

WOMEN

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LET'S EAT

Inexpensive Meals Can Taste And Look Good

By Ida Bailey Allen

"Sometimes, Madame, I wonder if most American homemakers today care how much money they spend for food and are they really interested in making inexpensive foods taste good?"

"Although appearances may seem to the contrary, Chef, I believe that most homemakers do care very much about the cost of food and worry about the high cost of eating; but they hate to have their friends know they must economize or even to acknowledge it to themselves. They feel it makes them seem socially inferior. I believe most of them are really interested in making good use of inexpensive foods as long as they look and taste a bit luxurious."

"In most countries, Madame, many food expenditures of the American homemaker would be considered extravagant."

For the Average Budget

"Yes, but we must remember, Chef, even in America the average family income is limited. Food can cost just so much and no more, unless other important items are to suffer. In this column we shall continue to plan appetizing meals of plentiful moderately-priced foods that will fit into the average budget without penny-pinching."

TOMORROW'S DINNER

Tomato Sandwich Saladettes
Broiled Liver (any kind) Bacon
Whipped Potatoes
Savory Corn Pudding
Jelled Pineapple Squares
Coffee Tea Milk
Savory Corn Pudding: Mix to

gether 1-1/2 lb cream-style corn, 1 1/2 c. milk, 3 tbs. minced green pepper, 1 tsp. salt, 1/2 tsp. monosodium glutamate, 4 drops tabasco and 2 slightly beaten eggs. Stir 1 1/2 c. fine, soft, enriched bread crumbs into 1/3 c. melted butter.

Reserve 1/2 c. of the crumbs. With the remainder, line a buttered 9" pie-plate. Spoon in the corn mixture. Top with the remaining crumbs.

Bake about 35 min. in a moderate oven, 350-375 degrees F., or until golden brown and firm.

Jellied Pineapple Squares: Drain the liquid from 1 (No. 2) can pineapple chunks. Next, make up 1 pkg. prepared lemon gelatin according to directions, but using 1 c. hot water. Add enough water to the pineapple juice to make 1/2 c. liquid; stir into the gelatin. Add 1/2 the fresh lemon juice and the drained pineapple chunks.

Rinse an 8" square pan with cold water. Spoon in the gelatin. Refrigerate 3 to 4 hrs., or until firm. Cut in squares; serve with a whipped topping, or marshmallows cream diluted with pineapple juice.

THE CHEF'S TOMATO SANDWICH SALADETTES

For each person, put together 2 slices tomato with cottage cheese mixed with a little onion salt and crushed caraway seed. Arrange on lettuce. Spoon over unsweetened French dressing.

Words Of The Wise

Prejudice is the child of ignorance.—(William Hazlitt)

KEEP IN TRIM

Why Excess Fat Is Aging

By IDA JEAN KAIN

"To be fat is to be old" is a French proverb. Why? Because fat is an extra burden to carry. It's difficult to think of excess pounds as making the body old before its time. After all, pounds come on so gradually... rounding the figure out softly, indeed smoothing out lines. How could fat be aging?

Excess weight is a burden which puts a strain on the vital organs. As weight piles on, bones and framework do not become stronger the better to support the weight. Nor do the vital organs become more efficient in order to cope with the increased burden. Looking at it that way, it's easy to see that any considerable amount of excess weight handicaps the whole body... and working under this handicap, naturally overweight get old before their time.

Suppose, for example, you are built to carry 140 pounds, but you've added an extra 25. Excess fat imposes extra work on the heart and taxes the circulatory system. Those extra pounds have to be supplied with blood. Twenty five extra pounds necessitate the development of miles of blood vessels through which the hardworking heart has to pump blood. That's where high

blood pressure comes into the picture. When the heart is servicing considerable excess fat, it has to pump at top capacity, even when a person is just sitting still. To stay young, it's important to stay slim in middle age while the figure is still young. This helps to extend the prime of life.

In animal experiments, low calorie diets which are adequate in all essential nutrients have been the most effective means of holding back the diseases of old age and in extending the characteristics of youth.

What does this mean in terms of our nutrition? It means that we should not overeat, but more than that we should get most of our calories in the foods which furnish protective nutrients in abundance, since these protective nutrients themselves help extend our best years. In other words, daily menus should be built around the protective foods: fruits, milk, cheese, eggs, whole grain bread and cereals, and meats, fish or fowl.

