

LET'S EAT

How to Vary Your Meals

By IDA BAILEY ALLEN

AN entertainer, willing to present only the same routine year after year, would soon be without a job; a fiction writer, using the same plot over and over, would lose popularity; a person, talking always on the same subject, becomes a bore.

The same principle applies to menu-planning. The same meals, week in and week out, become uninteresting and tiresome to the "eaters," and drudgery to the "cookers."

A Food Balance

In this column, the Chef and I try to reach a happy food balance between the old and the new.

You will find recipes for traditional favorites, adapted, if necessary, to modern cooking methods. We offer ways to use the best of the new foods. The debut of brand new recipes, originated in our test-kitchen, is often announced here.

100 Recipes a Year

Each month, this column gives you at least 50 recipes, over 600 in a year, equivalent to the contents of an expensive cookbook.

Clip those that appeal to you, and card-index them. Taste-test them for yourselves. Increasing the recipe repository means progress and pleasure for you, better eating for the family.

TOMORROW'S DINNER
Green Bean Saladettes
Tuna Pie Whipped Potato
Tomatoes Stuffed with Corn
Applesauce Gel
Whipped Topping
Hot or Iced Coffee or Tea Milk

Tuna Pie: Make 2 c. well-seasoned thin white sauce. Next, dice the contents 2 (7-oz.) cans tuna; add 4 minced anchovies. Combine 2 c. thin-sliced, cooked, small white potatoes and 1 c. canned peas or cooked peas. Butter a low 3-pt. baking dish.

Spread in the tuna; then top with the potatoes and peas. Pour in the white sauce. Cover with American pie pastry rolled $\frac{1}{4}$ in. thick. Slash in the center. Brush with milk; bake 30 min. in a hot oven, 400° F.

Tomatoes Stuffed with Corn: Wash 6 medium-sized tomatoes. Hollow to form cups; dust inside with salt, pepper and monosodium glutamate. Fill with 1 c. fresh or canned corn kernels moistened with melted butter and seasoned with salt and plenty of pepper. Top with buttered crumbs.

Place in oiled deep muffin pans to keep the tomatoes from bursting. Add 1 tsp. hot water to each. Bake until the tomatoes are tender and the filling browns.

TRICK OF THE CHEF
Season corn filling for stuffed tomatoes with a little oregano.

Responsible Mental Health Post Held by British Woman

By PAULINE KENNEDY
Canadian Press Staff Writer
TORONTO, (CP)—A woman who has had a big part in putting mental health work high on the list of international endeavors was here the other day.

Esther M. Thornton, a handsome Oxford graduate in her 40s, holds the responsible administrative post of secretary-general for the World Federation of Mental Health. She came for the Toronto meeting of the International Congress of Mental Health.

Her job is to handle the practical aspects of meetings of the world-wide organization.

She was picked for the post six years ago, when mental health groups in 41 countries federated, and found the need of someone to supervise organizational efforts in the head office at London, England.

BUSY TRAVELLER

Miss Thornton's work has taken her around the world several times to meetings held in a different country each year. Since she became secretary-general 20 new mental health societies have been organized in different countries by the federation and the term "mental health" has become a household word.

A graduate in medieval and modern languages from Oxford, terms such as "psychosis," "schizophrenia," and "psychosomatic" roll off her tongue as if she was a practising psychiatrist.

"I didn't know a thing about mental health until I joined the federation office," she said. "But you have to learn fast and I love my work."

Active with the Girl Guide movement in Britain before the war, Miss Thornton got her administrative experience during the war as co-director of the prisoner of war department of the British Red Cross. She had the dizzying job of keeping track of prisoners' relatives and briefing them on prisoners' progress.

Contract Bridge
By Josephine Culbertson

BAD CARD-READING

Considering East's play to the first trick in the following deal, the declarer's second-trick decision was "other less than realistic."

North dealer.
East-West vulnerable.

♠ A K	♠ 10 8 7 5	♠ K 5 4 2	♠ 9 6
♠ J 4 3	♠ N	♠ 5 2	♠ 10 7 6
♠ Q 7 10	♠ W	♠ A 9 6 4	♠ 3
♠ 9 3	♠ E	♠ K J 10 8	♠ S
♠ Q 5 2	♠ S	♠ Q 10 8	♠ A 8 6
	♠ N	♠ A 7 4 3	♠ 4

The bidding:
North East South West
1♥ Pass 2NT Pass
3NT Pass Pass Pass

Academically speaking, South stretched his two-notrump response a little, since the jump bid shows 13-15 high-card points and South had only 12, but that was not continued on page 12

Anne Adams Patterns



CUT TO FIT!

