

# WOMEN

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## LET'S EAT

### Serve Hearty Desserts With Vegetable Dinner

By Ida Bailey Allen

"In France, Madame," said the Chef. "we consider vegetables so important that we often serve them as a special course at dinner. Par example, stuffed tomatoes, or asparagus Hollandaise. But in the United States this is not often done."

**GARDEN PLATTERS**

"Instead, Chef," I explained, "sometimes we use garden platters as the main course."

"But in this case, many men do not feel satisfied with the meal."

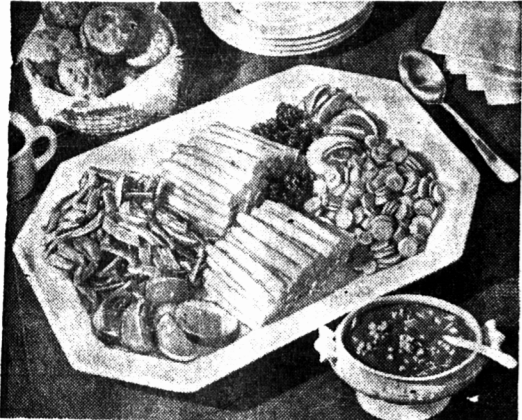
"This is because fresh vegetables contain little protein. So

Drain and center in a large deep platter; arrange buttered cooked green beans on one side and buttered cooked carrot rounds on the other. Garnish of cucumber and tomato.

Pass American Blue cheese sauce.

**American Blue Cheese Sauce:** Combine 2 1/2 c. mayonnaise, 2 1/2 c. chili sauce, 1-3 c. chopped firm portion cucumber, 3/4 c. (4 oz.) crumbled American Blue cheese and 2 tsp. minced onion.

"There is plenty of fresh pork this fall and it is inside the budget," remarked the Chef. "When it is half roasted, I recommend



Attractively arranged asparagus, green beans and carrot

animal protein should be added to the menu in the form of milk, cheese, eggs, or a little fish or meat. A big wedge of custard pie to top off the meal will please any man."

- Cream of Corn Soup
- Vegetable Platter of Asparagus
- Green Beans and Carrots
- Blue Cheese Sauce
- Whole Wheat Muffins
- Custard Pie
- Coffee Tea Milk
- Vegetable Platter with Blue Cheese Sauce: Open 1 can California white asparagus; heat slowly.

## COOK'S CORNER



### ARABIAN CHOPS

4 pork chops  
1/4 cup water  
1 can condensed tomato soup or canned tomatoes  
1/2 tsp. dry mustard  
Onions

Put chops in casserole or skillet, put sliced onions on top, sprinkle with pepper, salt and mustard. Pour over tomato soup which has been mixed with the water. Bake one hour in moderate oven, 350 deg.

Drain, but save any liquid. Put the celery in a low flat refrigerator dish.

Four over 2 tsp. of the celery liquid beaten with 2 1/2 tsp. well-seasoned non-sweet French dressing. Then refrigerate. (Do not freeze.) Keeps 2 weeks.

Serve on lettuce or romaine; garnish of paprika or minced parsley.

**Roast Crusted Fresh Pork:** Order a 4 to 5 lb. shoulder of fresh pork boned and rolled. Mix 2 tsp. salt, 1 tsp. monosodium glutamate, 1/2 tsp. pepper, 1 tsp. each powdered sage and 3 tsp. enriched flour. Rub this all over the pork.

Place on a rack in a roasting pan. Bake 1 1/2 hrs. in a moderate oven, 350 degrees F. Spread the top and sides with moist bread stuffing seasoned with sage.

Place peeled sweet potatoes in pan. Roast 1 hr. longer at 350 degrees F. Turn the potatoes once. Serve with gravy.

### TRICK OF THE CHEF

Garnish cream of corn soup with chopped pimiento.

