

WOMEN

Page 8 The Guardian Wednesday, Dec. 15, 1954

KEEP IN TRIM

All Women Try To Keep Slim—Confides Madame Mendes-France

By Ida Jean Kain

At a luncheon-press conference at the French Embassy, Madame Mendes-France answered all questions, other than political ones, with charming candor.

Will her husband be able to get the French people to drink less wine? Do French women try to keep slim? Does she herself diet? Are French women over 40 considered more fascinating? Do they tell their age? What price is an inexpensive dress? These were a few of the questions asked the lady from France by Washington newsmen.

The Premier of France is making a vigorous attempt to substitute milk and water for part of the wine consumed in his country and his wife predicts he will succeed. It is his belief that when any reforms are made the people must understand the reasons for them. And he thinks the women will cooperate in reducing the wine consumption because many good omen have been lost through alcoholism.

Madame Mendes-France explained that her husband has plans for country wide pasteurization of milk. Children in the schools are now starting to get milk to drink. They do not all like it, so as an inducement, cookies are given too. They can only have a cookie if they drink the milk.

French women, the same as women everywhere, try to stay slim, she said. In her country, the women past 40 do have the reputation of being more fascinating. The mature woman has more experience and knowledge and so has more to offer, was the explanation. Perhaps the secret of the fascination of French women lies in auto-suggestion . . . when a woman decides Chic Lily Mendes-France has a



Madame Mendes-France, in a refreshingly frank interview, claims a woman of 40 is a "young woman."

she is beautiful, people finally believe it.

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For the fashion conscious woman, who wants her glasses to harmonize with her ensemble, we introduce the excitingly new FLAME. Here is a delicately designed frame with glamorous interchangeable tops . . . FLAMETTES . . . in ten fashion accented colors* and in two distinctive styles.

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

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Wife Preservers



A desk lamp for a right handed person should be placed at his left so that his writing hand will not shadow its own work. The lamp should be tall enough to light the desk top with the bottom edge of the shade casting behind eye level.



Bridal Party at West Covehead

Pictured following the ceremony is the Court-Marshall bridal group. The wedding took place on November 27 at West Covehead United Manor. From left to right are: Mr. Everett Court, best man; Mr. and Mrs. Arthur Court, the groom and bride; Miss Gertrude Colburne, bridesmaid; the bride; the former Lillian Audrey Marshall, daughter of Mr. and Mrs. Charles E. Marshall, of Covehead Road and her husband is the son of Mr. and Mrs. Frederic Court, Kelvin Grove. (Meyers Studio).

On Saturday afternoon, November 27, at 2 p.m., West Covehead United Manor was the scene of an autumn wedding, when Rev. Norman Green, united in holy bonds of matrimony in a double-ring ceremony, Lillian Audrey, only daughter of Mr. and Mrs. Charles E. Marshall, Covehead Road, and Arthur Wilson, eldest son of Mr. and Mrs. Frederic Court, Kelvin Grove.

The bride wore a pink gazarine suit, white velvet hat, with navy shoes and white gloves. Her jewelry was a set of amethyst earrings, the gift of the groom. Her corsage was of Better Time roses.

Herman N. Bundesen, M. D.

Three Important Rules For Ulcer Sufferers

YOU don't have to suffer if you've got an ulcer. Proper care and treatment can usually relieve just about all of the pain.

There is a lot you can do to help yourself. In fact, if you want to avoid much of the discomfort, there are three things you must do.

Get Lots of Rest

First, get plenty of rest, both physical and mental. Second, rest your stomach, too. And, third, improve your general nutrition, particularly by adding proteins to your daily diet. You can do this by increasing the amount of milk, meat and eggs you eat.

If your ailment is diagnosed as an ulcer of the stomach, you should usually remain in bed, preferably in a hospital, for about three weeks following the diagnosis. For the ulcer of the duodenum, only a week of hospital rest may be needed.

Causes of Attacks

You've got to realize that the things which usually bring on attacks are mental and physical strain, overindulgence, infections, overeating and excessive use of tobacco and alcoholic beverages. That means you not only need rest, but you must also decrease the movements of your stomach and lessen the amount of acid secretion as much as possible.

Now about the food you're going to eat.

During acute attacks, you may need hourly feedings. For the first two or three days, this means only three ounces of milk, milk and cream or malted milk each hour from 7.00 a.m. to 7.00 p.m.

Neutralizing Acid

These light hourly feedings do two things.

First, the milk and cream neutralize the acid in your stomach. The frequent feedings thus keep the acid at the lowest possible level. It is the acid, you know, that antagonizes your ulcer. Second, the small feedings give the stomach a chance to rest. Large meals mean much stomach activity. This activity would tend to keep the ulcer from healing.

Within three or four days you may add other foods, such as soft poached eggs on toast, milk toast, cream of wheat and other well-cooked fine cereals.

