

# WOMEN

Page 8 The Guardian Tuesday, October 26, 1954

## KEEP IN TRIM

### Still Toting Vacation Pounds? Take Them Off!

By Ida Jean Kain

Enjoying the good food on vacation is part of the American plan. It's natural to overeat a trifle when the food is so delicious. Part of the fun is tossing calorie caution on the breeze. By the way, how many temporary pounds did you take on—of course with the happy thought that you would slim down the minute you came back home?

The big question is—did you cut down when you settled back into routine, or are you still toting those extra pounds? Worse, have you added a couple more pounds?

Recognize that overeating for as short a period as two or three weeks can elevate the appetite and increase your food capacity. This enlarged appetite will tempt you to continue eating beyond your daily requirements. So don't be too complacent about those stored vacation calories.

To hurdle the initial inertia to taking action, think that 5 added pounds may get you 10 before spring. And here's another thought—the size 20's girls were once just 5 pounds over their normal weight. Many's the letter that begins—"I started gaining one summer on vacation and kept right on slowly until I now tip the scales at 162 for 5'4". Yes, with a good vacation start, it's easy as pie to pile on ten pounds in a single year. Take them off! Take them off!

—now. This doesn't mean you have to diet grimly. But you will have to cut down on the trimmings—use less salad dressing, less cream, skip the gravy. And leave off those rich desserts. The most satisfying plan is to eat three meals a day, always at regular hours, so your appetite will not get out of bounds. Be sure to include a complete protein food at each meal, for protein helps maintain the blood sugar level which keeps you content between slimming meals. At breakfast, include an egg or two; or lean meat or hot cereal and milk. Skip the cream. At lunch, have a satisfying serving of fish, an omelet, grilled cheese on thin slice of bread; plus sliced tomatoes, a fresh fruit and a glass of skim milk.

An energy pick-up in the late afternoon is a big help. Have a glass of buttermilk or skim milk. Or choose orange juice or grapefruit juice.

Dinner should include lean meat or fowl, 2 vegetables (only one starchy vegetable). A half baked potato gives satisfaction. Limit butter to a half pat. And relishes or a salad with limited dressing. For dessert, choose fruit, or custard made with skim milk, or have an ounce portion of cheese with 2 crackers, plus a beverage.

Apply the science of nutrition and eat to beat the pounds, without going hungry. Happy slimming!

## ELLEN'S DIARY

by an Island Farmer's Wife

Along the October hillside, with the bare trees, we can still find touches of scarlet and bronze loveliness in the woodlands and hedgerows where a maple, or cherry clings still to colorful leaves.

Today the sun shone tenderly on the stubbles and the meadows bereft now of every summer song. Of all that music, there was left only the voice of the quiet wind, as it sighed softly along those ways, and spoke of days that once were. For autumn winds have a lonely timbre as they whisper from the fields or move high in the treetops with sounds of complaint.

Our winter-wood, the farmers continued to store today with the same faithfulness some of the squirrel-folk look to their seasonal storing in nook and cranny there, their gifts of the woodlands. By noon the supply was housed both at Alderlea and at this farm and the afternoon took the staff and help them to harvest the mangels.

The machines of morning were replaced by horses and carts and it was a familiar sound from the old years of farming which came to us in the kitchen, as in smart turn, the loads were brought in to the cellar below.

Today's helper is a bachelor, one of the confirmed brotherhood of them though we must say that with reservations, having to make allowance for Cupid's unpredictable ways. He is a big brawny chap, this man who matured from the curly-headed smallish child and beginner of school-classes we once kept. Respected, likeable, merry, though often his words spoken with apparent carelessness reveal unreflected depths of sentiment and respect. But it is easy to find the laughter.

"And you've no notion yet . . . ?" the old question and eternally feminine case uppermost, when we came to chat a moment in the yard.

"No," with a happy chuckle

## Alice Brooks Designs

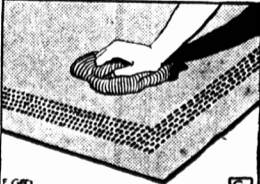
BEGINNER-EASY!

