

WOMEN

Page 10 The Guardian Wednesday, January 19, 1955

LET'S EAT

A Versatile New Soup

By IDA BAILEY ALLEN

"This new dehydrated beef-flavored vegetable soup tastes very good," remarked the Chef. We prepared two packages. This took ten minutes. The soup is rich-flavored and clear, with a light scattering of potatoes, onions, cabbage, celery, red peppers and leeks, enriched egg noodles and a slight thickening.

In Cold or Hot Weather

"Very good for lunch or dinner on a cold day either plain, dusted with grated cheese or garnished with small-diced tomato," pronounced the Chef. "And for a warm day in summer, the soup could form the basis for a fine aspic jelly loaf containing slivers of beef, veal or ham, and sliced hard-cooked eggs, or mixed vegetables."

TOMORROW'S DINNER

Beef-Flavored Vegetable Soup
Celery Pickles
Veal 'n' Ham Pie
Baked Squash
Green Beans
Apricot-Topped Cake
Coffee Tea Milk

Veal 'n' Ham Pie: Cut 1½ lbs. tender veal into bite-sized pieces; flatten with a potato masher. Add ½ lb. thin-sliced ready-to-eat ham cut in 1-inch squares, 2 lbs. minced onion, ¼ tsp. pepper, 1 lb. flour and a crumbled beef bouillon cube.

Line an oiled, low, 3-pt. casserole with American pie pastry. Spread in the meats; press in 3 halved hard-cooked eggs. Pour in ½ c. water.

Cover with American pie pastry rolled a scant ¼" thick; press the edges together with the tines of a fork and slash the center. Brush with a slightly beaten egg yolk. Bake 1½ hrs. in a moderate oven, 350 degrees F. Recipes are proportioned to serve 4 to 6.

Apricot-Topped Cake: Put 2 layers sponge cake together with whipped cream or cooked cream filling. Top with halved canned apricots dipped in concentrated cherry gelatin to fasten them in place. Coat the sides of the cake with the gelatin, dust with chocolate sprinkles, and chill an hour.

Concentrated Cherry Gelatin: Make up 1 box cherry-flavored gelatin dessert, using only ¾ c. boiling water.

SUGGESTION OF THE CHEF

Add ½ pt. fresh shucked or thawed frozen scallops when making Veal 'n' Ham Pie.

ELLEN'S DIARY

by an Island Farmer's Wife

"And there, seal those were our old barns—the barns of the long ago." James said this evening pointing them out to the children when with them he looked over an album of snapshots. "See, they're not the same as they are now. Smaller they were, with pointed eaves. I can see the horses that used to go in and out that old door," he smiled whimsically, indicating that of the horse stable of once, no trace of which now remains in the buildings of the present. "I believe," he chuckled, "I could remember every one that has ever belonged to the place, from the time I was a little lad." He was silent then for a long moment. "And there was the cow stable door—it's still in the same corner of the barn, but indoors . . . we made changes there. Do you know, Ellen," he looked up, "these we have are roomier and more convenient, but I often have a longing to step into the old barns again."

And we took down the farm-pen: "The Furrow" which treating entirely of items of farming is always a welcome visitor to Alderlea and read to them "Grandpa's Barn" by Frances Grand Smith.

"My Grandpa says a Grade A barn is quite a boost for any farm. They're neat and handy, clean and bright, mice are banned and milk's cooled right. "But still my Grandpa says to me 'I miss the old-time barn—you see, the stables where the horses stood were cool and dim and smelled so good, of hay and sweat and harness oil, essence of peace and honest toil. Swallows always on the go, plastered mud-nests in a row along the handsome loft beam's edge, where fat gray spiders swung their webs. A sort of friendly witch lived there, in a cubby nook the hayloft stair. The loft was dim, quiet filled with magic . . . the sun-cured hay was not so tragic; what it might lack in vivacity was well made up by crickets' fun. The sun speckled through the cupola's slats at snoozing owls and tiny bats."