## ELLEN'S DIARY

By An Island Farmer's Wife

"I should like to have taken a day or two at the Maritime Fair but I just couldn't—I didn't have the time. There's no time for anything nowadays." A visitor to the place this evening remarked with a smile. "Time's everything in this age. It's money! We have to make every minute count on farms. If we buy a machine we must be sure that it will do its work quickly and well. And with a minimum of care on our part—we have no time to be fussing with machinery. Golly, 'he chuckled wistfully, 'when I look back to the old days, what an amount of time there used to be!"

And November a little sullenly warns the farmer-laggards to make haste with their work of the fields, and the fall days draw in. Dawns come late and dusks are early, smartly shutting the silver of day. And there are still potatoes to be gathered and marketed, turnips too and plowing, before frost puts an end to the like. There are incline to be protected against frosts, preparations to be made about farmsteads against wintry weathers. At this farm, shingles yet to be placed, stalls made and other odds and ends of such sortings, before we can suffer the bitter north wind to blow down upon us, from over the fields.

We came to our last harvesting today. This is, for the most part, a masculine undertaking, nevertheless any feminine assistance is gratefully received. If we however choose to let any suggestions fall on deaf ears and remain indoors at interests of our own, messages arriving, advise us that even there we are not without the bounds of the endeavour.

"Gran'daddy says...would you send out a few cakes to the field? He says with a merry giggle, 'people sitting in the house don't realize how long an afternoon can be they don't get hungry!"

"Gran'daddy says for you to round up the cows—the men are too busy. Some of the cows are in the field across the creek, some are up in that piece of new land and you can barely see them, they're so far away! And there's some not far up the lane. He says not to leave it too late—and to see that none of them stray into the barn to fall into the cellar where they're putting the turnips. He said, 'with a young laugh, 'it would make a nice little run for you."

Or that which alerts us smartly: "Gran'daddy says to tell you they are putting off the last loads of the day, now—and to have his supper by the clock, because he has a lot of work to do afterwards. Five minutes won't give you much time, will it? But that's exactly what he said. I guess," with a smile, "he just said that to hurry you some."

Our last harvesting we are... and still the skies of a hushed and sunless day.

Until tomorrow—Diary—Good-night....

## MARY HAWORTH'S MAIL

### Girl, 12, Wants To Wear Pumps, Lipstick, Earrings

DEAR MARY HAWORTH: When our family moved to this town I wasn't yet 12 years old, but I was enrolled in the seventh grade. In so doing, I skipped three-fourths of the school term, and it seems that from now on, I will always be younger than my classmates. This makes a problem.

Now I am in the eighth grade, and when I went back to school this fall, the girls in my class were talking about their clothing for the term. Then they started comparing notes about their second pair of pumps (for dress-up) their lipstick and earrings. When they included me in the conversation, I had to lie and say that my mother had got me the same things.

But the truth is, my mother seems to think I am too young to wear these things. I want only two-inch heels; and the lipstick is a medium shade; and the small earrings would be for Sundays. My mother says that I am "just 12" and that I should dress "like a child of 12". Do you think my mother should get this way?

All of my classmates are 13, and most will be 14 soon; and no child wants to dress like a 12-year-old when the rest of her classmates are 14, and dress like 14-year-olds. I would wear the pumps only occasionally, on Sundays.

Please give me your opinion on whether I should dress as a 12-year-old child or as an eighth grader; and please answer soon.

H.C.

**IS IN HER MIND**

DEAR H.C.: As Shakespeare said, "There's nothing either good or bad but thinking makes it so." You have a problem of dress in relation to classmates, only because you think you have. If you were a happy-go-lucky, self-confident, tomboyish sort of girl, who couldn't be bothered with lipstick and pumps with heels, you'd get along fine with the dressy crowd at school—just being yourself.

That I can testify for sure—speaking from personal knowledge of schoolgirls together, I have in mind a group situation, recently, in which the girls were just entering their teens; and all but one

## MORNING SMILE

Bachelor—Well, how do you feel about married life now that you've had a year of it?