Just like big sister's favorite skirt! Rows and rows of shells—graduating from baby-size to larger—make this pretty party-skirt. Flowers trim suspenders.

Jiffy-crochet in heavy knitting worsted. Pattern 7047: Sizes 2-4; 6-8; 10-12 included in pattern. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks Designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

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### Wife Preservers



To clean matting, wipe it with a cloth wrung out of salt and water and it will not turn yellow.



### CELERY RELISH

2 qts. onions (cut fine)  
2 qts. cucumbers (cut fine)  
1 large cauliflower (cut fine)  
Mix vegetables and cover with boiling salted water, (about 1/2 cup salt). Let stand over night. Drain in the morning, add 2 red peppers (cut fine).

### Dressing

3 pts. vinegar  
1 pt. water  
8 cups brown sugar  
1/2 oz. turmeric  
1/2 oz. mustard seed  
1/2 oz. celery seed  
1/2 cup mustard  
2/3 cup flour  
Mix and boil, add vegetables and one bunch of celery (cut fine). Boil about 5 or 10 minutes.

—Mrs. Allison England, Bideford W. I.

### Coconut Kisses

1 1/2 cups sweet milk  
1 tsp. vanilla  
2 cups shredded coconut  
1/4 tsp. salt  
Combine ingredients and drop from a teaspoon on a greased baking sheet. Bake in a moderate oven for 10 minutes. Remove from sheet until hot. Makes about 30.

### Creamed Oysters

4 tbs. butter  
1/2 tbs. salt  
2 cups milk  
1 pint oysters (with liquor)  
1 cup diced celery (cooked)  
1 slice pimento  
Melt butter, stir in flour, salt and pepper. When well blended add milk. Stir over low fire until smooth and thick. Add oysters, celery and minced pimento. Cook gently about 30 minutes or until the edge of the oysters curl. Serve at once on hot toast or in pastry shells. Yields 4 servings.

### Yorkshire Pudding

Add some suet with a roast of beef. Beat an egg, add 1 1/2 cups of milk, then add enough flour with 3 level teaspoons of baking powder to make a thin batter, and pour in roasting pan. After roast has been removed, bake 15 or 20 minutes, or until a nice brown color appears. Serve hot with the roast.

"This," he shouldered James teasingly, "I would say is no advertisement of what they call 'perfect wedded bliss' . . . a poor hen-pecked mortal of a man . . . and," he nodded, "pretty near to the end of his working-days too!"

"You won't have breath in you to say that by dusk," James laughed, adding, "Ellen, be off to the house! It's big enough to pay a man without entertaining him too!"

Laughter floated back to us as we perched on a cart one of them headed the mare toward the farm-folk attend to the last of their harvestings.

"It won't be long now," a chance caller offered this morning. "I'm always so relieved to be done of the field-work."

But would we not wish back at least one day of the haying, air scented with his fragrance, sunshine, full, lovely? Or one out of the harvest-tide with the fields pure gold and ready for the binder, a blue haze of season along the quiet hills? Or would we not keep these given now out of the last of Autumn's store, serene, peaceful and wholly pleasant?

"I feel a little chilly," James calls to us. "Come down here, Ellen," and there is no tremor of age or weakness in his tone, "and make me a cup of tea!" A good day? One of the best! — Diary

Until tomorrow . . . Good-night . . .

### Morning Smile

A man called on a vet and asked: "I wonder if you could remove my dog's tail?"

"Whatever for?" replied the vet.

"Well, my mother-in-law is coming to visit us," said the man, and I want to eliminate all visible signs of welcome."

### Household Hint

When painting a room, always do the ceiling first, and in one session. Outline corners first, then brush paint into them. Paint should always be brushed toward the previously painted area, never away from it. Work as rapidly as possible, using long, swirling strokes.

