICKY DAYS!

New Vanishing Cream Deodorant ARRID with PERSTOP Stops Perspiration 1 to 3 Days. Keeps Underarms Dry and Odorless.



With Potatoes

Plum Crisp Zucchini Hard Sauce
Coffee Tea Milk

Braised Steak Spanish: Order 1½ lbs. round, chuck or flank steak cut ½ in. thick. Combine ½ c. enriched flour, 1½ tsp. salt and ¼ tsp. ground black pepper; sift over the steak and pound. Cut into 6 servings.

Brown on both sides in fat. Add ¼ c. diced green pepper and 1½ c. sliced peeled onions. Continue to saute 3 min. Add 6 diced, peeled fresh tomatoes, and 6 potatoes, peeled and cut in quarters. Cover and bake-simmer at 400 degrees F. for 20 min.

Plum Crisp: Wash and pit 1 lb. plums; cut in coarse dice. Add 1 c. sugar, 1 tsp. cinnamon and ¼ tsp. each powdered nutmeg and clove. Melt 3 tbsp. butter or margarine; add 3 c. coarse soft bread crumbs and stir and cook until absorbed. Layer with the plums in an oiled 9-in. pie plate. Cover with crumble topping. Bake 35 min. in a hot oven, 400 degrees F. Serve warm with orange hard sauce.

THE CHEF'S MINED GREEN SALAD

Tear half a medium-sized head of lettuce into pieces and add ¼ head romaine, cut coarse, 1 c. shredded Chinese cabbage, ½ bunch watercress, cut across 3 times, and 1 thin-sliced peeled medium-sized onion.

Dress with ¼ c. not-sweet French dressing. Season with fresh-ground black pepper.

Caring For Medicines

First Aid and Home Nursing (St. John Ambulance)

Much is heard of the miracles wrought by modern medicines—but the improper use of medicines causes a great many severe illnesses and a surprising number of fatalities each year.

First of all, medicines should only be taken on a doctor's prescription—it is dangerous to prescribe for oneself or others.

Here are seven points St. John Ambulance recommends for the care and storage of medicines:

1. All poisonous medicines should be labelled "poison." They should be kept in bottles of distinctive color and shape and should be kept apart from other medicines, preferably under lock and key.
2. All external medicines should be kept on a separate shelf from those used internally.
3. Bottles should be kept tightly corked and clearly labelled.
4. Oils and ointments which spoil easily should be stored in a cool place.
5. A change in color, consistency or odour of any medicine should be reported to the doctor before the next dose is given and a new supply obtained if necessary.
6. Medicine should never be left in an unmarked bottle or container. No guesses should be made as to what it might be. Such medicines should immediately be discarded.
7. Medicines which have been kept in the house for any length of time should not be used because many drugs change in quality with age. They may lose their power or become dangerously strong. Prescriptions no longer in use should be discarded.

Herman N. Bundesen, M. D.

Cancer of the Cervix

CIRCUMCISION of the male is a familiar fact in prevention of one of the worst of female tumors. Cancer of the cervix or mouth of the womb is one of the most commonly occurring cancers. It is one of the most difficult to treat and one in which treatment holds little promise.

The symptoms may be spotting between periods, irregularity, irregular bleeding in women who have gone through the menopause or change of life. A foul discharge is also symptomatic.

Early Treatment Vital
Diagnosis is usually made after physical examination; the physician takes special smears to determine the presence of cervical cancer. Early treatment can prove lifesaving in many cases. The special smears can be taken routinely in most doctors' offices.

The news of the value of circumcision was learned when it was discovered that cancer of the cervix varies in rates of occurrence among certain races. It is more common in dark-skinned individuals and far less common in persons of the Jewish or Moslem faith. It is quite rare in the groups of people who believe in circumcision. Widows, and women who begin their sexual activities late in life, marry late, or never marry at all do not contract this disease, except in occasional instances. These facts are of interest because they may point the way toward one method of helping to prevent cancer of the womb.

QUESTION AND ANSWER

Mrs. H. H.: Are permanent wave solutions detrimental to children?
Answer: Very few reactions have been reported due to skin absorptions. However, such solutions should be kept away from the eyes, ears, nose and mouth of children and should not be kept in a place where a child may reach them and possibly swallow them.

Household Hint

Costume jewelry of silver, brass or copper often tarnishes with wearing. To prevent this, cover the metal with a thin coat of fresh white shellac.

Morning Smile

Mother: "Isn't this a rather complicated toy for such a small child?"
Clerk: "No, it's an educational toy, especially designed to adjust a child to become an expert government employe. Any way he puts it together, it's wrong."

