

WOMEN

Page 8 The Guardian Tuesday, Sept. 28, 1954

LET'S EAT

Chicken A La King Served in a Casserole

By IDA BAILEY ALLEN

WE were lunching in the delegates' dining room of the United Nations Building overlooking New York's scenic East River.

"This service of Chicken a la King is both unusual and attractive," remarked the Chef.

Flaked Chicken

The chicken evidently was sliced thin, then flaked into bite-sized pieces. There are plenty of mushrooms, just enough green peppers and potatoes, and the sauce is not just a run-of-the-mill chicken flavor. It was made partly with chicken stock.

"I especially like the way the Chicken a la King is served in the breaded casserole, with a nice hot, rich, American baking powder breading in the center, and a sprig of parsley on top.

A La King Sauce: Melt 3/4 tsp butter in a saucepan. Add 1/2 c. diced green pepper, and 1/2 c. shredded canned or fresh mushrooms. Saute until softened.

Then stir in 2 tsp. enriched flour, 1/2 tsp. salt, 1/4 tsp. monosodium glutamate, and 1/4 tsp. pepper. Gradually stir in 1/2 c. chicken broth, and 1/2 c. homogenized milk or 1 c. milk and 1/4 c. cream. When boiling, reduce the heat.

Beat 1 egg yolk; add 1 tsp. sherry flavoring, and stir into the sauce. Add 1 diced potato.

French-Fried Eggplant

"This French-Fried Eggplant is

perfect. Madame, cut in finger-lengths, egged, crumbed, fried in deep fat and well drained.

"And the Cinnamon Custard Pie on the menu looks good," I added. "Sounds much more enticing than plain custard pie. I understand most of the delegates like properly spiced foods, an art many American cooks have yet to learn."

TOMORROW'S DINNER

Minestrone
Chicken a la King with Biscuits
Spinach
French-Fried Eggplant
Cinnamon Custard Pie

Coffee Tea Milk

Cinnamon Custard Pie: Line a 9-in. pie plate with American pie pastry. Over the bottom and sides lightly press in 1 tsp. fine dry bread crumbs.

Beat 3 eggs, adding 1/2 c. sugar, 1/4 tsp. salt and 1/4 tsp. cinnamon. Pour in 2 c. cold whole milk. Pour into the crust-lined plate. Dust with 1/4 tsp. cinnamon.

Bake 10 min. in a hot oven, 425 degrees F. Reduce the heat to 350 degrees F.; bake 30 min., or until slightly browned on top, and a knife, when inserted near the center, comes out clean. Serve cold.

TRICK OF THE CHEF

Add a little tomato juice and a touch of dried basil when cooking spinach.

MARY HAWORTH'S MAIL

Marriage Discussions Needed

DEAR MARY HAWORTH: Will you please write an article for persons of middle age and older—couples married 30 to 40 years who are apparently incompatible, who merely live under the same roof.

I have in mind a couple whom I should like to see find a better understanding and love of each other, if possible at this late hour. They are past 60, married over 40 years, and have no children. Never a wage earner, the wife has always had access to the family income, to buy as she liked for the house, or to make herself attractive.

They have excellent income property and a lovely apartment in the building; and they owned a nice summer cottage until a few years ago, when they disposed of it for health reasons. The man doesn't drink or smoke, loves his yard, and takes complete charge of lawn and building maintenance, in addition to holding a responsible job.

CAN CONFLICT BE REDUCED

Henry (I'll call him) would like to have friends or relatives come to Sunday dinner now and then—but not even a Christmas or Thanksgiving meal can be shared with anyone. When he comes home after many a hard day, there isn't a pleasant word or sweet smile to greet him, nor even a peck on the cheek for a surprise or special gift. A short vacation trip is spoiled with grumbling most of the way.