"The con-kitty-con of pigeon milk, laced their pitter-patter walk, trutting about in pairs or singles, marking routes on snowy shingles. In deep dark tunnels of the hay, nests of new-born kittens lay, the blacks and whites and grays and yellows, the pug-nosed short-tailed little fellows!"

"A flighty wisp, a falling feather, scent of hay and harness leather, all these are part of old-time barns, built for use but plied with charms; now vanished like the dust-motes gleam, the old-time barn becomes a dream." "Where will the tabbies go to rest? Where will the swallows come to nest? New barns, are fine, they're here to stay . . . and few will miss the old-time way, 'cept me and pigeons and tabby-cat, swallows and mice and a few old bats."

"There's a lot of truth in that, Ellen," James nodded when we put down the paper. "To me, these are not like the old ones . . . I suppose it's because of the memories—a youngster picks up—they're pleasant usually and lasting." There was wonder in Granddaughter's eyes. What were those far past times on farms like? And Mack begged: "Read me that agin . . . do."

"If you could have a wish fulfilled tonight, Ellen," James asks, reaching down his pipe from the top of the warming oven to enjoy now what he calls "a little smoke" before retiring, "what would it be?" "That would need much consideration," we laugh. "No . . . but seriously, Ellen?" "Would it not be just to purr in content here by the fire as in the dim and a hushed winter-dark at the windows?"

Until tomorrow . . . Diary
Good-night . . .

HOUSEHOLD HINT

All-purpose flour is generally recommended when you are making cookies because it contains a high gluten content, is more elastic and gives a better consistency to the cookies. Soda in cookies helps to make them soft, and when used with molasses or an acid, it acts as a leavening. Creamed into the shortening, the soda is said to make the cookies softer than when it is sifted with the dry ingredients.

ANNE ADAMS PATTERNS

EASY! SEE DIAGRAM!

ONE pattern part to skirt! TWO main parts to bodice—could anything be easier! We know it couldn't look prettier on—just see the dashing flare of the collar—the exciting whirl of the skirt. Choose short or ¾ cuffed sleeves. Back-zipped for flattering fit.

Pattern 4770: Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4½ yards 39-inch.

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.

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

Wife Preservers

Small, one and one-half pound canned hams may be kept at home and stored at room temperature, but it is necessary to keep large canned hams refrigerated.



FLORENE E. HIGGINBOTHAM

THOMAS HEBB

Engagement Announced

Mr. and Mrs. Harry J. Higginbotham, formerly of Montague, P. E. I., and now of Halifax, N.S., announce the engagement of their youngest daughter, Florene Evelyn, to Thomas Hebb, son of Mr. and Mrs. M. R. Hebb of Halifax. The wedding will take place in St. David's Presbyterian Church, Halifax, on Friday, February 4.

By HERMAN N. BUNDESEN, M.D.

Medical Science Helps Diabetics Lead Normal Life

Not so many years ago, a person suffering from diabetes was doomed either to death or a life as a semi-invalid. The diabetic of today, however, can with medical advice and planning, lead a virtually normal life. Insulin and proper diets make the difference.

Diabetes is a chronic disease, and if you have it now, you will have it for the rest of your life. While there is no known cure for it, diabetes can be controlled. And you can control it yourself with your doctor's guidance.

Dietary Restrictions
About half of the nation's more than 1,000,000 known diabetics can manage on dietary restrictions without the use of insulin, providing their weight is normal. Another 30 per cent can easily control the disease with relatively small amounts of insulin. The remaining 20 per cent—usually children and young adults—need both careful control of their diets and regulation of insulin.

Checking the Sugar
Before treatment with insulin is begun, however, it is necessary to determine the amount of sugar present in the blood and urine. By examining urine specimens, taken four or five times a day and before each meal and at bedtime, your doctor can determine the amount of insulin you will require.

Chemical tablets are available, with color charts, to inform you of the percentage of sugar in your urine. If your doctor decides you need insulin injections, he will show you how to administer them yourself. I'll have more to tell you tomorrow about the different types of insulin available and the effects they will have upon you.

