

# WOMEN

Page 8 The Guardian Tuesday, Nov. 9, 1954

## LET'S EAT

### Inexpensive Roosters Can Be Good Eating

By IDA BAILEY ALLEN

ON our recent trip to the Midwest, the Chef and I saw "roosters" and hens on sale at reasonable prices in the super-markets. "These birds are a good value as regards both cost and eating," one meat man remarked to me. "But somewhat the customers don't go for them. They're so used to the tender all-purpose birds on the market, they don't know how to tackle roosters and hens."

#### Here's How

Ask the meat man to remove the head and feet, and eviscerate the bird.

To prepare, pick out the pin feathers, use tweezers and it's easy. Then feel inside the cavity and remove any loose fish, including the lungs under the breast-bone and the kidneys under the back bone. Rinse the bird in cool water.

Last, scrub it all over with mild soap and water, and rinse thoroughly to remove all the soap. Then to cook:

**Slow Cooking Necessary**  
"Of course, Madame," said the Chef, "a rooster or fowl is much older and more muscular than an all-purpose chicken. This necessitates long, slow, moist cooking, as is needed in preparing braised beef. These birds make excellent casseroles, fricassees, stews, and chicken with rice."

Whether cooked on top of the range or in the oven, a rooster or fowl should gently simmer, which means merely bubble around the edge of the kettle.

I always add 2 tsp. salt, 1/2 c. celery leaves, and 2 lbs. chopped onion, with boiling water to nearly cover. I put on a lid and allow 2 1/2 to 4 hours to cook tender. The exact time is unpredictable, because it depends on the age of the bird.

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## Newly - Weds



Mr. and Mrs. Harry Doubleday are pictured above following their wedding at St. Catherine's Church, Halifax, N. S. The bride is the former Mary Caroline MacInnis, daughter of Mr. and Mrs. W. J. MacInnis of Grand River, P. E. I. The groom is the son of Mr. and Mrs. H. Doubleday of Halifax.

## MARY HAWORTH'S MAIL

### New Husband Is Cruel To Step-Daughter

DEAR MARY HAWORTH: Very recently I married for the second time, and I have a 10-year-old daughter by my former marriage. The problem is my second husband's attitude towards her. Hank (I'll call him though that is not his name) seldom notices Nancy except to poke at her, grab at her or make faces at her. He takes special delight in teasing her and poking at her until she cringes and screams. Often when he grabs at her, he ends by hurting her before he lets go—and she cries.

I have never seen him treat her in this fashion when anyone else was around; nobody else has seen this side of him. And I am quite concerned about it, because whenever he tries to go near her now, she cringes and screams. I might add that for years before we were married, Hank had talked about how much he wanted to do for Nancy.

## WIFE WONDERS WHAT AILS MAN

He delights in causing scenes before he takes us out, getting both Nancy and me upset, by teasing her persistently and unduly until she starts crying. The more she protests, the meaner he gets. Then, when he finally says he is sorry—that he was only trying to make us laugh and be happy—I am supposed to snap out of it and forget. I can't.

It seems that whenever we are going any place that I particularly want to go, such scenes are caused—with the implication that if I put up with it I get to go. Otherwise the heck with it, is his attitude. It certainly isn't worth it to me—not to mention what it must be doing to my daughter. I honestly believe something is wrong with Hank, but I could be wrong. I hope so. Anyway I shall be very grateful for your comment. A Reader.

## SELF-INDULGENCE LEADS TO DANGER

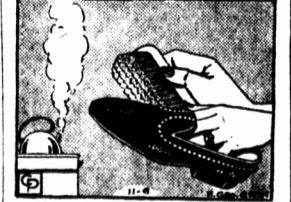
DEAR READER: I am sure that Hank himself has spells of knowing that his abuse of Nancy is sadistic and sick-minded. His cruelty may signify schizophrenic type conflict, in his reactions to intimates. Or it may reflect a latent tangle of bitter homosexual inclinations. Or possibly a blend of both factors may be at the roots of his tormenting activities. It is interesting that he has the control to conceal this perversity from outsiders. His foresight on that point suggests that he isn't so crazy as not to realize the impropriety of his behavior. Rather it appears he is self-indulgently evil in playing his cat-and-mouse game with you and Nancy. But habitual indulgence of the sort may lead to unbridled psychotic misconduct in his private life, later on. Thus it is imperative that you get

Continued on Page 9

## Household Hint

An easy-to-wash rubber mat near the back door makes a convenient place to leave wintertime boots and muddy footwear. This protects the floor and can be easily sprung off when it becomes necessary.

