

# WOMEN

Page 8 The Guardian Friday, February 25, 1955

## KEEP IN TRIM

### Curves For The Thin Girl

By Ida Jean Kain  
PUT THE POUNDS IN THE RIGHT PLACES

Square your shoulders girls, pull up snugly with middle muscles and get on the posture beam. You thin girls often complain that a weight gain is no help to your figure for the fat settles in all the wrong places. That happens if you settle for the slump. It isn't just pounds you want to pile on, what you really want is to look and feel like a new girl. All right, take steps in that direction. While your posture is partly habit, it reflects your nutritional status and your state of mind. You cannot always will a good posture, you have to feel like standing up. With im-

discipline, but never stiff. The discipline is through the musculature. To keep on the beam, pull up firmly with those middle muscles and contract snugly with big hip muscles. Lean against your back bone — glamour has backbone, it's posture! Do not lift with the chest, the muscles are attached to the ribcage, not the wishbone. Make the middle muscles do the lifting. That streamlining action helps you to keep your enviously slim waist.

Get out of the hectic hurry habit... talk relaxed, practice moving without tension. Hurry increases muscular and mental tension. At ease! By relaxing the muscles you stop sending worry messages to your mind. Tension more than any other one thing takes the joy out of day to day living.

This column winds up the weight gaining series, but it should be just the beginning for you. Keep a healthy respect for good nutrition and good food habits. This will boost your sense of well-being. And get a healthier respect for yourself as a person, and reflect this in your posture. You can be the vital, radiant person you want to be. Believe it! Keep advancing confidently in the direction of your dream and, as the philosopher Thoreau expressed it, you will one day achieve success unexpected in common hours.

**GRADE A NUTRITION FOR WEIGHT GAINING**  
Breakfast

- Chilled Fruit Juice
- Shredded wheat with Banana Slices, Milk and Cream
- Soft Cooked Egg
- Buttered Toast with Peach Conserve
- Glass of Milk
- 1 Cup of Coffee, if desired
- Luncheon
- Oyster Stew or Creamed Soup
- Toasted Cheese Sandwich
- Fresh Fruit salad with Cream Dressing
- Molasses Cookies
- Hot Tea
- Dinner
- Broiled fish with Tartar Sauce or Mixed Grill (Lamb Chop, Liver, Bacon)
- Parsley Potato
- Buttered Carrots
- Bread and Butter
- Lemon Meringue Pie
- Milk

One hour before bedtime

- Glass of Milk
  - Graham Crackers
- Note: One teaspoon of cod liver oil or one Vitamin A and D capsule should be taken daily.

**Enjoy MELARENS OLIVES**  
Everybody else does!

ALICE BROOKS DESIGNS

**CROCHET BATH SET**  
Let this lovely crocheted set add new beauty to your home. Mix and match color — easy, fun to do!

Crochet Pattern 7006: Only 10 skeins of rug cotton make both lovely bathroom rug and seat cover. Easy! Make this rug for your bedroom, too!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto. Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

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**COMING MONDAY!**

JANE WYMAN ROCK HUDSON  
MAGNIFICENT Obsession  
TECHNICOLOR

ANY TIME — it's time for KING COLE TEA

PRINCE EDWARD

## MARY HAWORTH'S MAIL

### Cigarettes Cause Serious Mother-Daughter Argument

DEAR MARY HAWORTH: I am the mother of a 15-year-old girl who has always been an obedient child. Recently I found an open pack of cigarettes in her purse. When I questioned her she said she had smoked only once, and that a friend had given her the pack to hold and she forgot to return it.

Since I didn't believe what she told me, I lost my temper and called her a liar. I don't know if my scolding and punishment did her any good. Will you please tell me what to do?

P.Y.  
DEAR P. Y.: It's a very large order, trying to tell a parent how to give a youngster depth-help in fountaining through the adolescent years—when the parent seems to lack compassion and imagination, in evaluating the child's experiences of temptation.

I believe it's no secret that most boys and girls in our country experiment with smoking sooner or later—usually not later than high school in their mid-teens. Sensible parents are prepared to cope constructively with this probability, so as to prevent the children from becoming liars and sneaks at it—a wise precaution. Unfortunately your sharp attack was no help to your daughter in building good character.

