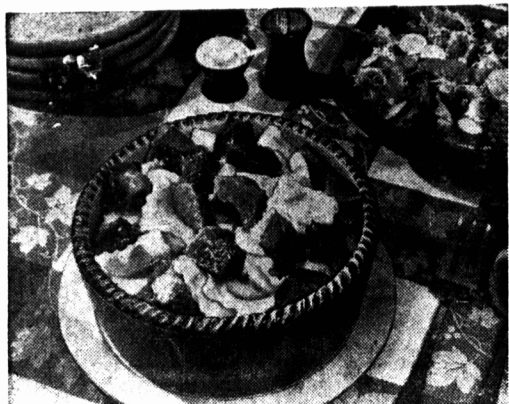


WOMEN

Page 8 The Guardian, Tuesday, May 17, 1955

Tips On Spring Cleaning



HOT AND HEARTY, Beef Pot Pie is a favorite with Mrs. Theodore S. Chapman, President of the General Federation of Women's Clubs.

With Spring in the air and the prospect of summer meals prepared outdoors, it might be well to look over the utensils that are used for the "cook-outs." No doubt some of the wooden handles on the cooking aids could stand a little freshening up — a job you'll find easy to do.

If the old finish is starting to come off, sand the handles down to the bare wood. Apply two thin coats of fresh white shellac. The first coat will dry quickly, so that you will be able to apply the second almost immediately.

The same treatment will improve the look of picnic baskets and other articles made of light wood.

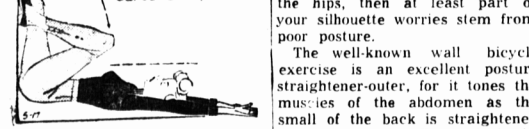
Dingy Closets

Spring is also the time to do over dingy closets and get them ready for the dainty frocks they will hold this summer.

If the walls are rough, smooth them down with sandpaper and fill in any cracks. Then apply two coats of fresh white shellac, allowing each coat to dry. This will make a fine base for the enamel paint. The color of course, should be bright and cheerful.

KEEP IN TRIM

Straighten Out Swayback



down and slightly under, and at the same time pull up strongly with the lower abdominal muscles. Keep the knees slightly relaxed, and stand stretched all. If this simple movement lessens the curve in front and "slims" the hips, then at least part of your silhouette worries stem from poor posture.

The well-known wall bicycle exercise is an excellent posture straightener-out, for it tones the muscles of the abdomen as the small of the back is straightened out against the floor. And the arm work squares the shoulders.

The only difficult part of the exercise is getting into position. It will be easy if you sit against the wall sideways, then with a neat turn swing legs up the wall . . . and there you are, on your back, legs up the wall. Arms are on the floor with elbows bent and fingers resting on shoulders.

The movement is to pedal legs up and down the wall, bringing alternate knees vigorously to chest, and at the same time, pulling snugly up and in with lower abdominal muscles, pressing small of back against the floor. Once you get the hang of this exercise, bring arms into the movement — as alternate knees are flexed to chest, both arms are stretched back on floor overhead, and returned to shoulders. It's as fine a straightener-out as you'll come across. Continue the action for 10 counts, later more.

That exercise may sound complicated and hard to do, reading it. But it's one of those safety position exercise and actually easy to do. It will straighten out sway-

MARY HAWORTH'S MAIL

Woman Is Hurt By Youngest Sister's Ingrate Snobbery

DEAR MARY HAWORTH: I am the eldest of six children — "first generation" classification. Our parents raised us to be God-fearing and honest, and drilled us in the step-system, whereby older children look out for the next younger ones. Thus we tried to better the background for each in turn.

Our youngest sister, Becky, received all of our love, pride, etc., but when she married she cut herself off from us all. She seemed ashamed to have us visit, even for an evening. She just doesn't want us around.

However, her two children are adorable and, in spite of rebuffs and humiliation, I repeatedly saw and called the youngsters. Now I am told pointblank not to come anymore. Had I done something offensive, I would understand; but I am pushed away just because I never married because after mother died I kept the home intact, so the girls wouldn't have to go out living with strangers. Now that the others are married they've made a stigma of my unmarried status. I am socially acceptable and employed in business, so I have some worth, surely. Please advise. I shall be grateful your column.

B. B.

As Twig Is Bent, So Tree Inclines

DEAR B. B.: Being last in line, in the family's self-help system of lifting each child socially on the shoulders of his predecessor, Becky got no training, no discipline in self-sacrifice on the part of the family. Instead, she was indulged in the supposition that the family existed to serve and glorify her; and that her goal or function, was to be superior to her dutiful servants. Which accounts for her unfeeling rejection of your hopeful efforts to savor some of the satisfactions she has achieved largely at your expense.