QUESTION AND ANSWER

H. S.: What is the cause of a tingling sensation in the legs?
Answer: This may be due to a disturbance in the circulation or in the nervous system. A careful study by the physician would be needed to determine the exact cause.

HANDSOME BEQUEST
OSLO (CP)—Mrs. Elise Gotaas, who died at 86 in Lysaker, left an endowment of \$15,000 to fight polio in Norway and aid polio victims.

COUGH RELIEF WITHOUT STOMACH UPSET!
Here is a new, pleasant cough medicine that does not upset stomach or appetite! Vicks Medi-Trating Cough Syrup. A combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries the medicine to irritated crevices of the throat, where the medicating ingredient can go right to work. That's why it's named Vicks Medi-Trating Cough Syrup. It medicates as it penetrates.

VICKS MEDI-TRATING COUGH SYRUP
It Medicates as it Penetrates

Women's W. M. S. Meetings

KINGSTON UNITED W. M. S.

The monthly meeting of the Kingston United W. M. S. met at the home of Mrs. Elmer and Ralph Younger. The president opened the meeting. The Theme was Evangelism—The Church's Business; the opening hymn 258. Scripture readings were given by several members followed by prayer by Mrs. B. Willis. Mrs. Lyman Newson had charge of the study book for the meeting. Christian Stewardship was read by Mrs. Lorne Smith and a story called "Farida" was read by different members.

Minutes of last meeting were read and approved and roll call was answered by 13 members and 3 visitors; collection amounted to \$1.95. Cards of thanks were read from those who received treats at Christmas.

Mrs. Edgan Newson has charge of the study book for next meeting. Mrs. Lyman Newson invited the members to her home for next meeting. Lunch committee, Mrs. Heber Barrett, Mrs. Lorne Smith, Mrs. Lyman Newson. Closing hymn 374. Lunch was served by hostesses assisted by committee in charge.

BREADALBANE UNITED W.M.S.

The auxiliary of the W.M.S. met at the home of Mrs. Lawrence Newson on Thursday, January 6th, at 3 p.m. The president presided and opened the meeting. The devotion was led by Mrs. Lorne Seaman; Evangelism, The Church's Business; opening by m.n. 383. Scripture reading based on the Book of Acts were read by several members; prayer by leader and a story entitled, "What the Church Stands For," closed this part of the meeting.

Minutes of the last meeting were read and approved. Roll call was responded to by six members. Two visitors were present. Roll call is to be answered with the letter "S." Eight members paid fees. Fourteen home and four hospital calls were reported.

Next meeting is to be held at the home of Mrs. Lorne Seaman with Mrs. Lawrence Newson as devotion leader. The president, Mrs. Hugh MacKay and Mrs. Lorne Seaman as delegates to the Presbyterian. Miss Lillian Taylor, R.N., as our adopted missionary for the year. Mrs. Alex J. MacDonald to have Chapter III in the study book. It was decided to organize a Mission Band with Mrs. Hugh MacKay as leader and Mrs. Alex J. MacDonald and Mrs. Gordon Ripley as assistants. It was decided to pack a box of clothing after the next meeting. Mrs. MacKay led in prayer for our adopted missionary, after which refreshments were served by the hostess, assisted by Mrs. Angus Gillis.

CLINTON W. M. S.

The annual meeting of Clinton Auxiliary of the W. M. S. was held at the home of Mrs. Ernest Pickering on Jan. 6th, with Miss Eva Pickering as devotion leader. The meeting opened with hymn "O, God of Bethel, by Whose Hand," and the suggested programme in the Missionary Monthly.

The installation of officers, who had been appointed at the December meeting, was conducted by Miss Joyce Easter. The following is the slate of officers for the year 1955. Past President, Mrs. Charles Woodside; President, Mrs. Edna Heaney; recording and press secretary, Mrs. Wilfred Pickering; treasurer, Mrs. George Pickering; corresponding secretary and Missionary Monthly secretary, Mrs. Hillard Woodside; Christian Stewardship Secretary, Miss Eva Pickering; community friendship secretary, Mrs. Justin Woodside; supply secretary, associate members' secretary and secretary-treasurer of cent-a-week fund, Mrs. Ernest Pickering; Christian citizenship and literature secretary, Mrs. Bert MacKay; superintendent of Mission Band, Miss Vivian Woodside, with Mrs. Ivan Pickering as assistant; organist, Miss Ruth Heaney.

