

WOMEN

Monday, June 20 1955 The Guardian Page 3

ELLEN'S DIARY

by an Island Farmer's Wife

Now our stables are almost empty. At last only babes of calves remain there of the herd stabled through the months of the indoor feeding. Gone the others of the young stock are, to permanent pasture, the cows to that of a near meadow; and to the beef cattle went out over the hilltop market.

James talked of this evening letting the newspaper drop to his lap there in the comfort of the old armchair. "Tomorrow, with the choring lightened so, we'll think we have nothing to do," he smiled. "It will be like a Sunday!"

The thirteenth, this is "Funny" he chuckled "that everything should go so well with us today. I confess I was a little worried this morning over the prospect of getting the fat ones away—after being in the stable so long, one never knows how they will act. They can be mighty contrary and rough. But as they would have it, all went well and without hitch or delay. The stables, Ellen, look pretty empty now."

How we wished we had some way of recording the activity that went on at Alderlea today other than storing it in mind for our own enjoyment. So good it would be to have for the Grandchildren one day to look back upon though it might be considered only of passing interest to those who know little or nothing of the ways of our living.

HOUSEHOLD HINT

When you are building a home, remember to specify plenty of convenient electrical outlets.

Lighting specialists recommend that, in living areas, outlets should be placed along the floor line of unbroken wall space so that no point is more than six feet from an outlet, with an outlet in any other wall space of three feet or more.

Kitchen work counters should be supplied with an outlet for every four feet of working space.

Refrigerators and other major appliances will need individual outlets.

LET'S EAT

Meat Pies Are Again A Fashionable Dish

By Ida Bailey Allen

removed. Place in a small kettle with 1 bayleaf, 2 tsp. salt, 1 sliced onion, ¼ c. celery leaves and boiling water to half fill. Cover.

Simmer about 2½ hr., or until tender; or pressure-cook 35 min. at 15 lb. using only ¼ c. hot water. Drain the meat. Chill the broth; skim off the fat. Chop the meat fine in a chopping bowl; do not put through the food chopper.

Into the meat, stir 3 tbs. flour, 1 tsp. each salt and monosodium glutamate, ¼ tsp. pepper, 3 tbs. tomato paste, 1½ c. meat broth and 2 c. cooked or canned mixed vegetables.

Transfer to an oiled 7" x 11" bake-serving dish. Cover with plain piecrust. Press down over the edges; slash in the center; brush with milk.

Bake 8 min. in a hot oven, 425 degrees F. Reduce the heat to 375 degrees F.; bake 25 min. longer. Cut in squares. Accompany with mashed potato.

To freeze, bake in individual aluminum foil containers 8½ min. Cool, cover, seal and freeze. Allow 30 min. brown and thaw at 400 degrees F.

Too Little Meat

"Undoubtedly, the reason meat pies became unpopular in this country, Chef, is because they were often made with too little meat, too many vegetables and too much crust."

"A meat pie is a main dish and should supply most of the protein for the meal."

Then the Chef rolled up his sleeves and made a most unusual meat pie, in the following way:

Big Beef Vegetable Pie: Order 2½ lb. shin or shank of beef, bones

removed. Place in a small kettle with 1 bayleaf, 2 tsp. salt, 1 sliced onion, ¼ c. celery leaves and boiling water to half fill. Cover.

Simmer about 2½ hr., or until tender; or pressure-cook 35 min. at 15 lb. using only ¼ c. hot water. Drain the meat. Chill the broth; skim off the fat. Chop the meat fine in a chopping bowl; do not put through the food chopper.

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Cook's Corner



STRAWBERRY SHORTCAKE

2 cups flour
¼ tsp. salt
2 tbs. sugar
3 tbs. baking powder
3 tbs. shortening
1 egg
¼ cup milk

Sift dry ingredients, mix in shortening; add beaten egg to milk and add to dry ingredients to make soft dough. Smooth one half of dough out lightly. Put into greased deep layer tin; spread with butter; cover with other half of dough which has also been smoothed out to fit pan. Bake in hot oven 20 to 25 minutes. Split while hot and spread crushed and sweetened berries and whipped cream between layers; cover top with whipped cream and whole berries. Dust with powdered sugar and serve.

TRICK OF THE CHEF

Add ¼ tsp. crushed cummin seed to 1 quart cole slaw.

MORNING SMILE

Little Willie—Mama, don't men ever go to heaven?
Mother—Of course they do. What makes you ask?
Willie—Because I never saw any pictures of angels with whiskers.
Mother—Oh, that's because most men who go to heaven got there by a close shave.