IF YOU LIKE CHICKEN... You'll LOVE CHICKEN and Ocean Spray CRANBERRY SAUCE



Fine Fabric



By ALICE ALDEN

Soft, pliable, luscious cashmere in dress weight is one of the fine fabrics of the new season and top-flight houses have seized on it for important clothes of the classic type, clothes that are unobtrusively right in their smart simplicity and good lines. The elegance of the cashmere is well handled in this handsome classic that has many interesting accents such as, the very fine tucking of the fabric done to simulate a collar, to trim the fly front and decorate the side-slit pockets. A good dividend-paying investment!

KEEP IN TRIM

Fashion Gives Figure Lifted Look

By Ida Jean Kain

While it's difficult to predict the vagaries of fashion, one thing we can count on is change. From the boyish form of the 20's, we swung to the other extreme—the exaggerated bosom of the past few years. The latest fashion from Paris is the lifted bosom.

It remains to be seen whether this new emphasis will become a trend. However, it may serve to swerve fashion toward normal curves again. After all, we've gone about as far as we can go in the Mae Westward direction.

Have no fear, fashion will never go back to the flat chest that invoked that dreadful debutante vouch. Heaven forbid. Nobody wants that! This lift is just what we've been needing to pull the figure up out of the dumps. More important, the uplift should give our spirits a lift. It's not middle age that bogs down the figure, and not always added poundage—it's a limp spirit.

What does the latest new look demand from the figure standpoint? Normal weight of course, with special emphasis on a slender, willowy torso, a t e m i n g from pelvic girdle through the ribcage. Make no mistake, merely wearing an uplift bra will never achieve the figure required to wear these fluid fashions with a flare.

Get off to a perfect start, using the muscles that actually do the

lifting—the middle muscles. Begin the uplift with the lower abdominal muscles, at the same time contracting with the hip muscles, thus centering the pelvis. Follow by pulling the waist up out of the hips, and the ribcage away from the waist—lift! This brings a slim, supple feeling that puts new life in any figure.

Shoulders should not get into the act. Keep shoulders beautifully at ease. Hold your head high—and that bump of self-esteem on the top of your head very high.

With weight at healthy normal and an elegant, lifted posture you need not be overly concerned about



Tones supporting muscles. slims middle measure.

about curves or the lack of curves. Nature's normal endowment will give your figure the proper proportion. With the aid and support of an ingeniously designed and perfectly fitted bra, the effect will be right for your figure.

As to exercise, stretching is the answer. Any elongated stretch, with the action centered through the middle measurement, will help. A most effective way to get a lift is to stretch from a rod, for this tones the chest muscles which support the bust, while pulling the figure slim through the midsection.

Analyzed, the latest lift is not so much a new look as it is a new outlook. Get a lift—come alive.

Mexicorn Muffins

- 2 cups sifted enriched flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons melted shortening
- ¼ cup cooked whole kernel corn, drained
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped pimento

Sift together flour, baking powder, salt and sugar. Combine egg, milk, shortening, corn, green pepper and pimento. Add liquid to flour mixture, stirring until flour is moistened. Fill greased muffin cups two-third full.

Bake in hot oven, 425 degrees, 20 minutes. Make about one dozen medium sized (two inch) muffins.

Alice Brooks Designs



JIFFY TO MAKE!
Bewitchin' in the kitchen! Cherries—easy embroidery—add charm to this cobbler apron. Look at the neckline—for now, wear it without a blouse. Cool cooking!

Be thrifty—use remnant! Pattern 7240: Medium Size only. Tissue pattern; embroidery transfer. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

Brimful of thrifty gift ideas—our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

Wife Preservers



You can mend broken and torn edges of oilcloth by applying cellophane tape underneath the breaks.



KISS PUDDING

- 1½ cups milk
- 2 egg yolks
- ¼ cup white sugar
- 4 teaspoons cornstarch
- ¼ teaspoon salt

Heat milk in double boiler, cream egg yolks, sugar and cornstarch together. Add to milk when hot. Cool, add vanilla.

TOPPING

- 2 egg whites beaten stiff. Add 3 teaspoons cocoa, ¼ cup white sugar. Pinch of salt (last).

—Mrs. Heber Proffitt, Rosebank W. I.