The newly elected president, Mrs. Edison Heaney then occupied the chair. Minutes of last meeting were read and approved. Roll call was responded to by ten members, each repeating a verse of Scrip-

MARY HAWORTH'S MAIL

Widower, 87, Thinks He Is Irresistible

DEAR MARY HAWORTH: We have a neighbor, 87, who was highly respected in the community prior to his wife's death two years ago. Since then his prestige has undergone a decided slump.

His first mistake was to bring in a 25-year-old striking damsel as a companion, in addition to his housekeeper—an innovation that ended abruptly when his next-of-kin discovered it.

He refers to himself as having great attraction for the ladies and makes up to every woman he meets. His regular social companion nowadays is a bachelor girl, 52, who is at odds with her entire family and lives by herself.

Said To Roister With Spinster

After each visit from our elderly neighbor, this Miss Gay (I'll call her) spreads the news to everybody in the church and neighborhood. His children know nothing of it, as they live quite a distance away, and aren't aware of their father's activities. I am convinced his husband feels this affair is none of my business. However, I feel an obligation to his children, because of my long friendship with his late wife. Should his family be told of his latterday behavior? Please give me your best advice.

What Sticks In Critic's Claw?

DEAR P. G.: Perhaps your husband feels as I do, that there is something unhealthy about your sharply disapproving surveillance of Mr. Old's latterday frisking. In view of your long friendship with his late wife, you are somewhat his contemporary, I take it. That is, you and he belong to the same generation, approximately, though you may be 10 or 15 years his junior.

It occurs to me that you construe his marked interest in younger women as a personal affront of sorts—without actually recognizing that this is your feeling, and the basis of your allegedly scandalized indignation at his doing.

When Mr. Old became a widower, perhaps you cordially assumed that he would be needing some womanly kindness from you in future;—that he would turn naturally to you, as neighbor and longtime family friend, for sympathetic support and counsel, when his loneliness weighed upon him. And maybe it was a terrific jolt to your self-esteem, when soon and decisively he gave his attention to damsels of his children's and grandchildren's age, and generally adopted the role of rake towards women much younger than yourself.

Such Suspicious Are Slenderous

As for what you ought to do, I think it highly advisable to mind your own business, inasmuch as Mr. Old's family promptly reached in to send his 25-year-old domestic companion packing, likely these kin still have an eye on him, and will act protectively again, when conditions justify their doing so.

But the talked-about fact that Mr. Old is dancing attendance on a fiftyish spinster certainly isn't conclusive evidence of disgraceful conduct on her part. Thus it would be recklessly imprudent of you to circulate gossip, suspicion or insinuation to the effect that they are misbehaving and should be policed. You might be making yourself criminally liable, as a busybody dispenser of slander, if you openly took the tone that he needs guardianship to save him from "sin"—or gold diggers.

One thing more. Mr. Old's great age suggests that his children probably are graybeards too, who don't need and wouldn't relish custodial advice, on how to handle papa's affairs. So don't let your angry emotions towards his romancing stampede you into making a fool of yourself, indefinitely.

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

MORNING SMILE

A motorist was proceeding along one of the main roads of a small town when the driver of a baker's van in front turned to his right down a side street.

After narrowly avoiding a collision the motorist demanded to know why the baker didn't indicate which way he was going.

"Don't be so daft," replied the baker. "I always go down that street."

Reports for 1954 were then given. The treasurer reported \$142.50 raised for the year. Eight cards, nine sick calls and three treats were reported for the month.

One member thanked the group for a treat sent to her. A reading on Christian Stewardship and a true Temperance story entitled, "The Tramp" were given.

Next meeting is to be held at the home of Mrs. Bert MacKay, with devotion leader, Mrs. MacKay. Programme will be in charge of Mrs. George Pickering and Mrs. Bruce Clark. Roll call will be responded to with a verse containing "Z".