What, if anything, can be done to change a condition like this? If you don't have the answer, I doubt that anyone else has. Unless to suggest a hobby, such as hospital visiting—reason: no interest. Unexpected callers are treated with downright rudeness. She dawdles with housework, so that the home isn't always presentable. Comment from you might help them both. Please reply. T. P.

CRITIC LOOKS WITH PREJUDICE

DEAR T. P.: To your mind, the

wife in this story is principally at fault for the narrow domestic routine. And I gather you are somewhat of the husband's confidante that he hints to you about his dreary lot at home. Thus I wonder, who are you?—the "understanding other woman" (as Dr. Edmund Bergler tags her)? Or Henry's sister, maybe? In any case, an emotionally prejudiced observer, it seems.

I don't think it would help this pair particularly to identify them with a shadowy age group—as if their age were their special problem. Rather I think they must glimpse their individual distortions, if they are to introduce improvements in character.

It is my inference that Henry and his wife are two of a kind—two extremely immature personalities, contributing to each other's native difficulties.

The summer 1954 issue of The Psychiatric Bulletin (published quarterly by Texas University) says of immature characters: "They are people so obviously maladapted in their relations with others that they are often called weak, childish or hard to get along with. Their chief distinguishing trait is the inflexible repetition of some one basic pattern of behavior, in their relations with those about them. It is a childish pattern, inappropriate to adult life."

BOTH PARTIES ARE CHILDISH

There are four major patterns of childishness acted out by neurotic adults; namely (1) the passive-dependent pattern; (2) the passive-aggressive performance; (3) the aggressive attitude; and (4) the emotional instability pattern. Mrs. Henry is predominantly pattern No. 1, probably; and Henry himself predominantly pattern No. 2.

Mrs. Henry is a clinging vine—neurotic, ineffectual, averse to obligations, intent on avoiding contacts that call for mature accommodation and initiative. Henry leans on her infantile need of him, unsure that he could mean as much to anyone else—thus suffers himself to be devalued, as it were, to assuage neurotic uncertainties of his own.

Their life together is joyless, cramped and sour due to their equal shortage of self-reliance and spiritual zest. At their age, the best help for them is a spiritual awakening—such as they might evoke via reading "Power Through Constructive Thinking" (Harper & Brothers) by Emmet Fox. M. H.

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

Morning Smile

"Johnson says he wears his trousers in his house." "Perhaps so, but every night after supper he wears an apron over them."

ELLEN'S DIARY

by an Island Farmer's Wife

Dampness yesterday morning, with a change of work for the farmers and today the sunshine and lively breeze they needed to come once more to the harvesting. How fascinating is the farmer's lot, we remember, giving him as it does a number and variety of interests with which to fill his hours!

"I feel so sorry for..." an Island girl, then a holiday visitor to her girlhood home commented on a summer day of our young years, of her brother settled happily on the old farm. "He's stuck there, with nothing ahead of him but work! Oh dear," she mourned, "when I think of him it makes me cross! Why can't he sell and come away with me and get a good paying job! Honestly, Ellen, I gave him credit for more brains than he has."

"He liked it," we offered. "And if he's happy, how could he better himself?" She shrugged. "Oh, I know," she replied dimly, "but where else has he ever been? He doesn't know how good and how easy a time he might have away from it. What I ask you," she queried soberly, "is there to see on a farm? A team of horses, a few cows and sheep, a pig and some chickens!"

"That could be enough," we said. "There's more to farming than the living one makes."

"Yes there is," she chuckled, with

some bitterness, "there's more work!" And through the years since we have proved to ourselves that there is more to farming than the living folks make. Here we learn to look for and appreciate and evaluate, though not in the coin of the realm, the good things and lovely in our world about.

"Where else than on a farm does a rain cloud mean so much; or sunshine, or the wintry blast, or cattle lowing in the pasture," an understanding writer in The Furrow makes comment.

"Who more than a farmer savors the new turned soil or marks the growth of life with such interest. Who listens more intently for wind in the night or the bird's first chirp at dawn.

