

## LET'S EAT

### Two Methods Of Frying That Require Little Fat

By Ida Bailey Allen

**THREE WAYS** to serve shrimp: Shrimp Cocktail Balls with Tomato Mayonnaise Dip, Shrimpburgers and Shrimp-Rice Croquettes.

Fat takes the longest of all food constituents to digest. Even when an easily digested food such as an egg or a tender steak is fried, the process of digesting them takes longer because of the fat which is absorbed by the food in frying.

#### DIFFICULT TO DIGEST

Most methods used for frying foods make them greasy, and therefore more difficult to digest. For instance, foods fried top-of-stove in a frying-pan absorb more fat than when properly deep-fried.

"The two methods we use for pan-frying in our test-kitchen make it unnecessary to use much fat," observed the Chef. "I refer to the methods you developed, Madame, steam-frying and oven-frying."

**Steam-Frying** can be used for raw sliced onions, or raw potatoes, shredded cabbage, string beans, sliced carrots, strips of green pepper, sweet corn kernels, pork chops, (fat mostly removed).

In a frying-pan, arrange a layer of the food to be fried 1/2 in. deep. To a 10 in. frying-pan add 2 tsp. butter, vegetable oil or bacon drippings. Pour in boiling water to the depth of 1/2 in.; add 1 tsp. salt.

Cover, and slow-boil about 10 min. until the water evaporates. Uncover and continue to cook until the food fries golden brown. Turn once.

**Oven-Frying:** Use for frying sliced cooked cereals, scrapple, potatoes, onions, eggplant, chicken, rabbit, veal cutlet, fish and croquettes.

Thick-rub a baking pan with good quality shortening. Brush the food to be oven-fried with melted shortening; dust on seasoning. Place in the pan.

#### KEEP IN TRIM

### Watch That Middle Slump

By Ida Jean Kala

When you're caught off guard by a glimpse of your silhouette reflected in a shop window, is your immediate reaction to pull in sharply and look more shapely? Alas, the slimming effect is fleeting. This dilemma is expressed in today's letter.

"How can I hold my stomach in? I'm middle aged and normal weight—130 pounds, but I have the habit of slumping. When I think about it, I straighten up—then I forget and slump again and find I'm not holding in. I'm sure there must be some exercise that could help me, but because of a bad back strain years ago, I wouldn't dare take vigorous exercise. Do you know the solution?"

Inability to hold the stomach flat is a common problem. The correction is positively streamlining, so all those interested in shaping up, come along.

Desire is a prerequisite to improve posture. Also, it is important to sense the "feel" of good posture. That phrase pull in causes trouble, for it's impossible to hold the in-pull. Phrase it this way, pull up-and-in. It takes the coordinated action of all the abdominal muscles to maintain the lift.

However, flabby muscles are simply not up to holding the pull. There must be sufficient tone in the

abdominal muscles to counteract gravity. Fortunately, the exercises which help to restore tone to important girdle muscle, need not be strenuous. Contraction exercise to strengthen a weak back and tone muscles of the abdomen fills the bill. The safety position prevents strain.

**Position:** Lying on back of floor, with knees flexed, soles of feet flat on the floor, arms down at sides.

**Movement:** Pull firmly up-and-in, pressing small of back flat against the floor, and hold this movement for a measured count of 10. Holding this contraction tones the muscles. Release, pull up and in again and hold—repeating this routine 10 times. This seemingly effortless exercise is amazingly effective.

**Position:** Lying on back on floor, feet resting on low bench or stool, arms down at sides, backs of wrists on floor.

**Movement:** Flex right knee to chest as both arms are circled around on floor back of head. Keep arms on floor as you circle, and pull strongly up and in with girdle muscles. Return foot to bench and swing arms back to sides. Flex; alternate knees toward chest, and maintaining the up-pull, continue 10 counts.

Practice this daily and you'll be pleased with your silhouette.

#### COOK'S CORNER



**OVEN-BAKED OMELETTE**  
3 eggs, beaten separately  
1/2 tsp. salt  
1 cup bread crumbs  
1 cup milk  
1 small onion  
2 tbsp. grated cheese  
Time 20 minutes.  
Fold egg whites in last; turn into a buttered frying pan and bake in oven.

### Don't irritate child's intestines with "too-strong laxatives"

Science at last has developed Children's Own Tablets for your child's protection—No cramps! No gripes! No bad taste!