You, being firstborn to this inequitable scheme of things, were taken for granted as everybody's helper, it seems — no doubt with your parents heading the list of those who grew blind to your own special needs of emotional sustenance, over the long haul. As a result of this kind of conditioning, you coasted into the mistake of habitually short-changing yourself in the distribution of family gains — although I imagine your implicit faith in your parents' "rightness" led you to expect a fair reward for your selfless performance, later on.

Such a reward may find you eventually. As has been said, "The mills of the gods grind slowly, but they grind exceeding small." And the genuinely contributive person, who cheerfully benefits others, with diligent generous effort, usually is fairly repaid by Providence, though seldom by those whom he has directly benefited.

One Who Gives Always Benefits

Ralph Waldo Emerson, in his famous "Essays," has a lengthy discourse on the laws of compensation. He says in part: "He is great who confers the most benefits. He is base . . . to receive favors and render none. In the order of nature we cannot render benefits to those from whom we receive them — or only seldom. But the benefit we receive must be rendered again, line for line, deed for deed, cent for cent, to somebody. Beware of too much good staying in your hand . . . Pay it away quickly in some sort."

Also he says "The compensations of calamity are made apparent to the understanding also, after long intervals of time . . . A cruel disappointment, a loss of wealth, a loss of friends, seems at the moment unpaid loss, and unpayable. But the sure years reveal the deep remedial force that underlie all facts."

"The (loss) which seemed nothing but privation, somewhat later assumes the aspect of a quid or

back and get your posture on the beam.

Follow this exercise by relaxing for 5 minutes on your back, knees bent over chest, arms hugging knees in chest. This "rest" position is also a corrective.

Cook's Corner



MEAT SCALLOP

1 tbs. butter
1/2 tsp. onion (minced)
1 tbs. flour
2 1/2 cups of hot water
1 cup of meat, chopped
Put onion and butter in sauce pan, set on the stove. When hot add hot water. Season to taste. Now add meat, mix together. Put in a casserole, cover with a layer of mashed potato seasoned with salt and pepper. Wet with a little milk. Adding the beaten white of an egg improves the potato. Cook 20 minutes or until light brown. Serve hot.

Left over roast beef can be used for this recipe.

genius; for it commonly operates revolutions in our way of life, terminates an epoch of infancy or of youth which was waiting to be closed, breaks up a wonted occupation, or a household, or a style of living, and allows the formation of new ones more friendly to the growth of character. It permits or constrains the formation of new acquaintances, and the reception of the first influences, that prove of the first importance to the next years . . .

Apply this philosophy to your situation, and rise buoyantly above the family's thankless attitude. Go on to find your happiness in other affiliations.

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

CRAZY CAKE

1 1/2 cups flour unsifted
1 cup white sugar
3 tbs. cocoa
1/2 tsp. salt
1 tsp. soda

Sift together twice into an ungreased 8" pan. Make 3 holes in mixture. Put into holes no. 1, 1 teaspoon vanilla, hole no. 2, 1 teaspoon vinegar, hole no. 3, 5 tablespoons Mazola Oil or melted shortening.

Pour 1 cup of cold water on top of all and stir altogether.

Put this pan in oven and bake 350 degrees for 35 minutes. Use plain fluffy white icing.

LEMON FLUFF FROSTING

Cream 1/2 cup butter, dash of salt. Add 2 cups icing sugar, creaming well. Add another 2 cups sifted icing sugar alternately with 3 tbs. lemon juice mix in 2 tsp. grated lemon rind.

Words Of The Wise

Mercy is the twin sister of truth. — (George Seaver).

MORNING SMILE

Fed-up Private: "My girl's gone all uppish. She won't speak to anyone lower than a sergeant-major."

Another Fed-up Private: "She couldn't."

Relax with TEA



ELLEN'S DIARY

by an Island Farmer's Wife

We used, for the first time, Ellen don't start this machine our electrical food mixer today. Given a little more courage we might have employed it before. For it was there, milk-white bowls and whatnot — and mysterious — in the carton which had brought it, left with our best souvenirs in the study, during the interval of years we spent at Rob's.

It had come to us mostly by gift of a sister, born beneath a more propitious star, though we doubt not any happier, than were we. A harvest star hers was — one of those which gleam distantly after a blue and gold day, when at the whim of a breath of wind "waves of shadow" go "over the wheat." While a slip of a girl she had turned her back on teaching in an Island schoolroom and gone to The States to win fame and fortune.