MARY HAWORTH'S MAIL

Father's Disapproval Threatens To End Daughter's Romance

By Ida Jean Kain

DEAR MARY HAWORTH: I find I am not so sophisticated as I thought I was—and I need wise counsel. During my Junior year at college I fell in love, and this last Christmas I got engaged. I graduated at midyear, and George will be graduated this month.

During the recent Spring vacation George came west to visit us, and to meet my parents. We hoped to marry this summer, but now a seemingly hopeless situation has developed.

In a routine way, my father asked George what his father does. George replied that his father is mayor of a certain city. Dad then said that this town is notorious for its gambling and vice; and George replied that evidently the voters like it that father more than once. At that daddy really blew up.

He told George that in any city where such conditions openly exist, the mayor, the chief of police and probably other officials receive a percentage of the ill gotten gains—and he said pimps and panders do the same. He added that he tried to see that I always associate with decent people; and he would as soon see me marry a panderer's son, as the son of the mayor of such a town.

Flance Leaves Town In Huff

Daddy said he didn't care how many country clubs the mayor belonged to, or how high his social standing; anybody who took money from the earnings of prostitutes could never marry a daughter of his. George tried to defend his views, and daddy only got madder. George left town in a huff. He has written me a few times at the office—knowing daddy wouldn't let him write to me at home.

George says he still loves me, but doesn't see much hope of happiness for us if we marry in the circumstances. I still love him dearly but sometimes I try to see daddy's viewpoint and I wonder if he partly right. If he isn't how can we change his attitude so that George and I can marry? Mother says that a girl my age, 22, can easily fall in love again, perhaps more deeply than the first time. What is the best course, all things considered?

Youth Is Victim Of Dad's Cynicism

DEAR L.R.: As I see the picture, George is the hapless victim of

KEEP IN TRIM

Seasonal Dieting Solves No Weight Problems

By Ida Jean Kain

Are you forever going on a diet, taking off ten pounds or twenty and slowly putting them all back on again? For many overweights, it isn't reducing that is difficult—it's staying normal weight that's a problem.

One more question... do you recognize exactly what your dietary weaknesses are? Of course you are aware that some foods

are fattening, but do you know exactly which food habits you've slipped into that are responsible for your poundage?

There is one way to find out, and if you are really serious about being normal weight, you'll give it a trial. Keep a week's account of everything eaten daily

his father's cynic materialist philosophy so that in a sense he was arguing from ignorance when he tried to defend his dad's occupation against your father's debate—and possibly did himself an injustice.

By which I mean, George may have sufficient intelligence and stamina, potentially, to become a person in his right—capable of objectively appraising and morally rejecting his father's political behavior as wrong. And had your father been less vehement in his attack on George's father (as a symbol of economic graft and panders. George might have opened his mind—and listened and learned. I say he might: it's a bare possibility.

However, the pace and pitch of their exchange (as told by you) suggests that George and your dad couldn't get together about anything much; that their temperaments just don't mesh. It is my inference that the sharp explosion was sparked not so much by the subject matter, as by instinctive



Nature's keeping score!

dislike of one another, felt from first meeting. The routine inquiry into George's background simply triggered off mutual hostility bound to register sooner or later, in any case, probably.

Bust-up Seems No Mistortune

Unfortunately, George's reaction to the uproar is far from gallant. Obviously he is disposed to let himself be driven off by your dad, relinquishing you in a "sour grapes" mood—which rather leaves it up to you to contrive a compromise solution, if any. Which also indicates that he has neither good emotional ballast, nor the manly will to stand up self-reliantly to an irate father's offensive.

So I don't think he is worth your while. As the twig is bent, so the tree inclines—and George is a weakling due to parental molding, I gather; in addition to being a stranger to righteous human values. My advice is to accept the bust-up as an act of providence, and let him go without repining.

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

Words Of The Wise

No wise man ever wished to be younger.—(Jonathan Swift.)

TEA

gives you over 200 CUPS per POUND



Perhaps there is too much emphasis put on high quality proteins and all the other protective foods as a REDUCING program. Of course they are. But these same protective foods will help you MAINTAIN normal weight and high vitality.

Probably you are not consciously aware that you have a set pattern of eating which determines your weight—and you won't be until you actually make a day-by-day record. At the end of a week, look at this record in the light of food habits. Which food habits are piling on your pounds?

Once you honestly face calorie facts, you'll see the folly of going on a strict diet then promptly returning to the same fattening ways of eating. A far more satisfactory plan would be to adjust your regular pattern of eating to fit your daily calorie needs.

*** DRESSES!**

*** DRESSES!**

*** DRESSES!**

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- Orange

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