Add one feeding each day until, by the seventh or eighth day, you are having "meals" about every two hours from about 8 a.m. to 6 p.m.

Bland Diet

After the tenth or eleventh day, other foods can be added gradually, until you are finally on a diet of easily digested, non-irritating foods such as bread and butter, eggs, cereal, lean meat, potatoes, strained fruit juices, strained cooked vegetables, and rice and puddings.

In about two and a half weeks you are back on a three-meal-a-day plan, with hourly feedings of three ounces of milk and cream.

If you're constipated, a glass of orange juice diluted with hot water before each meal will probably help.

Eat good breakfasts and lunches. Your supper should be lighter. Eat your meat and vegetables at the noon meal. Keep to bland foods at supper.

Maintain a regular schedule and remember, no eating or drinking after your evening meal. You don't want to overload your stomach.

Remain on this diet until your doctor decides it isn't necessary any longer.

There are things you'll probably never be able to eat as long as

ELLEN'S DIARY

by an Island Farmer's Wife

"Cleanliness is next to godliness," you know. And let me tell you the two can bear an even closer relationship than that! We were remembering words from the sermon of a Minister of the long ago. "If you have a care to keep your minus clean and your hearts, of the latter that has a way of accumulating in those places, who will say there is any difference between the two?"

Over the years between, up the hills and down the dales, of that length of road we had journeyed since then, the words came back to us this morning when we set the washing-machine in place in the porch and prepared to do the weekly wash.

You needn't think that you'll get me to change these overalls now, Ellen," James said stepping smartly by. "I haven't the time! And besides once they're washed, it just about runs them . . . If it wasn't for these new-fangled washing-machines, there wouldn't be so much washing done." He offered from the door-step. And Jamie following him smiled broadly. And Gage lingering about grumbled. "Do you know what I told her when she wanted this sort of wash? I dressed once this morning and that's enough. Women," he said, stepping off hands in pockets after the other two, "are forever bothering about something!"

To spread a wash—now pleasant on a morning like this, so balmy and serene. The sun had gilded the hillsides, the over-flow washing down into the valley of the stream below.

There was a flutter of blue wings you've got an ulcer. I'll discuss some of them tomorrow.

QUESTION AND ANSWER

J. D.: Will oleomargarine make your eyes weak or hurt them?

Answer: Oleomargarine is a good food and will not harm the eyes in any way. Oleomargarine usually is fortified with vitamins A and D.

Until tomorrow . . . Diary . . . Good-night . . .

MORNING SMILE

There was a wealthy amateur who prided himself on his skill in landscape painting, although his canvases were really little more than daubs.

Once he invited a couple of critics to look at his pictures.

Critic—Here's one you ought to call "Home!"

Painter—Why?

Critic—Because there's no place like it.

ALICE BROOKS DESIGNS



7392 by Alice Brooks

Widow Years To Try Life In a New City

DEAR MARY HAWORTH: I am a widow in my late forties, with three grown married children—two sons and a daughter. I have a private income, but much of it goes to run this house where I live alone with a cook.

I married at 17, a fine man, but the dominating type. To avoid argument for the children's sake, and get along with him peacefully, I always did as he said. For 30 years I lived for family, never thinking of self, and I feel I have served my term as wife and mother—that this duty is finished.

Now I want to rent out the house, pack a suitcase and go to a big city, to work for the Red Cross or as a Nurse's aide. If I am not too old, I am not bad-looking, and with a new hair-do and new clothes and meeting new people—in a new church, in a new town—I would be better off than staying here, I think. And I could be getting some rental income instead of paying for coal, gas, electricity, telephone, etc., just to keep up the house for myself.

Is She Selfish, Wanting Freedom?

But it seems my children want to rule me just as their father did. They throw fits every time I mention getting a job in the business world. They have children of their own and call on me at all hours to help out—and on week-ends they pile in here to be fed and waited on. I had no such help or relief when they were small. I love them as much as any mother, but they would appreciate me more if I left them, I think. They need have no fear I will marry again; I have no such intention . . .

I want to feel free to do as I please, and I think my children should let me. Am I selfish in wanting to try a new environment, live in one room and take my meals out? Will the neighbors talk if I take this step? This is 1954, not the last century. Probably many widows feel as I do, so please advise the lot of us.

Right To Seek Further Growth

DEAR K. C.: I think I understand how your children feel. They are simply aghast with protective concern at the idea of their unworried homebody mother trying to swim in the unknown and possibly dangerous currents of a big city.

On the other hand I sympathize keenly with your strong impulse to branch out into larger living, or at least make a try at it, instead of rusting away in a situation that now seems obsolete.

As you married at 17, and were taken in charge by a dominant spouse, you've had little chance to know life as an individual—an experience you fancy you'd like to explore. Given the opportunity now, you might find it not to your taste; you might conclude the old way was best. But in any case, after 30 years spent in family-care, with all responsibilities accounted for, you are surely entitled to test your aptitude for big town job-holding if your thinking leads that way.