Who witnesses a miracle greater than one who casts seed to the earth and follows it to harvest. Who knows better the frailty of new life, or the fury of clouds twisting in the sky; or the tranquility after the storm.

Where else than on the land is there a greater symphony of science and art, such harmony between nature, man and God?"

Good this day has been for the Family—busy, interesting, full.

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

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Nature never did betray The heart that loved her; Through all the years of this our life.

To lead from joy to joy; For she can so inform The mind that is within us, So impress with quietness and beauty, and so feed With lofty thoughts, that Neither evil tongues, rash judgments,

Nor the sneers of selfish men, Nor greetings where no kindness is, nor all The dreary intercourse of daily life,

Shall e'er prevail against us, or disturb Our cheerful faith, that all which Is full of blessings. —Wordsworth

Garden work is full of blessings. Today I have planted for fragrance, beauty and color in the garden of "next year."

Some years ago I planted in the new border in four different colors. They produce showy flowers on long stems and are very valuable for cutting. They grow in neat, compact tufts, and have elegant finely cut foliage, which adds to the attractiveness of the plants. Some years ago they grew in the garden here and seed was sown this spring. A few plants were found in the weedy garden. Four new Oriental Poppies were also planted today and I am looking forward to their blooming.

Crimson and scarlet poppies have grown here for years and now a beautiful white and two pink plants have been planted. A special place was prepared with well-rotted manure carried from the field where it has been for twelve months.

Good soil from the vegetable garden was carried in the small wheelbarrow and when planted they were well-watered. No perennial in the garden will produce such dazzling color as these new Poppies in many new appealing shades. The flowers are larger, and carried on stiffer stems than the old varieties.

Autumn Crocus were potted up and were brought to the light at once as they bloom in a very short time and are beautiful and unusual bulbs. It is fun to try new bulbs and plants. I have found some very lovely flowers in this way.

Today a few Lisias were potted up for winter blooming and it will be interesting to see these "Corn Lilies" as they are called in England where they are very popular. Their culture is similar to that of Hyacinths or Daffodils. They come in many colors and grow about fifteen or eighteen inches high with long loose racemes of brilliant coloring and are good for cutting.

At this season of the year we are conscious of change and in gardening we believe as Robert Browning wrote about a faith that

Wife Preservers

Put cellophane tape on the bottoms of knock-knocks to prevent scratching the furniture.

Continued on page 12

Household Hint

Moths and carpet beetles feed on lint, bits of fur, feathers and so forth. A daily vacuuming is the best protection against them.

Bruce-Pound Wedding



Mr. and Mrs. L. E. Pound (Carlson Photo)

Rev. W. Pister officiated at the wedding in West End Alliance Church, Toronto, August 21, when Florence Helena Bruce, daughter of Mr. and Mrs. Harold Bruce, East Baltic, P. E. I. became the bride of Mr. Lloyd Edmond Pound, son of Mr. and Mrs. William Pound, Fredericton, P. E. I.

Given in marriage by her brother Maurice, the bride was gowned in a waltz-length strapless gown of tulle over taffeta, designed with a bodice of pearls and sequins. Over it she wore a taffeta jacket. Her fingertip veil of tulle was gathered to a crown of seeded pearls and she carried a cascade of red roses and white gladioli.

She was attended by her cousin, Mrs. Ruth Morris as Matron of honor and Miss Joan Pinkney as

bridesmaid. They wore matching gowns of lime green chiffon and small feathered hats and carried nosegays of carnations and mums.

To receive, the bride's aunt wore a navy dress with white accessories. The groom's mother wore a grey dress with rose accessories. The wedding dinner was served at the Diet Kitchen to the bridal party and guests and later an enjoyable evening was held at the home of Mr. and Mrs. John Hickox, Port Credit.

For going away, the bride changed into a pale blue shantung dress with navy and white accessories. Her corsage was a white orchid.

Amid showers of confetti, the happy couple left for a brief honeymoon, motoring through Ontario.

