

WOMEN

Tuesday, Feb. 15, 1955 The Guardian Page 3

Really Crisp Bacon Isn't Too Fattening!

By IDA BAILEY ALLEN

"Now that people are watching their waistlines, Madame," said the chef, "they often do not eat bacon because it is fat food. Is this deprivation necessary?"

Not if they eat it in moderation. Chef, and if the bacon is cooked until crisp, then well drained on paper towels. A thin-sliced 5-in. strip then contains about 48 calories. And if the bacon is first scalded with boiling water, and allowed to stand 5 minutes in it, the calories are reduced still further."

Use Fewer Slices

Reducers who miss their breakfast bacon might use two slices instead of the usual three. Even one slice will prevent that "deprived feeling" that makes many reducers feel sorry for themselves.

If the bacon is placed on a rack in a pan, and baked about 10 minutes in a hot oven, the drips out, Madame. I find the slices are flat and crisp and do not have the burned, greasy taste that develops when bacon is overcooked in its own fat by the usual frying method."

Time-Saving Method

A good time-saving method in preparing sliced bacon is to half-oven-bake a covered dish and refrigerator. There it is, ready to pan-brown in a fry.

Squares of good quality bacon are on sale in most supermarkets at very reasonable prices, but many homemakers pass up this good value because the bacon is not sliced. But this is not neces-

MARY HAWORTH'S MAIL

Husband Shows No Affection For Bride Of Three Months

DEAR MARY HAWORTH: I am 28 and my husband is 46. We have been married three months and my husband doesn't show any affection for me. He never kisses me! Goodnight or mentions going out. When I try to get him to visit friends, or go to a movie, he says "Not tonight!" Or "I don't feel like going out."

I have asked him if he made a mistake by marrying me. He says if anyone made a mistake it's I (his wife)—that I am too young to go on with him, feeling as he does. Yet he says he loves me. Do you think this is possible?

Jesse (I'll call him) claims that he doesn't know what is wrong. I suggested that he consult a doctor and he told me that he had mentioned his condition to his doctor, who said, with a laugh, that it could be his age. Jesse is a business man and all ways has been very successful; but this past year was bad, in a business way. Do you think this could be part of his trouble?

I keep house, and every week Jesse gives me a very large sum of money for household expenses. He isn't stingy at all. Before we married, we dined at the nicest places and went fishing, or to the theater, or played golf. Now we don't do a thing but watch TV. I love him very much and hope his problem can be ironed out. Please give me your best advice. G. L.

Letter Vets The Difficulty

DEAR G. L.: It is difficult to offer remedial ideas concerning a problem veiled in mystery. Your correspondence ought to know something about the pattern of Jesse's love or lack of it, prior to his affiliation with you. This would furnish a lead towards understanding the obstacles he encounters (within himself) in relation to you, in marriage.

Is he a bachelor, a widower or a divorced man? Was your courtship orthodox, or did you have an affair with him? Exact information along these lines would shed some light on his emotional bias, and spark creative thinking as to how to help him attain normal, competent self-confidence in lovemaking, which would revive his zest for living, and cause him to be more sociable.

In my opinion, Jesse's age probably isn't the reason for his listless platonic behavior at home. He is quite young enough to be a satisfactory bridegroom. He was free of neurotic blocks and tensions. There are likelier explanations for his condition — for example:

1. Fear. Repressed fear of displeasing you, or disappointing your expectations—thus intolerably humiliating himself, from his view — if he were to put aside reserve, caution, etc., and stand disclosed as simply himself in the role of married lover. So he plays safe, and takes no risk, by signing no interest, whatever in that sort of thing. In consequence, he exists at a half-distance of self-investment in the relationship — defensively and apologetically.

2. Another possibility is that Jesse has a neurotic aversion to self-giving or self-reliance in relation to anyone, but especially a woman—due to unconscious distrust of people generally. This implicit attitude may carry over into early-life associations in which he felt mocked, exploited, or meanly betrayed (by surprise attack), after his trust was given, or his heart offered defencelessly. 3. Or his apathy in marriage may mask an unconscious punitive hostility towards the current love-object in his experience — a compulsive desire to take endless revenge for slights to his ego, inflicted by others long ago.

In any case, Jesse is a negatively conditioned chap, and as such, a lone wolf and lonely habitually. I imagine, in courting you, he did all necessary to hold your interest, it seems. Now that you are married to him, living with him, perhaps you are simply getting to know him "as is"—and he may be truly distressed for your sake, that he feels so little need of human contact aside from routine domestic companionship. However, it is a hopeful sign that Jesse has spoken to his doctor — whose rejoinder was pretty stupid. To really iron out the problem, Jesse ought to get first-rate psychiatric help, available in your area.