Married friend—Guess it's sorta like sitting on a steaming tub—once you get used to it, it isn't so hot.

were competitively fashion-conscious, with emphasis on feminine frilliness such as lipsticks, earrings, "Heels" (as they say), and date-habit dress.

As I say, there was this one girl (a trifle younger than the rest) who stuck to her own easy style through junior high school—without "vanity touches" such as lipstick, earrings, etc., when the other "dressed up" for social events in which she was included. And she was always as popular as a girl could wish, was affectionately known by a charming nickname—and was good at games and studies, too.

## DRESS GIVES POISE

On the other hand, I know another girl who became very interested in a big-girl dress at a rather premature early age. Between 12 and 14, she had a yen to dress more like a 16-year-old—to wear high heels, lipstick, curvaceous highstyle modes, etc. Her mother, sympathetically aware of a child's effort to annex social self-confidence via "older" dress—and humorously touched by the outlandish unsuitability of the child's clothes-preference (at that age)—put aside her own good taste, and permitted the child to please herself in some selections.

NO harm came of the mother's accommodating policy—maybe because the mother was mentally on her toes, governing and nurturing the girl's development, while also giving her leeway for hopeful, experimental self-assertiveness. But the child didn't improve her looks by the garb she chose, though she may have enjoyed a big season of self-esteem, thanks to her mother's



## R. C. A. F. CHAPEL VOWS

Mr. and Mrs. Francis George Leonard Evans are pictured above following their recent marriage in the R.C.A.F. Protestant Chapel, Rockcliffe, Ontario. The bride is the former Miss Helen Rose Bowles, daughter of Mr. and Mrs. S.G. Bowles, 197 Kent Street, Charlotteville. The groom, who has recently been promoted to a corporal in the R.C.A.F., is the son of Mr. and Mrs. C. Evans of Victoria, B.C.

The ceremony and pink snapdragons adorned the altar. Music was under the direction of Mr. R. Piton.

Given in marriage by Sgt. J. Smith, R.C.A.F., the bride wore a grey suit with white accessories and a corsage of pink roses. The groom's gift to the bride was a pair of white pearl earrings.

The bride's attendant wore a light blue suit with navy accessories and a corsage of red roses. Sgt. H. C. Klein, R.C.A.F., was best man.

A reception followed at the home of Mr. and Mrs. H. Klein. The mother of the groom wore a Tudor rose dress with white accessories and a corsage of cream roses. The wedding cake centred the table and was flanked by long pink tapers. Sgt. Smith proposed the toast to the bride.

The couple honeymooned in Quebec. Out-of-town guests were Mr. and Mrs. C. Evans, Victoria, B.C., and Ambrose Atkins, R.C.N. The newly-weds are residing at 309 Claremont Drive, Ottawa, Ont.

## Words Of The Wise

Juvenile delinquency is nothing more than the fruit which has a root in the seeds of parent delinquency, religious delinquency, educational delinquency, judiciary delinquency, and municipal delinquency.

—(Dr. Vincent P. Mazzola)

## Reside In Halifax Following Ceremony In Mid-October

St. Paul's Anglican Church, Barrington Street, Halifax, was the setting on October 15 at 7:30 p.m. when Rev. H. St. C. Hilchey united in marriage Miss Edith Elsie Smith, daughter of Mr. and Mrs. Walter Smith, Halifax, and Mr. Herman Everett Adams, son of Mr. and Mrs. Bernard Adams, Ellerslie, P.E.I.

## HOUSEHOLD HINT

To keep a clothesline from fraying or becoming shaggy, rub it occasionally with moistened soap.

Royal blue crepe with matching accessories and a corsage of pink roses.

A reception followed at the home of the bride's parents where the toast was proposed to the bride by Rev. Hilchey.