KEEP IN TRIM

Dieting Takes Will Power

By Ida Jean Kain

If you can spare a minute, homemakers, now that you finally have a chance to read the newspaper, I'd like to pass on this inspiring letter from another busy homemaker. We are prone to think of courage as bold and dashing. But steady, everyday, courage is the real test.

"I used to think it was impossible for me to lose weight—but I have proved it can be done if a person really wants to. I have 5 small children—the oldest is 7—and since I stay home most of the time, I slipped into the habit of overeating just to 'entertain' myself. When the children made me nervous, I found it helped to eat something or bake something.

While I was relieving my nerves in this manner, the pounds were piling on. I am 5' 8" and last December weighed 205 pounds.

"I met an old friend who remarked on how much I weight we had both put on and I decided right then to take action. By counting calories I reduced to 175 pounds. It took eight months. It was hard to do, and sometimes I felt like eating everything in sight! I would think that since I stayed home so much, what was the use of trying to lose, and who cared, anyhow? Well, my husband cared and was real proud of me. My mother remarked that I was looking better and the children said they didn't want me to look like hefty Mrs. X in our neighborhood.

"After staying at 175 pounds for Continued on page 12

Cook's Corner

HONEY BARS
1/2 cup white sugar
1/2 cup butter
1 egg
1 1/2 cups flour
1 tsp. baking powder
1 tsp. vanilla
Pinch of salt
Mix together and spread in pan. Then beat:
2 egg whites
1 1/2 cups brown sugar
1 cup chopped walnuts
Pour on mixture in pan and bake in a slow oven 25 or 30 minutes. Cut in squares when cold.

—Mrs. George Irving, Cherry Valley W. I.

Egg and Bacon Sandwich

6 hard-cooked eggs, chopped
2 slices bacon, cooked crisp
Few drops onion juice
Salt and Pepper.
Mayonnaise or cooked salad dressing.
Combine chopped eggs, bacon, and onion juice. Moistened with salad dressing. Season with salt and pepper. Spread thickly between slices of buttered whole or white bread.

\$\$\$\$ Go Up In Smoke When The Stove's Dirty

By ELEANOR ROSS

THERE'S probably no piece of equipment in the home that is as easy and as economical to operate as the modern kitchen stove. Figuring economy in terms of convenience, efficiency, and good living—as well as dollars and cents—it's a bargain, any way you look at it. That is, if it is kept in good condition.

Removable Parts

The modern stove has all removable parts, wherever possible. Broiler drawer fronts, entire broiler drawers, oven guides and racks, valve handles and valve panels, burner parts and bowls, top grates and storage drawers are now among them. What can be easily removed can, of course, be more efficiently scrubbed with no hidden grease left in difficult crevices and joints. A handy aid to cleaning burners is a pipe cleaner or a piece of wire.

After unclogging burners, plunge them into hot soapsuds in the sink and scrub with a stiff brush. Be sure to rinse and let dry thoroughly before replacing. Keep carbon from jamming the pilot light, too. Turn it off, then scrub the housing with a brush and wash with a soapy cloth. Dry all areas before relighting.

When burners sputter and the oven smokes, you can figure that there's more going up in smoke, too! All it takes to put operation costs is simple cleanliness. Soap and water cleaning removes the grease and food particles that clog burners, coat oven linings, stain and damage stove surfaces. Home economists stress the importance of a thorough weekly stove cleaning.

However, there's much to be gained by making stove-inspection a regular part of your daily kitchen care and clean-up. They do that in the Armed Services, you know, where neglect of equipment comes under the heading of serious negligence!

Wherever food has been splashed or boiled over, you risk unsightly stains unless the particles are removed then and there. And since it's easier to keep an oven clean than it is to get it clean after countless broilings and bakings, wipe the oven out and each time it's used. Go over the interior in a

Daily Check Wise

ADDS ZEST to all sorts of dishes



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