

WOMEN

Page 8 The Guardian Friday, May 6, 1955

LET'S EAT

No Cooking For Mom On Her Special Day

By Ida Bailey Allen

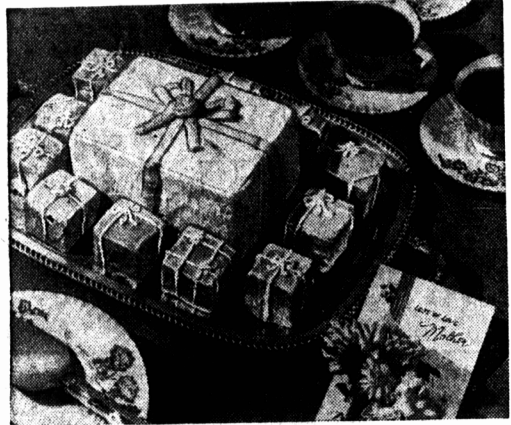
"Mother's Day is a beautiful custom," said the Chef, "but sometimes I wonder if it does not mean too much work for mother. Especially for mothers in the older brackets, who have several children and grandchildren. They all come to see her on Mother's Day. And because she is a real mother she prepares a special dinner, or serves very nice refreshments.

Working for Mother

"I do not think that 'Mother' should work for the children on Mother's Day. They should either arrange a nice dinner in her home at a restaurant, or have some of the other women members of the

follows: Add a few drops of red food coloring to stiffly whipped cream and with a pastry tube, squeeze it over the big ice cream loaf to simulate the tying of a package. Make a nice big whipped cream "bow" on the center top. Surround the ice cream with little square cakes pink-frosted to look like gift packages and decorated with white icing to resemble ribbons and bows.

If the half-gallon ice cream block is too large buy pre-packaged pints. You can put two together and achieve the same effect. If you have a food freezer that is large enough, the ice cream can be decorated in advance when the "ribbon and bow" will



FIT FOR THE QUEEN OF THE DAY—Mother! It's an ice cream and cake tray. Ice cream and cakes, "tied up" with whipped cream bows.

family prepare a certain part of the meal at home and bring it to 'Mother's' to be heated, served and enjoyed. Afterward the children, not mother, should clean up and put everything in order.

"How about the sons, what do they bring, Chef?"

"Flowers, candy, cake, cookies, or perhaps a roast turkey or ham from a rotisserie. The 'at home dinner' with mother might be like this."

MOTHER'S DAY DINNER AT HOME

Deviled Egg Saladettes
Roast Turkey
Crisp Potato Chips
Asparagus Carrots
Hot Biscuits
Ice Cream and Cake Tray
Coffee
Mother's Day Gelatin: Keep an economical half-gallon of pre-packaged ice cream well-frozen in the food freezer or freezing compartment of the refrigerator. Just before time to serve dinner unroll on a big silver or aluminum tray.

Trim with ribbon decoration as quickly freeze into place.

Apple-Flavored Gelatin: Every day brings some new food product for testing to our taste-test kitchen. This week we tested apple-flavored gelatin. Served plain, it is refreshing; a good fatigue-lifter without too many calories, about four in the afternoon. With bananas added and served with whipped cream, it steps into the gourmet class of desserts.

Banana-Apple Gelatin: Make up 1 pkg. apple-flavored gelatin according to directions on the label. Refrigerate until beginning to thicken. Then stir in 2 thin-sliced peeled bananas, and continue to refrigerate until firm enough to slice. Serve plain or with a whipped topping.

TOMORROW'S DINNER

Green Pea Soup Crackers
Crab Cakes Lemon Wedges
Creamed Potatoes
New Turnips
Apple-Banana Gelatin
Dropt Nutmeg Cookies
Coffee Tea Milk
Crab Cakes: Combine and mix

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

Words Of The Wise

I have known people to stop and buy an apple on the corner and then walk away as if they had solved the whole unemployment problem. — (Raymond Brown.)

ELLEN'S DIARY

by an Island Farmer's Wife

Now that hyroads and lanes have come by the many conditions natural to one period of Island spring, the horizons of our world have broadened considerably. In along the hilltop come the cars of those who contribute an interesting share at linking this farm with farther places: the machinery salesman saying to these farmers, by circumstance and inclination mostly canny where new buyings are concerned: "What you should have— you got a fair-sized farm, is one of our this-year's... Yes indeed. It's faster, more powerful, runs smoother, operates more economically— would you be giving it? The more you keep it going the less it costs to operate. I got quite a notion of buying one, have you? It doesn't pay no. To. And in most instances they will smile and offer as one man. "No notion in the world. No notion at all!"