Members fees were paid by ten members and envelopes collected. The cent-a-week fund was taken, amounting to 79.

Mrs. Ernest Pickering and Miss Vivian Woodside then gave the programme which consisted of a reading on the growth of the African Church and a report of Miss Emily Maxwell on her work in India.

Prayer for our adopted missionary, Miss Kate Rutherford, Africa. Hymn 374 "We Give Thee But Thine Own," and Mizpah Benediction closed the meeting.

BC Nurses in London Plan Tour of Europe

LONDON, (CP)—Four wandering British Columbia nurses, their tired feet after helping stem the Christmas rush in a London department store, are planning another trip. The quartet is shopping for an old taxi to launch a tour of Europe for three or four months.

The travellers are Pat McArdrew, 24, of Powell River, Barbara Thompson, 22, and Diana Crane, 24, of Vancouver and Sheila Twentyman, 23, of Nelson. The girls became registered nurses, worked for seven months at hospitals close to their homes and saved enough to sail to Britain last September.

Two weeks' fruitless flat-hunting in London sent them to Scotland for a week's sightseeing by bicycle. The girls returned to London in November to cash in on Christmas work in a department store. They soon found a flat in Kensington.

"I don't know how British girls manage to live on their salaries," said Miss McArdrew in an interview. The store paid \$5.10 a week and the nurses found it just covered their living expenses.

MAY SPLIT UP

The girls spent Christmas in their London flat with Mrs. Twentyman, also on holiday, presiding over the cooking. They plan to leave for Europe late in January or early in February and reach Austria while the skiing is still in season.

The girls intend to return here in late summer and may then split up. Miss Crane became engaged to Jim McNish, a Vancouver Athlone scholar studying engineering in

KEEP IN TRIM

Inspiration For Slimming

By Ida Jean Kain

TAKE UP THE SLACK WITH EXERCISE

Fat has an untidy habit of spreading—waist, abdomen and hips. Soft muscles invite fat, toned muscles rebuff it. So exercise to tone the figure-controlling muscles. This streamlining technique builds beauty plus strength. Today's letter from a reducer who exercised while dieting will spur you on . . .

"I'm so happy now that I've lost 50 pounds of excess fat and can wear clothes with shape and fashion. I have you and my doctor to thank for this . . . his diet and your slimming exercises. I was able to take off 50 pounds without that sagging, flabby look. As I took off the weight, I firmed the tissues at the same time. Tell your reducers that a small amount of daily exercise can help them slim down and shape up in the right places."

Here are easy exercises to restore tonus to flabby muscles.
Position: Lying face down on floor, head resting on folded arms. Legs stretched straight down.
Movement: Keeping knee straight, raise right leg about half way up . . . hold. Hold to a slow count of six. The count should be 1-streamlines, 2-streamlines, etc. Holding is toning. Repeat with left leg, raising and holding.

Position: Lie on left side, head on folded arm, legs straight down.
Movement: Flex right knee briskly toward chest; shoot leg straight down; then swing vigorously your arm down. Do this to a rhythmic count of 1-2-swing—ho-l-d. Repeat twice, making sure to hold on to the back swing. Change sides and repeat twice.

Finish with a stretch-bend to whittle waist and midriff.
Position: Sitting on floor, legs spread wide apart, arms arched overhead. Pull up-and-in firmly with middle muscles.

Movement: Bend smoothly sideways and hold this elongated stretch. Do this to the rhythmic count—stretch, bend, pu-u-l. H-o-l-d. Stretch up again, pull slim and bend to the opposite direction.

Choice Diet Tomorrow's Menu

Breakfast 200—275 Calories

Citrus Fruit Juice, 5 oz.