**GUILTY CHILD LIE BY REFLEX**  
Evidently it was understood between you and Jane (let's call her) that she wanted to smoke, that you forbade it. Thus your discovery of an open pack of cigarettes in her purse was disconcerting to both, of course. And the reflex impulse of the frightened child (or childish immature character) is to try involuntarily to lie his way out of trouble—when on the defensive against angry authority.

So Jane's unconvincing story of how come she had the cigarettes was pretty much what an enlightened adult would expect of a browbeaten juvenile facing an accusatory elder. It takes courage to tell truth that reflects unfavorably on oneself; and the habit of courageous truth-telling is established in children, by giving them faith that the truth will be hospitably received for its own sake. This kind of support should be consistently given a child by his family—his parents especially.

Also it takes strongly rooted self-esteem to bravely admit wrong-doing of any kind. And a child's self-esteem is made ready for life's storm-and-stress, by kindly respect for the truth in his spirit despite his faultiness, in the family circle. Finally, a child who loves and respects his parents, for their firm fair rule and administrative insight into the needs and problems of youth, will do his best to measure up to their reasonable standards of profitable conduct. And good conduct is the only profitable conduct in the final analysis.

**MAY BE BOSSED FAR TOO MUCH**

You say Jane always has been an obedient child. Perhaps she has been too much under orders at home, with too little leeway for developing some judgment and backbone of her own. With the result that other teen-agers lead her by the nose—causing her to be weakly disobedient to you, because their influence is to the fore when your back is turned. Maybe that's why she took up smoking.

Re-open the subject with Jane, when you have time for a leisurely private talk. Apologize simply for losing your temper and calling her a liar. Then ask her to be frank about it. If she is smoking or wants to smoke. Tell her the health hazard of smoking is one thing, and the inclination to hide it is something else—and as between the two, sneaking is worse. Try to reach an honest friendly meeting of minds, on a future policy.

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

**POLITE EXCUSE**

NOTTINGHAM, England (CP)—A woman fined 10 shillings for overtime parking wrote to the court that Nottingham's shops "are so fascinating I lost count of time."

**PLAIN COOKIES**

- 1 1/2 cup brown sugar
- 1 cup shortening
- 2 eggs
- 1/2 cup cream
- 1 tsp baking powder
- 1 tsp soda
- 1/2 tsp salt
- flour to roll

**You can't go ALL-OUT**

**If you feel ALL-IN**

These days most people work under pressure, more, sleep less. This strains on body and brain makes physical fitness easier to lose—harder to regain. Today's tense living, lowered resistance, overwork, worry—any of these may affect normal kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest, that "ired-out" heavy-laden feeling often follow. That's the time to take DODD'S KIDNEY PILLS. Dodd's cleanses the kidneys to normal action. The pills are better—more effective—work better. Ask for Dodd's Kidney Pills at any drug counter.



## For A Mexican Cabana

Mrs. W. Rankine Nesbitt, Chief Girl Guide Commissioner for Canada, is shown at right presenting Cabana Fund contribution from the Dominion and from the Province of Alberta to Miss Henrietta Osler, Canadian International Commissioner.

One of the surest signs of the Girl Guide movement throughout the world is the decision of the recent World Conference that the time has come for a second world centre. This centre, to be known as Our Cabana, will be built near Cuernavaca, Mexico.

The first world centre, Our Chalet, was built in Switzerland in 1932 and since that time countless Guides and Girl Scouts from all nations have spent many happy hours there. Not only have they enjoyed training, mountain climbing and winter sports but, more important still, through living with

girls of nations other than their own they have had the chance to learn something of the ways of other people and to make international friendships.

Owing to the distance not many Canadian Girl Guides can go to Our Chalet in Switzerland but with Our Cabana, a world centre in this hemisphere, more and more of them will be able to join their sister guides from other countries in the many activities which will be provided there.

Land has been purchased and construction will begin in the near future. In the meantime all countries in the World Association are seeing what they can do to assist in raising the money necessary not only for the construction but the maintenance of Our Cabana.

Our Cabana will belong to all the Girl Guides and Girl Scouts in the world and is another step forward in the work of the World Association of Girl Guides and Girl Scouts to carry out its aim of promoting international understanding and friendship among girls of all nations.

Canadian Girl Guides have the opportunity of contributing to Our Cabana Fund through Headquarters. Mrs. Gandler of Alberta is the Member for Canada on the Cabana Finance Committee.