To Mack's delight "the gasman" comes now, driving his bright cumbersome van to the yard, bringing the supplies for the tractor, to tide us through the demanding days of the cropping. The "mowerman" (presently) gains to note the readings of the intriguing "boxes" of the houses, an endeavor mostly beyond our skill but to Jennie, more mathematical-minded it is no trouble at all to arrive at our indebtedness to him.

The pedlar comes with his miniature store-on-wheels, and a flashing smile which tells us of the river-rafts, flying low along shore. And "What today? Nice housedress for mother? Apron, no? Shirt for father— here? Socks? You come see what we have— a look will cost you nothing!"

"But perhaps it will" we laugh. "No!" with a chuckle, "bar-gains today!" And we talk of the chill in the wind of this, to him. "New land, that is good. And why not good? It gives me a liv-

ing and much happiness. Friends, wife—the best wife! And the sweetest little girl... so sweet, you know, well" with an expressive shrug "it is all like one nice dream to me."

And "the fishman" truck, busy and quick came this week on a first call of season. With "fresh herring ma'am and nice ones they are!" Asking "You like to be back home? There is no place like it, is there? No... no place in all the world, like home!" Admiring of the wide-eyed two who delight in seeing into such vans "How these have grown, this winter-past! It don't take long for youngsters to grow up, does it? Not very long..." with a smile a bit wistful "It's too fast it is!"

The meatman too on his weekly round, his van spotless, his wares arranged so attractively the display looks like a picture from a magazine page. He is aware that the great buying public that are the housewives, through whose fingers passes much of the selection, are persuaded in their selections by eye-appeal as well as the quality of the cut.

"It's easy to buy that" we say to Jennie when the truck has eased away.

"It certainly is! Makes it taste better to have it so cleanly and attractively shown."

So they come now to Alderlea, to link us with far places, to extend the boundaries of our world-of-winter... And up from the river-rafts, flying low along shore, the dark of the spruces there, turned to us today friend of old summers—the strange gray heron, to haunts along pond and stream.

"Dar ye' is, Ellen" we laughed inside "Yo sho'uff is to Home again!"

Until tomorrow — — — Diary
— — — Good-night — — —

KEEP IN TRIM

Recapture Willow Waist

By Ida Jean Kain

Small wonder the slim waist is fashion's darling. It's young at any age. Moreover, a slim waist makes for flexibility and ease of motion.

The waist loses its clearly defined line when we fail to turn, bend and stretch enough to keep the waist hugging muscles toned. Since soft muscles invite fat, the waist is a favorite parking spot for excess calories. "Gone to waist" applies to all figures, tall or short. But alas, it's us sport-waisted gals who are really on the spot. The less the span between the floating rib and the top of the hip bone, the more the pounds bunch up. The five added pounds the long stemmed damsels take



Waist whittling.

In stride can force the short-waisted gal into the next larger sized. To overcome this handicap, keep flexible through the midriff. Pull the midriff out long with stretching, and keep slim and supple with side-bending.

Standing with feet wide apart, s-t-e-t-c-h up... pulling slim all through the middle measurement. Aim to pull the waist up away from the hips, and the ribcage away from the waist. Holding the upstretch through the middle, bend down and touch fingers to floor at side of foot. Come back up, again pull slim through the midriff, and bend to the other side, touching fingers to floor. This exercise movement is slimming and limbering... provided you hold the upstretch through the middle as you bend. Repeat 6 times, later more.

The following exercise affords a gentle waist workout. Lying on back on floor, bend knees and keep soles of feet flat on floor. Pull up and in firmly with the girdle muscles and press small of back to floor. Now, keeping knees together, twist gently at the waist, until thigh is resting on floor... return to position, again pull up strongly with girdle muscles and twist opposite side. Repeat slowly about 8 times.

If you are a homemaker, undoubtedly you push the carpet

Cook's Corner



BREAKFAST MUFFINS.

2 c. flour
4 tb. sugar
3 tb. baking powder
3 tb. shortening
1 beaten egg
1 c. fresh orange juice
1 tsp. grated rind
3/4 c. raisins (cut fine)
1/4 tsp. salt

Sift dry ingredients. Cut in shortening. Add egg and orange juice and mix until dry ingredients are moistened. Stir in orange rind and raisins. Fill greased pan 2/3 full and bake for 25 minutes in a 425 degrees F. oven or until they are browned.

MORNING SMILE

"Is it true that this store sells everything from a packet of pins to an aeroplane?"

"Quite true, madam."

"Well, a packet of pins, please."