Stop using harsh laxatives that may irritate the tender walls of your child's intestines, causing cramping, griping, or even uncomfortable feelings. Large, harsh, adult-size laxatives are often too strong for children. They work, but they may irritate the delicate membranes in the intestines. Medical science has at last developed Children's Own Tablets—clinically-tested for children's needs... just strong enough... not harsh... in tablet form, pleasant-tasting, easy to take! Relieves upset tummy, too. So try Children's Own Tablets today—made by the makers of Baby's Own Tablets. See if they are not the answer to your child's laxative problem.

**Children's Own TABLETS**

#### Mary Haworth's Mail

### Couple Can't Find Friends At Work Or Play, They Say

**DEAR MARY HAWORTH:** I wonder if you could shed some light on a condition that has been puzzling my husband and me ever since we have been married; and that is many years.

We both work and seem to be very friendly with our office associates; never any trouble or dissension. Yet we have not been able to strike up any real close friendships. We may invite them to our home but they put off coming; and we receive no invitations from them. If they give a party, we aren't asked.

This situation exists with my office associates; also with my husband's, who are entirely apart from mine. Outside the office it is the same.

For many years we have spent our summer vacations together at a New England resort, where we know most of the people. And while they are friendly to us, sometimes extremely so, yet when it comes to parties, etc., we aren't included. Even though we may have invited the party-giver to a drink or two at our table before.

In short, we have tried constantly to be as friendly towards others as we can be; and as considerate as helpful, if necessary—as we can do. Also, we are well educated, well groomed, well mannered and thoughtful; and shouldn't be offensive, mentally or physically, to anyone.

But here we are, after all these years, with no friends we can call our own, despite our effort to be friendly. Can you tell us what is wrong? It will be appreciated. D.A. PUSHY, FORLORN

**DEAR D. A.:** In all probability, you are enveloped (unconsciously) in an aura of lonely tension and social aggression, that defeats your efforts to achieve close friendships with attractive persons. One line of your letter suggests this clue.

In Paragraph 4, you are exploring the situation at the New England resort, where people are friendly but never include you in their parties. "Even though"—you say—"we may have invited the party-giver to a drink or two at our table before." I take it you mean before the party, just shortly before, which sounds as if the business of the drink was your desperate bid to be added to the guest list.

Very likely it is the pushy determined though forlorn quality of your quest for social acceptance that causes people to duck, involuntarily. The secret of charm, in wooing friendships, is to be comfortably relaxed in meeting people—not too eager about making a hit and-or wanting to be remembered favorably. Don't treat any and every encounter as if you were on trial, and the outcome crucial.

**PROBLEM ROOTED**  
The central solution of your sense of ostracism is to rise deliberately in consciousness, above your habitual "have-not" level of feeling in this particular. Meditate on the words of Christ, spoken for all mankind potentially: "All that the Father hath is mine." To have, or to have not, begins in consciousness, always. The person with a poverty consciousness inevitably will lose "that which he hath," whereas the person with a prosperity consciousness can never know want.

To nourish a sense of amplitude, make a habit of giving thanks daily, in detailed account, for the good things of life you already have. Then meditate (in happy spirit) on



St. Laurent Family Picture

Prime Minister St. Laurent poses with members of his family at the opening of the third session of Parliament. Seated are the prime minister, his son, Jean-Paul, recently elected to the Commons, and Mrs. St. Laurent. In the back row, left to right are Mrs. Jean-Paul St. Laurent, her son, Louis, and daughter, Helene. (CP Photo)

### Happenings

On Jan. 10th., a large number of friends gathered at the home of Mrs. Hilton Vail, Spring Park Road to tender a miscellaneous shower for Miss Ada Sherren, prior to her marriage. The living-room was decorated with pink and white streamers and wedding bells. The bride-elect received many beautiful and useful gifts. They were opened by Miss Joyce MacConnell and the accompanying verses were read by Miss Mary Hughes Ada thanked everyone for the lovely gifts. Luncheon was served by the hostess, assisted by Mrs. Reg. Brittain, Mrs. Weston Carmody and Mrs. Bill Dowling.

Miss Anna Hansen and Miss Mary Hughes were joint hostesses at a kitchen shower at the home of Miss Hughes Prince St. on Jan. 12th., in honor of Miss Ada Sherren. The gifts were opened by Miss Carol MacCallum and the verses read by Mary Fielding. The bride-to-be received many lovely gifts. Ada gracefully thanked each and everyone for the lovely gifts. Luncheon was served by the joint hostesses, assisted by Kris Dewar and Mary Fielding.

Those old Christmas cards can still be sent to the Rev. George Malcolm, 4 MacKay Street, Tamsui, Taiwan. Please be sure to mark them "Used cards, no commercial value."