Bringing Up Baby

Hints Collected by Mrs. Ann Carter (Mother of 5)

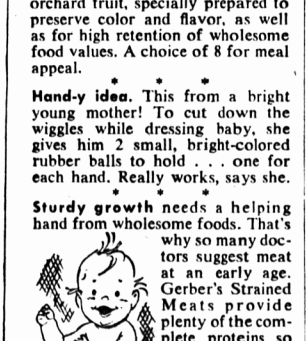
Most young parents are concerned about finding the perfect baby sitter. But sometimes, in expecting the utmost from the sitter, we forget that we owe a certain amount of consideration to the part-time parent. How to make a good sitter want to play repeated performances? A snack or soft drink is always welcome. When you set a time limit, try not to abuse it. Outline sitter's duties clearly... don't scold her for negligence when you're to blame. And remember, a bit of praise makes any job more desirable.

Repeat performances are usually in order when you serve baby Gerber's strained meats, fruits, and vegetables. Tempting true colors and appetizing true flavors combined to make baby beckon for seconds. Made from pick-of-the-orchard fruit, specially prepared to preserve color and flavor, as well as for high retention of wholesome food values. A choice of 8 for meal appeal.

Handy ideas. This from a bright young mother! To cut down the giggles while dressing baby, she gives him 2 small, bright-colored rubber balls to hold... one for each hand. Really works, says she.

Sturdy growth seeds a helping hand from wholesome foods. That's why so many doctors suggest meat at an early age. Gerber's Strained Meats provide plenty of the complete proteins so vital to growth, and the development of all body structures. Made from juicy Armour cuts, they're carefully processed for minimum fat and fiber... are easy as milk to digest. All solid meat, with just enough broth added to give a smooth, appealing texture. For youngest babies: 6 Strained Meats. For tots with a few teeth: 3 Junior Meats.

Years for the asking... "Recipes for Toddlers." For your free copy, just write me at Box 17, Toronto 18, Canada.



Queen Elizabeth II Spoon!

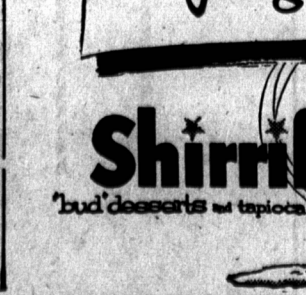
Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium inside each giant package of NEW BLUE Super Suds. Ask your grocer for it—or mail 25c and any Super Suds box top, along with your name and address and your grocer's name, to: Super Suds, P.O. Box 1010, Aurora, Ontario.



Chocolate almond cream pie!

Just a dash of almond for sophistication... a splash of whipped cream for decoration... and, for real chocolate richness and smoothness—a Shirriff's "Bud" Dessert. Here's chocolate at its darkest and richest—"bud" flavoured, with extra liquid flavour in the exclusive Shirriff's Flavour "bud".

Prepare a package of Shirriff's Chocolate "Bud" Dessert as directed and add ¼ tsp. Shirriff's Almond Extract while still hot. Cool and fill a baked pie shell. Garnish with whipped cream.



Successful Safari



By ALICE ALDEN

Mr. John, cafe society's fabulous couturier milliner, believes that girls needs must accentuate their feminine charms with exciting chapeaux which will catch the roving masculine eye. This season he has designed some sumptuous toppers for face flattery. This one was evolved to insure world travelers with valuable dividends of beauty and packability. Made of African zebra it is a small and becoming hat faced and banded in brown silk grosgrain ribbon.

ELLEN'S DIARY

by an Island Farmer's Wife

"I guess, Ellen, you'll need to cook a mite extra today," James cracked casually this morning, dropping an appreciated armful of wood to the box in the porch way of his contribution to it. "We're having more help at the threshing. Yes," he continued, "we're putting on two more tractors and trailers to speed things up a bit this good weather."

The morning was lovely, the air freshened by the night-frost which in shadow still crisped the lawn-grass, the sunlight washing clear and ever-new into the cup of our valley. A robin flew up to breakfast on rowan berries and just beyond in a grain-field not yet cleared of its sheaves blackbirds flew down, in a dark company, to dine. "Good!" we nodded, "good!" and came in then to the kitchen and the making of breakfast.

"What's in the porridge pot?" a little lad with a smatch of a dream lingering still in his eyes, coming to the stove to stand beside us and peer wonderingly into the steaming pan. "Why, there's nothing—only water!" he said, looking up. "Then what's making you laugh?"

"It's nothing in the pot, but something that came to mind, dear," we chuckled.

"Then what?" he queried.

"The hotter the war, the sooner the peace!" we quoted, "that's what Aunt Kitty Mahoney used to say."

"And who was she?"

"A wily lady we knew in the long ago."

BIG ATTRACTION

STANLEY, N.B. (CP)—The Stanley fair, one of the oldest in the province, celebrated its 104th anniversary this month. Since 1941 the annual event has been a four-day fixture.