Smallest Baby Leaves Hospital

PERTH, N. B. (CP)—One of the smallest babies ever to survive in New Brunswick has left the hospital where she was born three months prematurely last December.

Known as Pee Wee, the daughter of Mr. and Mrs. Lewis W. Gee weighed only one pound 10 ounces at birth and spent 103 days in an incubator. She now weighs a comparatively hefty seven pounds.

Announce New Way To Shrink Painful Piles

Science Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.



Chic On Wheels

By TRACY ADRIAN

Now that the balmy weather is here there will be many a pretty cyclist who will want to get on the road in her leisure hours from the classroom.

These pedal pushers should be just the right thing for a girl who wants style as well as comfort. The pants are made of lightweight imported wool and they boast a unique pocket tab and button feature that is a continuation of the motif at the knee. On the pocket it is a practical idea for keeping valuables inside.

Grow Tasty Leaves For Tossed Salads

Crisp broad leaved endive supplies lettuce in autumn. Tossed salad served daily at the family dinner will do more for the health of your children than any vitamin tablets you can buy.

When you grow your own salad leaves you can serve a variety which no one who depends upon the market staples could ever equal.

Even the youngest children will welcome a salad that is well blended and properly dressed. The dressing is not the subject of this discussion, however, it seeks to point out the variety of salad leaves which can be easily grown in any home garden, and made available all summer.

Leaf lettuce is preferred by most chefs over head lettuce for salads. It is also far richer in vitamins. It comes in two types—the butter leaves, and the crisp leaves. The butter leaves are thicker, and darker green, with finer flavor, the experts say. Crisp leaves are lighter green in color, thin and somewhat brittle. Examples are Black Seeded Simply, a butter type, and Grand Rapids, a crisp leaf type. Experts give first place to their esteem to the butter leaves.

Fat growing loose head varieties, such as Bibb lettuce are popular with many.

Romaine or cos lettuce, which produces oval leaves, standing upright, is highly esteemed by French salad experts. It is a good late lettuce, standing heat better than the leaf varieties. The leaves can be bleached by tying them up as they near maturity, but this merely changes their color, and lessens their vitamin content.

For summer leaves, chicory, also known as endive, is more available than lettuce, which usually runs to seed in midsummer. Endive may be had with curly leaves, or broad leaves. Many like the curly leaves best for summer, and broad leaves (escarole) for fall, as they en-

sure frost and become sweeter after the frost comes. Sow both types in drills, thin out to six or eight inches.

Leaf crops grown in a similar manner, and much esteemed in bowl salads, include corn salad, which is very hardy and can be harvested late in the fall; and upland garden cress, which gives a pungent flavor to the salad.

In the fall lettuce may be grown again; and the Chinese cabbage leaves are delicious. Chinese cabbage may be grown in the spring, with rich soil and an early start. But in midsummer, it always runs to seed. A late crop has no such tendency, and heads are easily produced in the fall, from plants started in late June.

All leaf crops demand rich soil. They must grow fast without check, otherwise the leaves are tough and have a bitter flavor. Plant food should be applied to the soil in which they grow at the rate of 4 pounds to 100 square feet.

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MARY HAWORTH'S MAM

Breaks Engagement Twice Because Of Widow's Daughter

DEAR MARY—HAWORTH: I am a widower with four sons, three grown and the youngest a freshman in high school. My wife died three years ago and six months later I returned to my boyhood home. There I met Jane, a girl I had known in school — who had been widowed 20 years. She has a daughter, 28 — I'll call her Ann.

Jane and I are the same age, 58; we grew up in the same town and have much in common. We've kept steady company for over two years and seem real close and have been engaged twice. But her daughter breaks us up. Then I have to stay away, as she raises so much fuss that Jane gets nervous, sick and has headaches from worry. But I still write to her and call her once a week, and we both keep hoping the problem can be cleared up.

The latest upset was last month, when Jane told Ann, during a dispute, that we plan to marry next Spring. Ann threw a fit that could be heard all over, and threatened everything, including me, I am told. People seem mystified by her attitude, and she won't explain; but I feel it is only to keep her mother from marrying. It is impossible to reason with Ann; many have tried, and she gets angry and won't listen.

Man Intends To Be Boss

Ann won't go to a psychiatrist; it might help. She is just a selfish person and has no boy friends. And Jane never goes out unless Ann does, which isn't often. All Jane's pleasure and joy cease when we break up. She is a wonderful person in every way, and needs a helpmate, just as I do. She has worked hard all her life, it is time for her to take things easier; also, she needs help with her property.