## Wife Preservers



Velvet slippers can be cleaned by first brushing them well with a stiff brush, then steaming them over a boiling kettle.

## S. A. Officers To Wed



Lieutenant Rosalind Sherman of Montreal, now stationed at Sackville, N. B., and Lieutenant Allison Haynes of Charlottetown, now stationed at West Saint John, N. B., will be united in marriage on December 7 at the Salvation Army Charlottetown Citadel at 7 o'clock in the evening.

## MRS. GORDON MACMILLAN

### A COUNTRY GARDEN

#### NOVEMBER SUNLIGHT

Not all the lights of Spring Not the fierce power Of the midsummer sky Equals this hour When the pale sun distills For the charmed sight, Unstained by leaf or cloud, Essence of light.

—Dabney.

In the November sunlight it is a pleasant task to finish the gathering in of the garden bulbs and plants and the planting of the tulips and daffodils for the spring blooming. There are the scarlet berries on the Sweet Briar rose and the fragrant wallflowers and stocks to cheer us in our work. Many violas in lovely colors bloom here and there in the rock-garden borders. The Iceland Poppies grown from seed sown in early spring are also blooming in colors of orange, lemon, white and pastel shades.

There are a few roses in my garden and lovely roses in some gardens I have seen this month and if the weather does not get too cold they will continue blooming for some time.

The other day when weeding in the rock garden I saw the giant autumn flowering Crocus in lovely bloom and it was a surprise as they had been forgotten since planting time several years ago. Colchicum has foliage that appears early in spring and then in October or November the large Crocus-like blossoms appear when they are least expected. If they are planted where an attractive ground cover such as the Sedums, Vinca or any good green low growing plant makes a carpet for the lovely flowers in white, lilac, mauve or purple.

## ELLEN'S DIARY

by an Island Farmer's Wife

We had dusky November showing yesterday—but a clearing wind and most welcome this morning returned once more the blue to the heavens and faced again the farmers and help towards Alderlea and the cares of the turnip harvest there; digging the already topped rows with the potato-digger, saving them then by horse and farm-cart to the underground bins in the barns.

Was this a summer to favor the growth of turnips? James is quite pleased with the crop being currently harvested. Not that he is altogether satisfied with the present method of harvesting, preferring the old way of pulling and trimming off the root by hand, consigning then turnip and top to respective rows. But he suffers it because it is less toilsome and faster and besides what does it matter how untidy they are saved, since none is sold off the farm! No turnip is sold, nor, this year, no potato; no pickle of grain or spear of hay, no straw—at Alderlea neither cream nor milk . . . and now that we remember the women's province, very few eggs!

"Ha!" a man chuckled teasingly the other day, knowing that we had just bought some "fruit" of the poultry-house. "There must be great farming where you come from, with the farmwife buying eggs! Do you buy your milk too?" he queried.

At this place, Rob's schedule allows for the twice-a-week chore of putting the cream cans to the road, where the are picked up present-

The saffron of commerce is taken from the golden yellow pistil of *Sativus* making this crocus both useful and beautiful. It is also scented and is found growing wild in Italy to Kurdistan. It is possible to gather quite a good fragrant bouquet from the garden any day now and the late sown annual Larkspur in pink, white and the mauve shades is blooming very well. Who loves a garden loves a greenhouse too. Unconscious of a less propitious climate. There's blooms exotic beauty, warm and snug; Peep through their polished foliage at the storm, And seem to smile at what they need not fear.

—W. Cowper. On windy, wet days in this month there is a great deal of clearing up the pots and plants that were hurriedly pushed into the little greenhouse when frost threatened to finish the tender things. I cannot think of anything a gardener would rather do on a stormy day. The plants here in this small garden room are crowded in; they are hung from the ceiling and sides of the house, and they are fastened up in brackets and shelves. It is surprising how many can be squeezed into a small space.

Carnations that were covered with buds have been potted up, also fragrant Stocks and Petunias, Nasturtiums and a new Calla Lily have been brought indoors too. Painting the shelves and benches has made the garden room more attractive and for gardeners on a stormy day this work can be fun!

There are many other pleasant tasks to be done for the garden.