## MORNING SMILE

A woman launching her first ship was a little nervous. She turned to the shipyard manager, standing beside her, and asked: "How hard do I have to hit it to knock it into the water?"

the paths, edging the panes... a bit of a February storm! Until tomorrow... Good-night

## Wife Preservers

If your canary refuses to take a bath, try sprinkling a little sand in the bottom of the bath before pouring in the water.

## ELLEN'S DIARY

by an Island Farmer's Wife

The first calf of the season naturally adjudged "the sweetest thing—the prettiest one yet!" by the younger members of the family, arrived at Alderlea yesterday in an early morning happening.

On the heels of the event in the ever-changing scenes of the farming the herd-sire bade a long farewell to the place. He was a rather handsome fellow of not yet two years, roan in color, sleek and sizable, of pleasing lines, altogether a worthy head of a herd. Nevertheless in the farmers' planning, it was time for him to go. These are among the animals of the place for which like fire, the members of the family from James down to Mack entertain a healthy respect. We too have no regrets when we see one fade into the distance beyond the hill-top on an outward trek even though we are aware that in the system of farming followed here, another younger burly-headed, bland-faced creature will be promoted to the empty stall.

Here the disposal is always something of an especial event.

"You'll use the nose-bar to lead him to the (buyers) truck?" we overheard James comment to the younger farmer.

"Yes—and a leading rope as well," James nodded. "This was logic that pleased him. 'There's no need to take chances' he said.

We were at the kitchen-sink, washing the breakfast things when

"The truck is in the frost field?" we said to Mack, watching from another window.

"No," he shook his head. "It's right down here, backed to that steep place by the lawn, so he'll be able to step to it easy from there... oh, oh!" he winced "there won't be a rose-bush left. He's tramping them down."

Not in a china shop was this fellow, but being guided by, and over our precious growings of the years, shrubs, perennials, spring flowers in the border already pricking ears for the first robin call. "Oh dear" we echoed the small boy's concern... But now it was over, the machine easing away.

"Will you say anything about the flowers to Granddaddy?" Mack queried when we turned away from the window.

"It wouldn't do much good, do you think?" we smiled.

"No," he shook his head and grinned. "he wouldn't hear you anyway!"

"Well, it's good to be clear of that fellow," James was looking in at the doorway now. "He's too big to have around... Looked well, didn't he, Ellen? I wonder what he'd weigh."

The young lad says he's close to... but it's pretty hard to say. I guess, though, he's not too far off that!" And then with Mack at his heels he was off to take up again the choring.

That was yesterday, when the sun was warming the valley. This was a white day-white of falling flakes reclotting lightly the fields, dusting the evergreens, covering

## Timely Suggestions From Canada's Kitchen

By Consumer Section, Marketing Service, Canada Department of Agriculture

### POTATO POINTERS

Everyone has his or her own favourite ways of preparing potatoes, but baking is without a doubt one of the tastiest ways to serve them, and time-saving too. On wash day when the hands of the clock seem to hurry a little faster towards dinner time, scrubbing a few potatoes and serving them with an oven dish is so much less work than cooking them any other way.

When there is a free minute set the oven rack on the centre rung of the oven or slightly lower and scrub the potatoes eating clean. Then when the right time comes all that is left to do is to heat the oven to 400 degrees F. or 425 degrees F. Place the potatoes on the rack and bake until they are tender when tested with a skewer. This will take from 45 to 65 minutes depending on the size of the potatoes and the oven temperature used. One of the secrets in serving good baked potatoes is this—as soon as they come from the oven make crosswise slits in the top to let the steam escape and pinch gently to make the potato fluff up. They are delicious served with butter or topped with a little grated cheese.

So far as boiling potatoes is concerned they have more flavour when cooked in their skins, and that is a pretty good indication that more food value has been kept in them as well. The skins are easily removed before serving but perhaps your family likes to eat potatoes skin and all.

### USE LITTLE WATER

The home economists of the Consumer Section, Canada Department of Agriculture recommend using one cup of boiling salted water to cook six medium potatoes. Yes, just one cup and here is the reason why—a saucepan with a closely fitting cover is used so that very little water evaporates and as soon as the water reaches the boil the heat is turned down to keep the potatoes boiling gently for 20 to 30 minutes. Cooked this way even a mealy potato which is so good for mashing will hold its shape well. With a pressure saucepan very little water is used and the potatoes take only a few minutes to cook.