## Farewell For Queen Mother



Princess Margaret (right) watches as her mother, the Queen Mother Elizabeth, hugs Prince Charles in a farewell at the railroad station in London, from where the Queen Mother travelled on a boat train to Southampton. Princess Anne is shown at left. Standing are Prime Minister Sir Winston Churchill (right) and U. S. Ambassador to England Winthrop W. Aldrich. The Queen Mother is on her way to America for a visit.

### MARY HAWORTH'S MAIL

## Man Is Distant Country Seeks Romantic Counsel

DEAR MARY HAWORTH: This letter from a land thousands of miles from America may come to you as a surprise; but a friend sends me clippings of your column . . . Two years ago, I fell in love with the most charming girl. Her parents and mine, though in different circles, know each other. In my country, parents play a very important role in the matrimonial affairs of their children. When I told my parents of my love for Leela, they approved; but when her mother learned of our sentiments, she was strongly opposed. But being so much in love, Leela and I continued to see each other—when she passed my house daily on her way from school. We even were planning an early engagement, but somehow Leela's mother found out; and she started making Leela's life so miserable that Leela came weeping to my house one evening, which broke my heart.

I rushed to my religious advisers for counsel at once, and was told to send her home immediately. The incident had explosive results, with Leela's mother accusing my parents of instigating it. This made my parents quite unhappy and they advised me never to see that girl again—and I agreed. Some days later I left town, going to a distant city for postgraduate training.

### YEAR'S SILENCE INTENSIFIES LOVE

For a full year I neither saw nor heard from Leela. Then, at home for vacation, I met her by accident in the street. When I glanced at her, she responded with her characteristic smile. And as we talked we realized that the year's silence had only intensified our love. Leela invited me to her house and I went, a visit I didn't mention to my parents. But meantime Leela's mother had spread the word that, defying my parents, I had visited Leela's house because (she said) I cared more for Leela and her parents than I do for mine. When my father heard this, he took it as an insult.

Now I am in postgraduate school I write often to Leela and I am madly in love with her, and she with me. We want to marry as soon as I finish my training this December. How can I achieve my heart's desire without annoying my parents whom I adore so much? S. L.

### GIRLS DOING THE COURTING

DEAR S. L.: It strikes me that Leela is even more determined to be your wife, than you are eager to be her husband. Events indicate that she has been doing the pursuing in this romance; and that she crossed your path more by calculation than by accident during your first vacation at home after your year away.

Also I gather that Leela's mother is beginning to falter in her opposition to Leela's interest in you. Possibly Leela has made her realize that life (for Leela) would be meaningless without you. And perhaps the mother—disagreeable though she is—loves her daughter enough to shrink from tearing her heart out, figuratively. Perhaps also your own display of strength and ambitious purpose

in life, your disposition to live by reason and moral law, to govern your emotions wisely—not letting feeling lead you by the nose—have wrought a change in the mother's mind. In sending Leela home as the churchmen advised, and taking your parents' advice, to put the girl out of your life—as you did in going off to post-graduate school—maybe you jolted the mother's complacency, and caused her to appraise you with growing respect.

### STRONG MANLY STAND ADVISED

In any case, you are on a new footing with Leela's mother nowadays. She has opened the door to you as Leela's suitor; that is evident. And yet, in doing so, she is still running true to form—making trouble as naturally as she breathes. And trying to put a wedge between you and your parents, it seems, if you marry her daughter—so that she will be the ruling voice in your domestic affairs.

Her false boast that you love Leela's family better than your own suggests that she is still smarting from last year's explosion—when your parents warned you against her daughter. Maybe she felt insulted then, and wants to crow over them now.

If you have a chance of marrying Leela without alienating your parents, it consists in taking them into your confidence fully, and in standing on your dignity, as your parents' faithful son, in dealing with Leela's parents. Don't sell yourself short in courting Leela. Rather, be self-respecting, unhurried, well controlled; and let Leela and her mother disclose their readiness to meet your family plans, if marriage is to be.

P.S.: Leela's mother is and always will be a problem; so face the fact and ask your parents to help you bear it.