Half-sizers! COOL OFF in this bright and breezy style. It's sew-simple—no side opening! Just unbutton the shoulders—slip it on—2-3 quick! Make several in a jiffy in cool, tubable cottons. Cut to fit the short, fuller figure—no alteration problems.

Pattern 4523: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4½ yards 35-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, care The Guardian, 60 Front Street, West, Toronto.

Wife Preservers

FLO

An extremely thin cake batter will cause the cake to bubble in the oven and produce a heavy streak on the bottom, so be sure you measure the flour according to the recipe.

Interesting Summer Wedding at Summerfield



Pictured above are Mr. and Mrs. Alban Smith and their attendants. Reading from left to right are: Mr. Charles Smith, usher; Mr. Leslie Smith, usher; Mr. Carmen Smith, best man; Mr. and Mrs. Alban Smith, the groom and bride; Miss Rosemary Cash; maid of honor; Miss Elaine Cash, bridesmaid; Miss Noreen Shreanan, bridesmaid.

Chicken Mantua

Mantua, Italy, is the town where the romantic death of the ill-starred lovers, Romeo and Juliet took place. You may have forgotten your Shakespeare but you will never forget the different and exciting tastes of Chicken Mantua.

Contrary to rumors, there is nothing mysterious about Italian cooking nor is it extremely highly spiced and rich. Italians are known to be long lived—either because of, or in spite of their cooking, but Italians of course, eat Italian food and thrive.

Chicken Mantua—1 frying or roasting chicken; ¼ cup butter; ½ cup finely chopped onion; ½ cup diced celery; ¼ cup finely chopped celery leaves; ½ cup carrots, diced into small pieces; 1½ teaspoon salt; ¼ teaspoon pepper; 1 cup tomato juice; 8 green olives, 4 whole, 4 minced; 8 black olives, 4 whole, 4 minced; 5 cups hot cooked rice.

To make 5 cups of white, fluffy, perfectly cooked rice: Put 1½ cups uncooked white rice, 3 cups cold water and 1½ teaspoons salt into a 2-quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover the saucepan with a lid. Do not remove lid or stir while it is cooking. Leave saucepan over this low heat for 14 minutes. Turn heat off. The rice is now ready to use. However, leave the cover on the saucepan to keep the rice warm if you are not ready to use it immediately.

Cut the chicken into serving pieces. Rinse in water and dry. Melt the butter in a large skillet. Place the chicken, skin side down, in the skillet and brown. Turn the chicken and add the onion, celery, celery leaves, carrots, salt and pepper. Push some of the vegetables to the bottom of the skillet so they can cook in the fat. Cook about 10 minutes, then add the tomato juice. Cover and cook over a medium heat for 45 minutes or until tender. Add the olives and cook for 5 minutes. Serve over the hot rice. This recipe makes a lot of gravy, so serve some of this gravy in a separate dish if you wish. Makes 6 servings.

Flattering Facets



By TRACY ADRIAN

Fall costumes take on added glamor when they are adorned with the glitter of beautiful costume jewelry. Whether you are planning to wear a suit around town, a flattering afternoon dress or an elegant evening gown this luxurious set will really set off your costume.

Necklace, bracelet and earrings are made of textured golden discs and are rimmed with emerald cut square stones. The gem like stones come in emerald, ruby, sapphire and crystal.

ELLEN'S DIARY

by an Island Farmer's Wife

"This is Mack's birthday... What a pleasant day it was, wreathed in sunlight and fanned by a clean having breeze! Though out of the exquisite moonlight of tonight, showers suddenly appeared—those which now patter on the roof and in crystal drops wash down the panes... So Mack, youngest grandson of all, and no longer a baby, came quietly to his fifth birthday today.

"You don't FEEL any different," he offered soberly, "you just KNOW you have grown!" Unlike Gage, this cousin of his who lengthens slimly, Mack is a stocky lad, inclined to be solemn and old for his years.