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



Floral Offering

This season flowery dresses in soft cottons are a most popular choice for resort and cruise travelers. And it's no wonder since they are cool, fresh and washable and are ideal for tropical afternoons and informal evenings.

The one selected is an excellent example of what is done with these colorful fabrics. It is printed in pink, blue, green and lilac and detailed with a band and bow on the bodice. A round neck, short sleeves and a full skirt are other details.

Women's Meetings

LAKE VERDE W. I.

The monthly meeting of the Lake Verde Women's Institute was held at the home of Mrs. Ira Redmond on Feb. 9. The Redmond opened the meeting with the reading of the creed. Six members answered roll call with a riddle.

It was decided to make a quilt. Mrs. Raymond Wood kindly invited the members to her home for the next meeting, roll call, house-cleaning hint. The meeting then adjourned. A delicious lunch was served by the hostess, assisted by Mrs. William Shea.

WHEATLEY RIVER W. M. S.

The January meeting of Wheatley River W. M. S. was held at the home of Mrs. Gordon Andrews on January 30. The worship service with the Theme, Evangelism — The Church's Business, was led by Mrs. Harry Ling and opened with hymn No. 258. This was followed by scripture readings by Mrs. Robert Rockham, Mrs. Leonard Ling and Mrs. Preston Rockham. This was followed by prayer by the leader, Hymn No. 374 closed this period. Mrs. Ling also had charge of the Study Book. The President, Mrs. Cora Ling, presided over the business period. Nine members and one visitor answered roll call by reading a portion of the 1st Chapter of the Gospel of St. Mark. One new member was welcomed to the Auxiliary.

All reports submitted indicated excellent progress during the year. The Treasurer reported having reached the allocation and exceeded it. Secretary reported having sent \$20.00 to the United Church Training School for girls. Mrs. Norman and Mrs. Harry Ling invited members for February meeting. Roll call, 2nd

Wife Preservers

A modern version of the wire-basket food strainer is made of molded plastic. The strainer has two halves each resembling an open basket with one handle, hinged together at the end. Fruit and vegetables to be cleaned are placed in one basket, and the other half closed over it. Both baskets are then grasped in one hand and the strainer is put in the stream of water from the faucet. After being thoroughly washed, excess water is drained off by gently shaking the strainer.

HOUSEHOLD HINT

Every bathroom should have in an easily found place arrangements for cleaning the tub. The best might be a long-handled brush and an agreeable looking can filled with whatever cleaning powder you like. Do not hide them so that guests can't find them, and are forced to clean the tub with their own face cloths.

CARLETON SIDING W. I.

The regular monthly meeting of the Carleton Siding Women's Institute met at the home of Mrs. Nathan Bell on Wed. evening, Feb. 2nd.

In the absence of both President and Vice President, the Past President, Mrs. Avalah MacCallum presided. The meeting opened by singing the Institute Ode followed by the Creed in unison. Roll

New Upholstery Fabric Is Very Easy To Clean

An interesting new development in home furnishing is upholstery made of a foam rubber base sprayed with a vinyl foam. All the cleaning required can be done with a spray cloth. Another interesting feature is that when you want to change your decorative scheme, the foam rubber can be resprayed with any other color.

Good Judgment Needed

Use good judgment in purchasing draperies. Make sure these are easy to clean, too! Too complicated touches even on guaranteed washable draperies can make it difficult to wash and iron the fabric.

Plan the hanging of draperies so that it will be simple to take them down and put them up again. It's good to know that you don't have to be a carpenter to make a cornice, if you use buckram designed especially for this purpose.

It comes by the yard in a convenient 12-in. width, is soft enough to cut with scissors, supple enough to ease around corners, yet stiff enough to give the bubble-like appearance it needs at the window. It can be hung from an ordinary curtain rod by stitching a 2-in. tape along the back to serve as a rod channel.

This material, treated for permanent stiffness, can be safely washed by hand in warm suds and rinses — preferably in the bathtub where it can be stretched out and scrubbed with a well-sopped brush. It will dry flat, or can be hung over parallel lines. The buckram itself requires no ironing but the fabric covering may be pressed with a warm iron.

Caring for Gloves

Washable leather gloves which so many women received as holiday gifts need careful handling. If the gloves come up somewhat stiff after laying in warm suds and rinses, try rolling them briefly in a dampened Turkish towel. The leather will absorb just enough moisture to become pliable again and by smoothing and shaping the gloves onto your hands, the original supple quality of the leather will be restored.