Choice of:

1 or 2 Eggs—Thin Slice Toast

Butter 1-2 pat

Or: Hot Cereal 3-4 cup serving

Whole Milk, 1-2 cup—Sugar 1 teaspoon

Coffee, black

Luncheon 300 Calories

Choice of:

Ground round steak 3 1-2 oz.

on toasted half bun—mustard

Salmon and Rice Omelette

1—1 lb. can pink salmon, flaked

½ c. boiled rice

2 tbs. butter or margarine

1 tbs. onion juice or chopped onion

1 egg yolk

½ c. milk

1 egg white, stiffly beaten

Pinch of salt and pepper

Mix flaked salmon, rice, egg yolk, onion and seasoning thoroughly.

Add stiffly beaten egg white. Pour into a skillet greased with butter or margarine, and brown to a golden toast color. Fold over, omelette fashion, and brown on the other side. Serve piping hot.

NEW METHOD MARBLE CAKE

What with the various cake mixes now found on grocery shelves, it is only understandable that someone come up with a modern recipe for marble cake. You simply take a chocolate mix and a white mix, and mix them in separate bowls according to the directions given on the package. Pour into the cake pan as you would any marble cake. Then it can be topped with white boiled icing with a square of melted chocolate dribbled over the white. This makes a very effective marble cake.

CROCHET FASHIONS!

The crochet costume—first in fashion for 1955! Graceful bolero slim straight skirt—yours to make in simple pattern stitch!
Pattern 7126: Crocheted bolero and skirt. Misses' Sizes 32-34; 36-38 included in this pattern. Use sport yarn or cotton. Easy!
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 and SIZE.

WONDERFUL is the word—for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, irresistible—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—right NOW! You'll want to order every wonderful design in it!

ALICE BROOKS DESIGNS

7126

by Alice Brooks



Or: Grilled cheese—1 oz. on Thin Slice toast

Relishes: Celery, carrot sticks, radishes

Glass of Skim Milk or Buttermilk Late-Afternoon Pick-up: Glass of Skim Milk or Buttermilk—86

Dinner 445 Calories

Protein Choice:

300 Calories

Shoulder Lamb Chop

Or: Leftover Pot Roast

Choice of:

Broccoli with 1-2 oz. melted cheese

Or Baked Potato

Choose One 20 Calorie Count Veg. (3-4 cup)

Cauliflower, rutabagas, sauerkraut, string beans

Butter, 1-2 pat

Dessert: Sliced bananas, with Whole Milk (1-2 cup)

Or Other fruit—100 Calories.

Total Calories for the Day—1025 to 1100

Bringing Up Baby

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

When it's time to buy that first pair of shoes the wise mother will check these points for proper fit.

1. Shoes should have one-half to three-quarters of an inch growth room.

2. Socks should permit foot freedom. These too should be one-half inch longer than the foot.

3. Make sure shoes are wide enough when baby is standing.

4. Soles should be flexible, especially for little beginners.

Toddler's delight. Growing-up food for your up-and-coming toddler!

Gerber's Junior Foods have a tender, evenly-minced texture that encourages tots with a few teats to chew. Such tempting true colors, such delicious true flavors help keep little appetites from lagging. Gerber's offer 14 tempting varieties of Junior Vegetables, Fruits, Puddings, Vegetable & Meat Dinners . . . all specially prepared by the folks who make "babies their business . . . their only business!"

Work saver. If baby's getting Vitamin D drops, give them straight from the dropper while he's stripped for his bath. Easy way to avoid hard-to-wash spots on baby's clothing.

Time saver. When it's feeding time, you can save many steps by having a small towel rack attached to the back of baby's chair. Keeps bib, washcloth and towel handy for ready use.

Cold-weather warmer . . . for active babies.

CHICKEN "GUMBO"

½ cup Gerber's Junior Vegetable Chicken Dinner

½ cup tomato juice

Combine ingredients, heat and serve! Very popular with tots.

P.S. Gerber's offer 4 good-tasting Junior Vegetable and Meat Dinners . . . extra-nourishing because they combine 3 important food groups; meats, vegetables, cereals.



SPECIAL
One Rack Ladies' DRESSES up to \$21.50
Now Selling for \$5.00
BLOUSES, up to \$6.95 for \$1.99
SUNTER'S Ladies' Wear
GREAT GEORGE STREET