"Well now that you're five, let's hear you count," we suggested. "Oh, I'm not much good at that," he replied. "I do very well up to thirteen... but then," he shook his head, and his smile was whimsical, "I don't see why they didn't put twenty right next, do you? But I guess, I'll get them straightened out this year."

He is a willing fellow, well versed in the work about the stables and to his grandfather's delight showing a marked liking for livestock. As a Birthday gesture, James gave him a piece of money this morning with the smiling remark: "All I want to know is—just what will you buy with it?" The child smiled shyly. "Perhaps this much won't do—but I guess it will, I think," he reflected a moment. "I'll buy a nice black calf if I happen to see one that suits me," James patted his head. "That's better than wasting it in pop and candy," he said. "I believe you're going to make the right farmer one of these fine days!"

Others of James' family fell a bit from his grace this evening, when gathering up his household including the painter, Rob carried them to town to the pictures—one of the Pa and Ma Kettle series showing currently here. How smartly Jamie helped with the milking! And Gage without being reminded, had himself ready for the putting in no time.

"I can't for the life of me see, how people can be taken up with such frivolities in the haying," James commented, preparing to go

KEEP IN TRIM



BLUEBERRY CAKE

(Dessert)

Measure into sifter:
2 c. sifted flour
2 tsp. baking powder
¾ tsp. salt
1¼ c. white sugar

Sift flour once or twice before measuring.

Measure into bowl: ¼ c. shortening (part butter preferred).

Measure into cup: ¾ c. milk, 1 tsp. vanilla.

Have ready: 2 eggs, unbeaten, 2 cups blueberries (washed and drained).

Save out ½ cup sifted flour for berries.

Mix or stir shortening just to soften. Sift in dry ingredients: add ½ of liquid and the eggs. Mix until all flour is dampened, then beat one minute. Add remaining liquid and beat 2 minutes longer.

Then add 2 cups of blueberries (dressed with ½-cup of the sifted flour is preferred). Mix well.

Bake in cake pan in moderate oven 350-375 degrees for 50 minutes or until done.

Serve with cream or your favorite sauce.

—Mrs. Clinton Morrison, Conway W. I.

The Stars Say

By Estrellita

For Tomorrow

TOMORROW will find the stars in most friendly aspect for financial activities. Where business transactions, real estate dealings or other monetary matters are concerned, your plans should work out most successfully. Romance, courtship and travel are also under benign influence.

This is an excellent period, too, in which to reciprocate favors, engage in group activities and encourage new friendships.

For the Birthday

If tomorrow is your birthday, your horoscope indicates an unusually fine year ahead, with prospects of occupational, financial and social gain coupled with many rich and significant emotional experiences. Actually, the stars have been very much in your favor since the beginning of 1954, and, if you made the most of your opportunities, you should be in the midst of a most satisfactory period right now.

Keep going, however. A great deal of happiness is still in store. September should be an outstanding month for you from a business

CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

Nervous Habits

Part 2

To help the nail biter, make his nails smooth and lessen the irritation by soaking them in olive oil. Next look for the possible causes in his physical and emotional health.

Check on his general physical condition, reviewing his eating and sleeping habits. Make sure they're in line with what are considered to be likely needs for a child of his age. He should be gaining in weight steadily and his color should be good. Does he tire readily? If so, something's amiss. Again, ask yourself if he is getting enough activity, running, jumping, climbing, lively outdoor play.

Now, how about his emotional well-being? Here is likely where the real trouble lies. Build up your child's self-confidence by making him feel that he can do things himself and that when he really needs help you are ready to give it. Show him you're proud of the things he is learning to do for himself. If you keep him too dependent on you, however, he may rebel his need for more freedom by nail biting. He may show his anxieties and fears in the same way if you expect too much of him and give him reason to fear that he won't be able to measure up. Or it may be something in his school situation—facing work that is continually too difficult, or a teacher who is very severe—that is troubling him.

Too much excitement is bad. While he needs new experiences, overstimulation will cause strain. Avoid too much playing and competition with older children, too much noise and rushing about, too many movies and radio programs. Set an example of happy behavior in the home. Bossing, nagging, scolding will take their toll.

If your child over three persists in nail biting, gain his cooperation by developing his pride in manicured and well-kept nails. Keep assuring him that he is bound to be successful eventually. When he slips back into the habit, overlook it and give him further encouragement.