Good Listener Would Help Her

This in my opinion the children ought to stop gasping, and listen with open mind and judicious interest to your ambitious plans for the future—because a receptive unprejudiced attitude on the part of intimates, towards a planner's ideas, is always helpful in promoting a wise decision or right course of action. Whereas an alarmist

LET'S EAT

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Broiled Chicken Menu

By IDA BAILEY ALLEN

"CHICKEN is a favorite meat all over the world, Madame. In some countries it is still the most expensive. But here in the United States the production of broilers has become so great that we are eating almost twice as much chicken per person each year as fifteen years ago.

"Chicken dinners have become everyday affairs, but the chicken itself need not taste like 'everyday' ordinary food. Ah, non! There are too many fine ways to prepare it."

Quick Broiled Chicken

"The broiling method is easiest and quick and has many variations." Yet comparatively few persons use it.

"Before cooking, you disjoint the chicken, remove the wing tips and separate the breast, or ask the market-man to do this. Then wipe with a moist paper towel, brush with vegetable oil or melted fat, and dust with 1/2 tsp. salt, 1/4 tsp. pepper and 1/2 tsp. monosodium glutamate to each pound. For very crisp skin, dust also with a little flour. Many southern cooks add a dusting of powdered ginger.

"Place on an oiled broiler 3" away from the heat. Turn often as it browns and baste with melted fat, or the pan drippings, and the juice of 1/2 lemon for each chicken.

Test for Doneness

"If entirely cooked by broiler, a (2 lb.) chicken, dressed weight, needs 35-45 minutes. To test for doneness, pierce to the bone with a fork. If tender, and no pink shows, the bird is cooked.

"A method that does not require watching is to put the chicken, after 20 minutes or when browned, in a moderate-to-hot oven to finish cooking. This will take about 25 minutes. Baste at least once with fat or with the pan drippings.

"Most of the remaining foods for the meal might be prepared in the same oven, Madame. For instance, any frozen vegetable cooked in casserole, escalloped tomatoes, flaky rice, Delmonico potatoes oven French fried potatoes, or spoon bread. And suitable desserts would be apple crunch, peach betty or bread-and-butter custards."

TOMORROW'S BROILED CHICKEN DINNER

Vegetable Soup with Rice	Celery
Broiled Chicken	Sausage Spoon Bread
Spinch with Lemon Wedges	Apple Cream
Coffee	Tea
	Milk

view, or a rigidly resistant or mocking reaction tends to throw the planner off balance—so that he (or she) may lose track of the middle way, and either pursue a wrong course stubbornly, or drop the effort to accomplish anything new.

My advice is to visit the city of your tentative choice for a fortnight or so, to study conditions, before making a move. Stay at a Y, W. C. A. or similar type of woman's hotel, to investigate job openings and rooming accommodations, in order to relate your decision to facts.

Finally, if you decide to stay home, don't blame the children. They can't really hold you back. It is self in reaction to circumstances that determines destiny; not the influence of others, really.

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

Bringing Up Baby



Not so long ago, I received a letter from a mother who said: "I know the Gerber Baby has become very famous, but I remember first seeing the picture about 20 years ago. What ever happened to the original model? Is she married or is he in the army?"

Such a charming letter deserves a sequel. The artist conceived the baby not as a he or she but as a representative baby . . . the beautiful kind all mothers have and love.

If you would like a print of the Gerber Baby, suitable for framing, send 10c (to cover cost of handling) to me at Box 68, Gerber-Ogilvie Baby Foods Limited, Toronto 18, Canada.

Soothing story. If baby's having trouble cutting teeth, Gerber's Teething Biscuits help provide relief for tenderness, gums. Made from wholesome ingredients, they're smooth-surfaced and extra-hard to give baby real biting satisfaction.

The more the better. Doctors specify early introduction of food variety—not only because of increased nutritional values, but because getting used to many tastes and textures early paves the way for future good eating habits.

New garden-goodness. A happy combination of carrots, peas and spinach . . . that's Gerber's new Garden Vegetables. Gerber's blend these important "green and yellow" group vegetables for their exceptionally high vitamin A value—as well as for the mild, pleasant flavor they provide. The addition of Gerber's Strained Garden Vegetables brings to 7 the number of good-tasting Gerber Vegetables you can offer your baby.

GOTHAM COLOR KEYED STOCKINGS

the newest Christmas stocking since nylon...

Gotham has Color-Keyed their Famous new Gold Stripe® Hosiery so that no one can make a mistake about hosiery shades. Now, husbands can surprise wives, beaux can thrill lady-friends, fathers can delight daughters—everyone can choose hosiery like an expert.

You simply ask for Gotham's new Color-Keyed Hosiery by the color—the color you know the often wears.

GOTHAM GOLD STRIPE