Miss Claire Paguet, Souris, arrived Saturday from Montreal, where she has completed a Post Graduate Course in obstetrics. Nursing at the Royal Victoria Hospital, Miss Paguet is on the Nursing staff of the Charlottetown Hospital.

Mrs. Buster MacMillan, Belvedere, has returned home after

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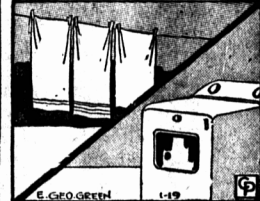
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#### HOUSEHOLD HINT

If you must do dry-cleaning at home, do it out-of-doors, or at least with windows open and far away from any fire.

undergoing an operation in the P. E. I. Hospital.

**Wife Preservers**



If your family likes bath towels to be rough-textured, hang them on the line to dry after washing. If soft towels are preferred, let the towels fluff up softly in your automatic dryer after laundering.

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### ELLEN'S DIARY

By An Island Farmer's Wife

What was the best happening of this day—the best material blessing given us? There is no doubt about it. The selection is easy to make, its value to the hard-pressed farmers above jewels. What are jewels but stones? This was direct service.

It happened when this small household sat about the room-fire tonight. Granddaughter, her evening free of homework had been here, and was gone through the dim shadows of the lawn, and along that path she has always known. Even as a tiny tot visiting at this house after night, she professedly had no fear of the darkness and "loved to go through the night" to home.

We were left alone in the lamp-light, James to his newspaper, we to our knitting, and thoughts. At times he read aloud, stopping to exclaim particularly over the hardships left to some folks in the wake of the recent ice storm and continuing thaw; to remember gratefully that in comparison our troubles occasioned by these were only small. Providence had been good to us indeed, here and hereabout.

Good to this housewife in the matter of her lasting supply of bread during the spell of weather, we recalled whimsically of a Power so near as to be heard in a silken whirring wind and seen, in the unfolding face of a meadow-blossom. And so far away sometimes, it would appear that the heart's longings, the most sincere and fervent prayer fails to reach Him. Yet if we wait, we know that in unsuspected, unexpected ways the assurance that all is well, will come in a kindly reply.

We counted off the stitches for the heel in our knitting. "By rights we should bake bread tomorrow," we offered in the stillness, mind on the currently handicapped range. "Bread, Ellen?"

And then from over the country side, flooding in from some distant main, came that magic stream of energy to light a watchful lamp in the room! How good to see it! Smiles, wreathed faces somewhat careworn of late. A man's shoulders straightened, shrugging off our lights were heard in answering signals, gay, relieved, wily, from the house across the lane a ! that on the hill, and from other farmhouses near and far along the farmlands.

And once again—and never was music sweeter—the pump in this cellar took up its simple melody and sent its refreshing flow to the Nell-mare and the other horses, to those of the cattle-kind, and to

... last drink-bowl in the buildings about. Now without labor on the part of the farmers, without worry, the animals would have water in plenty at hand. "It's good to see the other lights along the countryside," James says, coming indoors now from a last round of his day. "It brightens the night—it's not nearly so dark. All I wish," he nods "is that every place Island-over were as fortunate as we in having lines restored but it will come!"

"Every day it is 'a day's march nearer to them' we remember. And for us another day's march over. Rest now for this household. Until tomorrow—Diary—Good-night. ....

#### MORNING SMILE

A wealthy citizen, returning from trip to Europe was asked by an artistic friend if he had picked up a van Gogh or a Picasso while over there. The traveller replied "No, they are all right hand drives over there, besides I have three cars already."

#### Words Of The Wise

Great ideals and principles do not live from generation to generation just because they are right, nor even because they have been carefully legislated. Ideals and principles continue from generation to generation only when they are built into the hearts of the children as they grow up.

—(George B. Benson)



#### Best Dressed

Grace Kelly, Hollywood actress who was listed as tying for first place among the ten best dressed women of the year, says she chooses her clothes off a rack and seldom has them tailor-made. She admits she has an extensive wardrobe but she wears her clothes for "years and years." Her expected engagement to the Prince of Monaco has been announced.

### Magic RAISIN SCONES

Mix and sift into 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. Cut in finely 4 tbs. chilled shortening and mix in 1/2 c. washed and dried raisins and 1/4 c. lightly-packed brown sugar. Combine 1 slightly-beaten egg, 2 tbs. milk and a few drops almond flavoring. Make a well in dry ingredients and add liquids; mix lightly with fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on a lightly-floured board and pat out into greased pie plate (7 1/2" top inside measure) and mark into 6 pie-shaped wedges. Bake in hot oven, 425°, about 18 minutes. Serve hot with butter or margarine. Yield—6 scones.



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