M. H.

HUMBOLDT, Sask. (CP) — John McDonald, a newspaper boy here who delivered a Saskatchewan daily paper, has "retired" at 13 with \$1,500 to show for his efforts. His mother banked his earnings after giving him a weekly allowance.

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## How To Stop Useless Coughing

COUGHING is, as a rule, a useful procedure. It either serves to help get air into the lungs or helps get rid of material that has accumulated in the throat or the air passages in the lungs.

### Useless Coughing

If the coughing does not have a useful purpose, it is important to get rid of it, since it puts a strain on the body. Useless coughing may develop because the air is too dry, because of mouth breathing, or because there are dried, thick secretions in the air passages, or some allergic disturbances of the respiratory passages. Hence, these types of coughs should be eliminated.

This can be done by the giving of quieting drugs. However, a simple method of getting rid of such coughs has been suggested.

This consists of having a patient breathe in a vapor from a bottle of 70 per cent ethyl alcohol. The stoppered bottle of this alcohol is left at the patient's bedside, together with a small gauze sponge.

The patient is instructed, at the first sign of a tickle in his chest, to pour two teaspoonfuls of this alcohol on to the gauze while he slowly exhales or blows air into the lungs over the piece of gauze. Then he holds the sponge near his opened mouth and slowly breathes in.

As he finishes this breathing, he will have a sensation of moisture in the chest, whereupon he continues breathing a little more rapidly through the sponge held close to his mouth, and it is found that the cough completely disappears.

This method seems to be especially helpful for patients after operation, when coughing is undesirable.

### QUESTION AND ANSWER

G. W. H.: What causes a clicking sound in my ears when I breathe?

Answer: This disorder in all likelihood is due to some blocking or inflammation of the Eustachian tubes which lead from the throat to the ears.

A physician should be consulted so that, if such an obstruction is present, it can be relieved.

## Pumpkin Chiffon Pie

Two tps. unflavored gelatin, 1/4 cup cold water, 3 eggs, separated, 1 cup sugar, 1 1/4 cups mashed, cooked pumpkin, 1/2 tsp. salt, 1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/2 tsp. ginger, 1/2 cup milk, 1 ginger-snap crust or 1 baked 9-inch pie shell, whipped cream, chopped ginger if desired.

Soften gelatin in water 5 minutes. Beat egg yolks and add 1/2 cup sugar, pumpkin, salt, spices and milk. Cook over low heat stirring constantly until mixture begins to thicken. Add gelatin to hot pumpkin and stir until dissolved. Cool. When mixture begins to thicken, beat egg whites until almost stiff and beat in remaining sugar, 1 tsp. at a time. Serve with whipped cream. Fold into pumpkin mixture, pour into pie shell, and chill until firm. Serves 6.

## Business Dress



This Puritan dress in Rembrandt grey wool with all-over black wool tufts has been designed especially for the Canadian business girl. The large collar is tied with a detachable organza bow. A buttoned placket that ends at the hipline is tightened at the waist by a curved self-fabric belt and the slim skirt has a kick pleat for walking ease. Day-wear accessories are a tiny feather cap and very short gloves. (CP Photo).



She's the envy of her friends..

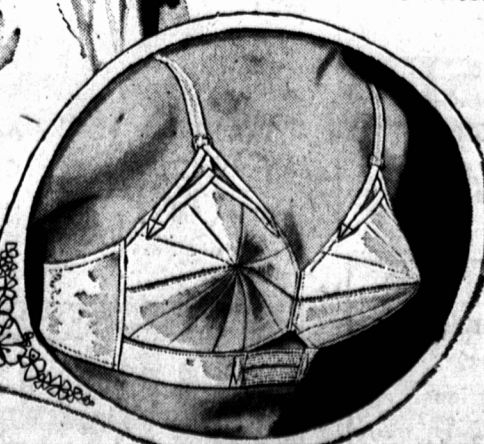
No Wonder! She makes the most of her appearance. The attention paid to the smallest detail in her ensemble is important. Her figure appeal is important, too. . . she has tried them all, but now only wears the Wonder of Wonder Bras . . .

### 'Petal Burst'

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