Twitching Needs Doctor's Attention

Sudden rapid movements that are repeated frequently at more or less regular intervals—such as blinking of the eyes, twitching of the face, turning of the head—are called tic or habit spasms. Sometimes they start from local irritations such as a head cold or an ill-fitting collar or coat. But in every case there is some emotional strain. He may be a sensitive child who feels anxiety in a situation that wouldn't bother most children. Possibly too much is being expected of him—more than he can perform easily in manners, neatness, school achievement.

A doctor should be consulted. There may be a physical factor such as infection (St. Vitus Dance or rheumatic fever), something wrong in his daily routine such as insufficient rest, or emotional tension at home or in school. There's no use telling him to stop the habit as he's hardly aware of it. He does it without any conscious thought.

When it's a "Compulsion" Habit

Many children require things to be done "just so," and worry if they're not, such as wanting clothes laid out in a certain way or bedding arranged in a specific manner. These "compulsion" habits, as they are called, are common about eight to ten years of age. If your child shows such behavior, it may mean you are being too strict with him. As long as these "compulsions" don't interfere with your child's ordinary routines, they needn't be viewed seriously. But if they take up a lot of his time, such as excessive hand-washing to avoid germs, it's time to see a doctor.

(The next article will discuss "Dating the Dentist.")

Guideposts to Fewer Pounds

By Ida Jean Kain

If your interest is lagging and encouragement is needed, tune in to today's inspiring letter. It's just what the dietician orders to enliven your enthusiasm.

It did mine. After three care-free weeks of sun, sea, swimming and sailing at Nantucket Island, it takes a bit of doing to settle down to the column. Today's report made the going easy. It is the contribution of a thoughtful, ingenious reader who passed along her ten rules for staying with a slimming program. She guarantees them—proof being that she has already lost 30 bulky pounds by the plan.

"1. Eat leisurely, and you won't want to eat so much." (That's scientific, for it takes blood sugar level and brings that nice feeling of being satisfied.)

"2. Pray for help... prayer works wonders.

"3. Don't talk about your diet. It bores other overweight!

"4. Measure and weigh only once a week, but be sure to 'think slim' every day." (The dietician might add here that daily weighing often discourages and the weekly record gives an accurate progress picture. If you'll "think slim," your mind will help you to achieve desired results.)

"5. To lose inches, ease into streamlining exercises every day and 'think supple'.

"6. If a craving for sweets gets the best of you, eat a modest piece of cake, pie or candy. You must know more knowing you have resisted it in the past and can resist it

standpoint and, in October, new contacts could prove highly valuable.

If you are single, October could also be your month for romance. If you're married, perhaps the most glamorous of circumstances. Check extravagant late in December but, otherwise, look forward to a truly grand cycle in your life.

A child born on this day will be practical, discriminating and endowed with great wit.

DOROTHY DIX

Complaining
Mother - In - Law

DEAR MISS DIX: My husband and I have been married 12 years and have five lovely children. Our home life is most happy; Hank is a wonderful husband and father, we understand each other, go out frequently with the children and occasionally alone. My only trouble is with my mother-in-law. Whenever we visit her, she spends the entire time telling me what I do wrong (which is just about everything), and insisting that things should be done as she has always done them—no other way is right.

That I could stand, but in addition she writes my husband frequently, emphasizing certain points of difference. Or she calls and

Continued on page 12

Alice Brooks Designs

EASY TO MAKE

MATCH a new handbag to a dress! Make one, two or three—in this tote-bag is a jiffy style. Choose terry-cloth or denim for the larger one—it's a beach carry-all!

Pop everything into the tote-bag! Pattern 7213: directions for two sizes, larger 10 x 12 inches.

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.

BRIMFUL OF IDEAS—The 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 25 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

Morning Smile

A young matron was enjoying the attention of her dinner partner, a handsome Westerner. "But how old do you think I am?" she asked coyly.

"Shucks," he replied, "I don't know, ma'am, but if I saw you on the street, I'd whistle first and estimate afterwards."

Household Hint

To remove soil from synthetic knit garments, squeeze suds through the fabric. Never rub or scrub, since this will cause the soft surface of knitted fabrics to mat.

7213
by Alice Brooks