Even though potatoes are served mashed more frequently than any other way it is surprising the number of times we get poor mashed potatoes. To make them fluffy, light and free from lumps, drain the boiled potatoes well and remove the skins if they were left on, then hold the saucepan over low heat and shake the potatoes until they are dry. Mash them really well until there are no

### Household Hint

A liquid commercial product for cleaning rust stains from porcelain works like magic.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

lumps left. Add a generous piece of butter, about two tablespoons, and about a third of a cup of hot milk, thin cream or evaporated milk. This is the right amount for six medium potatoes. Add the milk or cream a little at a time, for it is put in all at once the potatoes may become soggy. Season to taste and whip the potatoes until they are very light and fluffy, and be sure to whip them just before serving.

4803  
12-20-40  
by Anna Adams

## ANNE ADAMS PATTERNS

**WEEK'S SEW-THRIFTY**  
DOUBLE VALUE for your sewing time! This is the season's most practical, prettiest Wrap-on—make it also in a brief version for a cobbler apron! See the neckline—it's cut low for cool flattery. Check that diagram—couldn't be easier, faster sewing.

Pattern 4803: Misses' Sizes 14, 16, 18, 20, 40. Size 16 takes 3 1/2 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

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## FOR EASIER MAKING — SURE SUCCESS IN BAKING ALWAYS BUY

# Monarch CAKE MIXES

WHITE CAKE • CHOCOLATE CAKE • GOLDEN YELLOW CAKE  
ANGEL FOOD CAKE • FRUIT CAKE • CHERRY POUND CAKE  
GINGERBREAD MIX • PIE CRUST MIX • TEA-BISK

Monarch's newest mixes, Fruit Cake and Cherry Pound Cake are a revelation in ease of making! You add only water to the mix, and fold in prepared fruit supplied in a separate container in the package. Monarch's perfectly blended batter mix assures an even distribution of fruit—throughout the baked cake—and these cakes stay fresh for two to three weeks. Try them soon—see how you save time and money, yet get the finest of cakes.

All Monarch Cake Mixes are complete even to the correct measure of eggs, so whatever kind of cake your family likes, you can be sure of serving the best "home-made" you've ever made.

That goes for pies, too, when you use Monarch Pie Crust Mix—and all the delicious things you can make with Monarch Tea-Bisk.

Note them down on your shopping list now!

## 50 SUNBEAM RADIANT CONTROL TOASTERS TO BE WON THIS MONTH

**NEW EASY "WHO WAS THE MONARCH?" CONTEST**  
CLOSES FEB. 28TH.  
FOR RESIDENTS OF THE MARITIME PROVINCES ONLY

Here is your chance to win a Sunbeam Radiant Control Toaster. It makes uniform toast every time, no matter whether bread is fresh or frozen, rye or white, thick or thin. All you do is drop in the bread—completely automatic controls do the rest. Bread is lowered, toasted, and raised. This month 50 Sunbeam Radiant Control Toasters will be won by users of Monarch Mixes. You could be a winner—and you'll find it's fun, and easy to try—so get your entry in the mail today! Send in as many entries as you like—but be sure to enclose the top half of the front panel from a Monarch Mix package with each entry.

**It's Fun To Enter!**  
HERE'S HOW: Write on plain paper your name and address and the answers to these four questions about Kings and Queens of the English Monarchy:

1. Who was the English Monarch that died in 1857?
2. Who was the English Monarch known as "The Lion Hearted"?
3. Who was the English Monarch reigning when the American Colonies declared their independence?
4. Who were the only two Monarchs to reign jointly in England?

Mail your entry to "Monarch Contest", Box 325, Saint John, New Brunswick

**CONTEST RULES**  
1. Each entry must be accompanied by the top half of the front panel from any Monarch Mix package.  
2. Entries must be postmarked no later than midnight February 28th, 1955.  
3. Prizewinners will be the first fifty correct entries drawn after the contest closes and will be notified by mail within 14 days after closing date, and a list of prizewinners will appear in this paper.  
4. This contest is limited to residents of the Maritime Provinces only.  
5. Employees of Maple Leaf Milling Co., Ltd., its advertising agency and their families are ineligible.

## Monarch CAKE MIXES

THE COMPLETE MIXES—EVEN TO THE EGGS AND MILK!