The couple will reside in Halifax. Out-of-town guests were Mr. and Mrs. Elton MacKay, Traveller's Rest; Mrs. Agnes Penwarden, Ellerslie and Miss Effie Adams, Ellerslie.

Both genuine and imitation upholstery should be kept as free of

## GREASE AND OIL

To remove grease and oil stains, rub lightly with clean cloth wet with carbon tetrachloride. An emergency treatment for oil-saturated fabric is to pour a little of the cleaning fluid on the spot, soaking it up immediately by pressing a clean white blotter firmly against it and repeating until all oil and grease disappear. If soil remains from dirt in the grease, rub with a clean cloth and lukewarm suds. Sponge off soap with a clean cloth dampened with cold water.

To remove ice cream stains, rub with a cloth wet with warm soap suds, sponging off soap with a cloth wet with cold water. Let dry.

## Must Change Food Habits

In the light of modern wonder drugs, many overweight figures there must be a scientific shortcut to reducing and ask about appetite depressants. Some doctors prescribe them in certain cases to be used as an initial crutch, but for a short time only. Other authorities are of the opinion that anything of this sort merely postpones the day of real control. In the long run, the only way to permanent weight control is to change food habits. Today's letter is a perfect example.

"All my life I have had the problem of being overweight. I lived on a farm and my parents firmly believed in feeding us big meals. At age 13, I weighed 167 pounds.

"About six years ago I went to a doctor and he gave me an appetite depressant to help control hunger and give me pep. It sure did...and in about a month I lost 30 pounds. But when I stopped taking the medicine, first thing I knew I gained back all the weight. I couldn't keep on taking the depressant for I was getting to be a nervous wreck.

"I know my food habits are all wrong. Sometimes I catch myself eating three to four slices of bread and jelly. Now I am nearing 38 and I know I am going to have to learn to eat the right way and do so the rest of my life. I've come to the conclusion that you have to reduce on your own will power. It is possible to lose 30 pounds on your own, isn't it? I didn't expect to write so much to you, but I have wanted to tell this to someone for so long."

Certainly you can reduce under your own will power...and with your willingness to change your food habits you are definitely on the right track.

Your experience with appetite depressants is to suppress appetite through action on the central nervous system. Because of the secondary effects of these drugs, not everyone can tolerate them. Moreover, when the depressant is discontinued (which it must be) the pounds come right back unless you have established a new way of eating.

The easiest way to change food habits is to put the science of nutrition to work to control hunger and speed up reducing. Build each meal around a protein food...eggs, cheese, lean meat, fish or chicken. Avoid fats. All the protective foods can be included in adequate amounts on 1000 to 1200 calories. Your attitude is excellent, for you regard diet as eating for normal weight.

For slimming off bulky inches, a daily six minute routine of stretch, bends, swings can work wonders. As you lose the pounds on good food habits and tone up the muscles, you'll feel so buoyantly alive that you'll never wish to go back to fattening fare.

## ELEANOR ROSS

### Tidy Up Car Interior

So much time is usually spent in the family automobile that one of our friends refers to it as her living room on wheels. And, good housekeeper that she is, the interior of the car is as spot-and-span as every room in her home.

Keeping a car interior clean and fresh makes for pleasanter travelling, and it may even prove to be a good investment when trade-in time comes along.

Spots on the upholstery and carpet flooring look as untidy and indicative of poor housekeeping as they do in the home.

## FREQUENT DUSTING

It's a good idea to dust the upholstery fabric and carpet floor covering with a whisk broom or vacuum cleaner at least once a month, more often if long trips are made. An occasional going-over with a cloth dampened with dry-cleaning fluid will freshen these surfaces. However, don't saturate the upholstery—some seat cushions and arm rests are padded with foam rubber which deteriorates when it comes in contact with dry-cleaning fluid. Soaking the floor covering will also prove harmful if rubber compound is used in the backing construction.

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