Continued on page 9

## DUE TO THE WET WEATHER

Many of our customers may have missed the Bargains we offered last week-end. We are continuing our Sale all this week with New Specials each day . . .

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## New Ways To Fight Crippling Polio Virus

DAY by day, we are getting closer to the time when we will tame the dread polio virus. Medical science is attacking the problem from many angles.

One new method of combating poliomyelitis is being explored by Dr. Albert B. Sabin, professor of research pediatrics at the University of Cincinnati's College of Medicine.

#### Forms Antibodies

Dr. Sabin is endeavoring to develop active immunity against this crippling disease by vaccination with live viruses, which will not damage the nerves, but will cause the body to form antibodies against poliomyelitis.

Now this procedure differs greatly from the Salk vaccine method currently being tested by hundreds of thousands of children in various sections of the country. The Salk vaccine consists of virus killed by chemical means. The Sabin vaccine, if developed, would consist of live virus altered so as to remove its power to cause disease.

#### Sometimes Occurs Naturally

This alteration, which makes the virus capable of conferring immunity, occurs naturally in some cases. Several investigators, Dr. Sabin reports, have found in children with minor illnesses the strains of polio virus which had only limited power to cause disease in monkeys.

Such an alteration, Dr. Sabin says, can also be brought about in the laboratory. Similarly transformed live virus material now composes the vaccine used against yellow fever.

#### Some Success Reported

In his experiment on monkeys, Dr. Sabin already reports some degree of success.

Maybe the answer is not the Salk vaccine. Perhaps it is not the proposed Sabin vaccine. But whatever the answer is, medical science will undoubtedly find it.

#### QUESTION AND ANSWER

Mr. H. S.: The bottom of my right foot started burning. What is the cause of this?

Answer: A disorder of this type usually is due to some disturbance of the circulation which might come from hardening of the arteries of the leg. You should have an examination made by your doctor to find the cause and then proper treatment can be started.

#### Morning Smile

"They say Jones is devoted to his golf and his wife is equally fond of auction sales." "Yes, and the funny part about it is that they both talk in their sleep. The other night the people in the next flat heard him shout, 'Fore!' and immediately his wife yelled 'Five!'"

## KEEP IN TRIM

### Use Slim Down, You Can, Too

By Ida Jean Kain

"Tell us what happens to other dieters—give us their experiences. That will help us waverers dieters try again to win the battle of the bulge," writes an overweight from New York State.

Here we go . . . if you run true to form, you'll daily with the idea of reducing for quite some time, putting good intentions on a par with action. And you are likely to make a few self-hearted attempts to diet—nothing too inconvenient, of course. Then one day, some particular experience will rouse you to action as nothing before has done.

It may be a fleeting expression on the face of an old friend who knew you when you were 20 pounds lighter. Perhaps it's a kidding remark from your husband or a dreaded scale change from 18 to 20. Not infrequently, a warning from the doctor gives a needed jolt. Generally some one thing helps you to make up your mind to take serious action.

But let someone who has been through the experience tell you . . . "I have read your column for years, and have made many half-hearted attempts at dieting and exercising to lose weight . . . but never could stick with it. My doctor had told me many times that I would look and feel much better if I would shed some pounds. What helped me to finally decide was reading how other overweights had succeeded. I made up my mind if they could diet, I could too.

"In February, I weighed in on the doctor's scales at 195 pounds and started dieting. Today, nine months later, I weigh 135 pounds, and I am one of the happiest persons alive.

"I never was flabby fat, so no one believed I weighed as much as I did . . . but the doctor says scales don't lie. Anyway, I wore a size 18's and 20, and they were none too big. Now I wear size 13 and 14 dresses. There isn't a week that I don't have six to eight people tell

me how nice I look. I work in an office where I meet people all the time . . . and with all the compliments from them and from my husband and daughter, I know I will never go back to the fattening meals I used to eat.

"Tell all overweights for me it really can be done. I know. I am 5' 4 1/2" tall, weigh 135 pounds, and I'm 33 years old. The doctor says



Hurrah! 60 pounds off!

I should lose about 5 more pounds. But I feel I am near my correct weight and I'm really proud. It is just wonderful to go into stores and buy beautiful clothes. "I hope my letter will help many another overweight to believe that, with the help of your morale boosters and her doctor's guidance, she too can become a happy, healthy normal weight." As you can see from her letter, this once reluctant dieter is far happier eating for normal weight.

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