She lives in town with a sister during winters, as does her daughter — and she waits on them hand and foot. She has cottages and a car at a nearby lake resort, where she stays during the summer season. I've told her to give everything to Ann — property, car and all; it's okay with me; I can still make a good living. But she says "No" — she has worked hard for that, and after she goes, Ann may have it. If we marry, Ann sure is welcome to live with us, but I'll see never bothers her mother again. Please advise.

M. H. R. Y.

Interference Wouldn't Help

DEAR R. Y.: In your long letter, here condensed, you say Jane has older sisters, all of whom tell her to go ahead and marry you — but (somebody) says she (meaning Jane) will then feel responsible if the daughter carries out any of her threats. Who says this? — Jane herself, or one of the sisters? Your report isn't clear.

If Jane is intimidated by Ann's tantrums, then she couldn't make good in marriage to you, no matter how much she may need and value your devotion, and no matter how fine your attitude and character may be. If you marry Jane, the daughter will be an integral part of the package you get — and if you should try to become the stern law-giver in relation to Ann, theoretically to spare Jane, you'd simply be making life worse for her.

It seems Jane has contributed to the shaping of a problem bias in Ann; but possibly was naturally

ANNE ADAMS PATTERNS

WEEK'S SEW-THRIFTY

Half-sizers! Two smart dresses for the sewing of just one! With the jacket on, this looks like a suit! Whisk jacket off when the temperature soars — presto! you have a cool, slimming princess dress. Proportioned to fit!

Pattern 4657: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 dress and jacket 4 1/2 yards 38-inch fabric; 1/2 yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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4657 14 1/2-24 1/2 by Anne Adams

difficult to rear. She may be a little slow mentally, not as intelligent as you, or the mother; and Jane, intuitively sensing this, may have been overly solicitous of her. Also, after the husband and father died 20 years ago, Jane may have concentrated unduly on loving the child — thus unwittingly keeping her infantile and jealously possessive, in a blind dependency on mother-care.

Road to Real Understanding

Evidently Jane is a warmly loving person who has great need to love and be loved — the quality that most strongly attracts and holds you, no doubt. True to her nature, therefore, she sacrifices herself to the daughter's ruthless demands for first consideration — and this is a sentimental mistake on her part that no outsider, no third party, can ever correct, in terms of trying to go over her head. The remedy (if any) must originate in her own understanding of how much she owes herself and others, versus what she owes the child — is a really fair deal to all.

You are too close to the struggle, and too partisan, to help Jane get her bearings. She deeply wants a clear picture of her rights, to give her authority in resisting Ann's domineering traits, — she should consult a psychologist in the field of family relations. The Family Service Agencies in your neighboring city provide such counselling.

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

inch baking pan; sprinkle with sugar and dot with butter. Combine ready-to-eat bran and multigrain cereal until most of moisture is taken up. Sift together flour, baking powder, salt and sugar. Cut in shortening until mixture like coarse cornmeal. Add bran mixture, stirring until combined. Drop by large spoonfuls to rhubarb and spread lightly over rhubarb or roll lightly on floured board to fit the dish and place on top of rhubarb. Bake moderate oven 375 deg. F. about 35 minutes. Yield: Eight servings.

TEA

gives you over 200 CUPS per POUND

RRUBARB PAN DOWDY

Four cups diced fresh rhubarb, 1 cup sugar, 1 tsp. butter, 1/2 cup ready-to-eat bran, 1/2 cup milk, 1 1/2 cups sifted flour, 3 tsp. baking powder, 1 tsp. salt, 2 tbs. sugar, 1-3 cup shortening.

Arrange rhubarb in 10 x 6-



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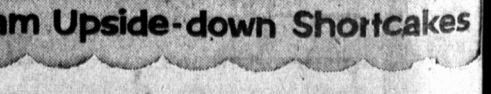
It's easy and it's fun... so enter now! For rules and further details drop in and see us.

SINGER SEWING CENTER

164 Gt. George Street Phone 4551

Jam Upside-down Shortcakes

Combine 1 tbs. soft butter or margarine, 3/4 c. thick jam, 1 tbs. lemon juice and, if desired, 1/2 c. broken nutmeats and divide between 6 greased individual baking dishes. Mix and sift twice, then sift into a bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted all-purpose flour), 3 tps. Magic Baking Powder, 1/2 tsp. salt, 1/2 tsp. grated nutmeg and 1/4 c. fine granulated sugar. Cut in finely 5 tbs. chilled shortening. Combine 1 well-beaten egg, 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids mix lightly. Two-thirds fill prepared dishes with batter. Bake in a moderately hot oven, 375°, about 20 minutes. Turn out and serve hot with sauce or cream. Yield — 6 servings.



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SUNDAY, MAY 8th IS

Mother's Day

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