That is the formula around which a scientific reducing menu is built. That's why protective slimming diets not only help you to get slimmer, but keep you young longer.

MARY HAWORTH'S MAIL

Takes Stand Against Parasites Who prey On Mate's Kindness

DEAR MARY HAWORTH: About three years ago I married Jake, my second husband, a wonderful person who has filled our lives to overflowing with love and kindness, for which we are so grateful.

However, his magnanimity is such that he won't turn down anybody, no matter how large or how small their demands. And some of his charity I can endorse, but other instances outrage me. For example, we were married only a short time when one of his kin (fed up with his own household) moved in with us, prepared to stay indefinitely. I stood it as long as I could, financially and emotionally, then blew my cork and he departed. He then advertised me as a heeler, although I was helping Jake to rally from ill health, financial reverses and an unhappy past.

Recently we learned that Jake was facing a major operation, outcome uncertain, and simultaneously, his brother and family of small children were planning to move in with us, as the brothers job had folded. I blocked the move and my husband still looks at me unbelievably, as if I weren't quite human. He is perfunctorily affectionate.

Wife Has Lost Self-Confidence

Most of Jake's large family and mine have visited us, and his kin take over, asking their friends in to meals, using our facilities and running up bills for us to pay. When I suggested to Jake that they pay these charges he was shocked that I'd even think of such a thing.

Am I so wrong, in not wanting to shoulder other adults' problems? Should I let them come in and overburden us, when we are trying hard to make ends meet?—never going out, and always afraid to spend, except on bills. Am I lacking in charity? I used to be so sure of myself, and just where I was headed for. But now I do not know. Please answer soon. E. S.

Wife At Door Known To Man

DEAR E. S.: As I get the picture, Jake is accustomed to having the wolf at his door. Therefore he readily identifies himself with the passing procession of hardship cases who ask his help.

Personal knowledge of financial want and insecurity has made him freely charitable — so that he takes no thought for the morrow, and concerns himself rather to do such good as he can for others today.

Your less compassionate, more self-serving fiscal policies suggest that you are somewhat a stranger to the wolf. You don't really know what it is to have him breathing down your neck. Your protectors in early life somehow managed to spare you that — and transmitted to you the rugged individualist philosophy, and it is every man's business to take care of himself, without seeking or granting mercy on weakness.

This is the difference between Jake's outlook and yours. Each of you tackles today's events in terms of past conditioning. Each is acting out attitudes picked up from family authority, when you were children.

Proverb Backs Wife's Policy

As to which of you is right or wrong, that depends on the point of view. I should say neither is wrong, per se; but in double harness you are wrong for each other. To be well married, man and wife should sympathetically agree on methods of approach to social goals that both approve.

Jake's open-handed altruism is a beautiful quality to have — a virtue too seldom encountered in this vale of tears. But unfortunately, in marriage he seems to be exercising it at your expense — playing havoc with your budget, laying waste the fruits of your thrift, torturing your nerves with anxiety, etc. Which is an instance of virtue becoming a fault. It is axiomatic that charity begins at home, which suggests that your way-of-doing is best, if one has to make a clear-cut choice.

All things considered, my advice is stick to your guns, and don't let a raft of chiseling kin chuck your provisions to the bone, just because Jake is known as an easy mark.

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

HOUSEHOLD HINT

The refrigerator can be left running at low speed if you plan to be away from home for three weeks or less. If you're going away for a longer time, turn it completely off, remove all food, clean the inside thoroughly and leave the door open.

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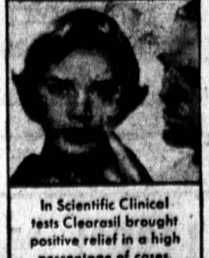
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Receives Cap

Miss Norma Gallant, daughter of Mr. and Mrs. Raymond Gallant of Bloomfield Station, who was capped this spring at the Holy Cross Cathedral, Boston, Mass., after completing six months of pre-clinical work. She has been a honor roll student since entering the school and is currently on affiliation at St. John's Hospital, Lowell, Massachusetts. Catherine Labourne is the only central nursing school in the New England area and students receive their training at three hospitals instead of one — Carney Hospital, Dorchester, St. John's Hospital, Lowell, and St. Margaret's Hospital, Dorchester. The school is under the direction of the Sisters of Charity of St. Vincent de Paul.