Island girls abroad are mostly great-hearted ladies if we would judge them by her standard. For until we could no longer squeeze into "a perfect sixteen" we were more than once made happy by the gift of one of her discarded gowns. And it was sometimes her old hat, still passable if not fairly modish, we wore to town or to the Kirk at the corner of a Sabbath, wondering at how well it suited our coloring and she fair and blue-eyed where we were dark. Learning in the experience that such items as these including one's degree of happiness, are mostly things of the mind.

This is the nurse-sister, retired now but still professional-minded, with neither chick nor child for a care and an exceedingly fine and likeable American husband, her trained and impersonal manner covering the kindest of hearts.

"Now whatever else you do, until tomorrow . . . Good-night . . ."

LET'S EAT

Beef Pot Pie Featured In An Illinois Dinner

By Ida Bailey Allen

To be president of a woman's organization demands experience, courage, tact, and a capacity for hard work. These are the outstanding characteristics of Mrs. Theodore S. Chapman, President of the General Federation of Women's Clubs — an organization with over ten million members.

Work for the General Federation often takes her away from her home in Illinois, where she manages a stock farm, but when she is home she likes to take time out to prepare a delectable, home-cooked meal.

Mrs. Chapman has kindly contributed one of her menus and the Beef Pot Pie recipe for today's column.

ILLINOIS DINNER
Vegetable Juice Cocktail
Old Fashioned Beef Pot Pie
Broccoli Hollandaise
Spring Salad
Hot Rolls
Rhubarb Crunch
Coffee
Tea
Milk

Beef Pot Pie: To 6 c. rapidly boiling water add 1 1/2 tsp. salt and

2 lbs. steaming beef. Cover; simmer 2 hrs., or until fork-tender. Remove the meat; cool and cut in 1/2" cubes. To the broth add 1 tsp. each minced onion and parsley; bring to a boil.

Meantime, peel and cube 6 medium-sized white potatoes and prepare 1 recipe for old-fashioned dumplings. Into the boiling broth, layer the potatoes and the dumplings cut in squares. Keep the broth boiling to prevent the dumplings from packing. Cover; boil 20 min. longer. Stir in the meat, herb, and serve.

Old Fashioned Dumplings: Beat 1 egg, add 2 tbs. milk and 2 c. sifted, enriched flour. The dough will be very stiff. Roll paper-thin; cut in 1" squares with a knife or pastry wheel.

Rhubarb Crunch: Wash and cut in 1/2" lengths enough tender rhubarb to make 4 c. Add 1 tbs. flour, 1/2 c. sugar, 1 tsp. cinnamon, 1/4 tsp. salt and 2 tbs. water. Spread in a buttered 7" x 11" baking dish. Cover with a crunch topping. Slow-bake 1 hr. in an

Household Hint

If the finish on antique furniture shows signs of cracking and "crazing," use a good quality paste furniture wax for regular maintenance.

oven at 325 degrees F., or until the rhubarb is tender and the top brown and crunchy. Serve plain or with sweet or commercial sour cream.

Crunch Topping: Cream together 1/3 c. butter and 1/3 c. flour. Work in 1/2 c. brown sugar, and 1/2 c. quick-cooking raw, rolled oats to form crumbs.

TRICK OF THE CHEF

Season chilled vegetable juice to taste with lemon juice, tabasco and Worcestershire.

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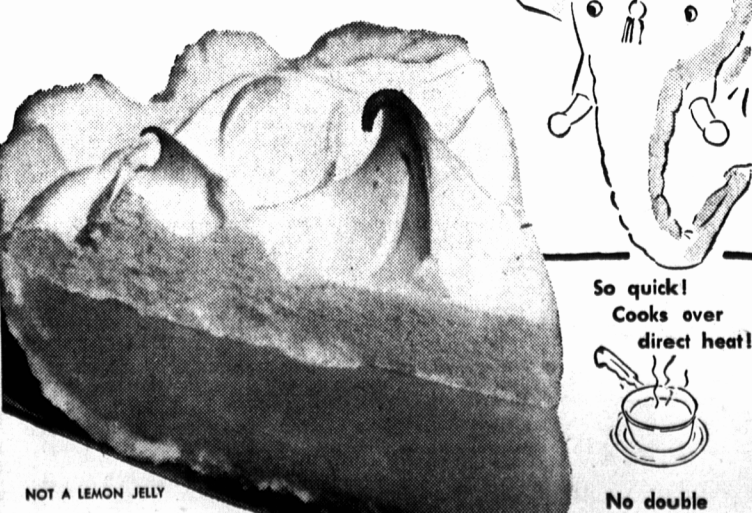
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