Cook's Corner



BOILED HADDOCK A LA CREME

Put in double boiler 1 pint milk (skim will do), 1 large egg (beaten), slice of onion, a little pepper and salt, bring to boil, then add 1 tbs. butter, 2 tbs. flour, (rub flour and butter together first), stir and cook until like thick cream (about 10 minutes). Arrange a layer of thin sauce in the bottom of a baking dish, then a layer of cold boiled fresh haddock, a layer of sauce and so on until the dish is filled, then top with bread crumbs and butter. Bake until brown, about 25 minutes. Service in dish in which it is baked.

TEETHING TROUBLES ENDED

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ELLEN'S DIARY

by an Island Farmer's Wife

Now, for college and university students at home and abroad, comes the season of holiday. All to bring it is for some—for those like my nephew-to-us who are visiting his folks at his home by the Strait and is gone by this, up and away to a summer-position that beckoned him.

Two young lads—students "from Queens" came by...jerria on a recent afternoon. This was an Island lass and her visiting classmate from Montreal, to whom she and her family were "showing the Island"; and hoping much, we suspected as should we, that she would be able to find a witchery in its quiet charm.

And the millpond below the front meadow which can smile with a thousand dimples was, of all days, then coolly listless! The white "Public" bridge which to its right from here spans prettily the stream flowing down from the west, and which can mirror its self so winsomely there, refused to reflect. In fact, as Granddaughter smiled later "Every thing about, was just like that little house of ours! When I take him his meals, he is so happy to see me coming, he nickers. Indeed he usually does when I go to visit him a.l.s. But when I take Mother with me or Mack show them how clever he is, there's not one sound out of him...not one! He appears then to be quite stupid. And all the time I know that he isn't."

We hope the visitor "from Queens" much enjoys her stay with the nice Island farm-family; hope that she on this first visit can find much to remember pleasantly of our red-cliffed, red-soiled, green-sodded Island Province... of our farm-places and villages, our Capital city and towns, our parks and our shrines, and of course, the first, last: our people.

If we could, for her sake and that of other early visitors to our shores, we would tuck into the landscape the opened leaf-buds the blossoming of wild pear and cherry, and windings of apple in woodland and nook of field and hedgerow—the blossoms of orchard, the lilacs in yards.

But for us who know our Island, they are there, in valley, on hill-top, back of a cool wind and a rain-cloud. They will come in good time.

"I'm studying History, and Political Economy and... And oh yes, I can make a cake! I made one yesterday — Chocolate... good too, with a depth of delectable frosting!" the Island girl laughed a young and happy chuckle.

And it came to mind that no matter what fields of learning womanhood may explore, what arts and letters and sciences they may enjoy, and master, they are still bound hand and foot, destined irrevocably to the role in life for which our kind since Mother Eve was created: to attend to the cares of a household; to sew a seam, and bake a loaf; to mend and do, and do without, and love deeply, and be glad and sad in being wives and mothers of the race. It is a holy destiny, one we looking back are confident should not be lightly undertaken. And good! And at Alderlea, often bewildering though dear.

"It's a good thing those little pigs came today, Ellen" Jame says breezing in from a "kaley" at the House across the Lane, "we won't have to sleep tonight 'with one eye open'... Would there be a bit of that fresh cod left from supper? I have a hankering for a bite of something just like that for lunch. Be smart, will you Ellen? Nowadays the mornings come fairly soon!"

Until tomorrow... —Diary

Good-night...

MORNING SMILE

A man went into the employment office and signed up for a job as dishwasher in a hotel. The questionnaire asked: "When are you available for work?"

The man scratched his head and said to the clerk, "How do you spell rat?"

"Why, R-A-T, of course," answered the clerk.

"No," said the man, "I don't mean the mousy kind of rat. I mean rat now."

TYPE OF PARROT

Cockatoos, closely related to true parrots, are generally white with tinges of red and orange color.

Wife Preservers

To get more wear from your curtains (if they are made to allow this procedure) try turning them upside down to prevent exposing the same parts of the fabric to the more intense sunlight that comes through the lower half of the window and is usually unprotected by the window shade.



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