MORNING SMILE

Dear Old Soul (who has pulled communication cord in express train) — I'm extremely sorry, guard, but you see I'm so accustomed to travelling on the buses



BAKED MACARONI AND CHEESE

Ingredients: Macaroni, 1 package (8 to 9 ounces). Thin white sauce (see below). Cheese, grated 1/4 to 1/2 lb. Onion, grated, 1 teaspoon. Dry mustard, 1/2 tsp. Worcestershire sauce, 1 tsp. (optional). Buttered crumbs, 1/2 cup.

Method: Cook macaroni, drain and rinse. Combine hot white sauce, grated cheese, onion, mustard and Worcestershire sauce, reserving a little of the grated cheese for topping. Add macaroni. Place in greased casserole. Top with buttered crumbs, remaining cheese and a dash of paprika. Bake in a moderate oven (375 degrees F.) about 25 minutes or until browned. Makes 4 to 8 servings.

Thin White Sauce

Butter, 3 tbs. Flour, 2 tbs. Salt, 1 tsp. Pepper, 1/4 tsp. Milk, 2 cups.

Method: Melt butter over low heat; add flour, salt and pepper; stir until well blended. Remove from heat. Gradually stir in milk and return to heat. Cook, stirring constantly, until thick and smooth. Makes 2 cups.

—A Plusville Recipe.

\$1.25. The singing of "God Save The Queen" closed the meeting. Lunch was served by the members and committee in charge and a social hour enjoyed. As usual the special cake provided a great deal of merriment and Mrs. Arthur MacMicken, having received the button is to make cake for next meeting.

Do You Eat With Relish?

Last September is a long time away — one look at the pickle shelves tells you that — so, this week in The Standard, Food

Editor Helen Gougeon is featuring some recipes on the subject of winter pickling. One recipe you may not have tried is pickled eggs, which is a delicacy appreciated by most males. Be sure to see these pickling recipes in The Standard. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

The Standard

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1 c. cottage cheese 1/2 pint whipped cream Let it stand in refrigerator for 24 hours before using.

SAUCE FOR FISH

1 1/4 c. flour 1/4 tsp. salt 2/3 c. milk 2 tsp. baking powder 1 egg Mix egg and dry ingredients, then milk. Dip fish and fry in hot deep fat.

BUTTER ICING

1/4 c. butter 2 c. rolled, sifted icing sugar 1 tsp. vanilla 3 tbs. cream Cream butter, add icing sugar gradually. Beat until creamy with fork. Add flavoring and cream.

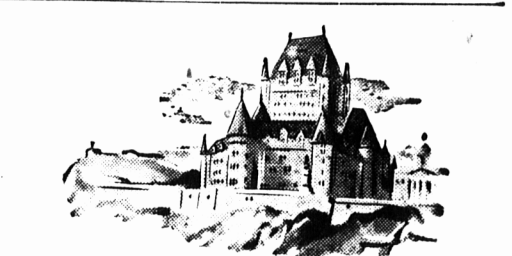
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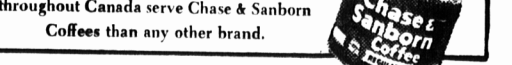
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★9040 — Newspapers — 2 cols. x 75 lines —

ELLEN'S DIARY

by an Island Farmer's Wife

"Nice clean weather, we're having now" a farmer to the yard offered this morning.

"Cool," he chuckled, breath noticeable in the frosty air.

"Yes," he nodded, but more healthful than mild damp weather. A great day for working in the woods—a little sharp, that's all like it. It puts a ring to the saw and the axe." His eyes rested on the millpond leed now. "No ice taken out of there this winter, Ellen?" he queried.

"There was none there to take up to this, but no one bothers with ice-now-a-days — not with refrigerators and deep-freezers."

"And one time there were tons of it cut and hauled away from there. Do you remember, Ellen?"

"Surely, we remembered the ice-harvest of old winters: white horse and black, brown, bay, chestnut, those waiting munching sometimes bundles of hay, while the farmers sawed by hand, lifted and loaded the crystal treasure to one of the sleighs, drawn close to the spring."

"There are no ice-houses now the same, like this one, the well-house, the pump-house and coach-house are all about forgotten."

"Yes," he agreed. "And soon the children will be asking what

Enjoy

MCLARENS OLIVES

Everybody else does

It's like them" Mack commented.

"Yes," she agreed. "Can't you just hear him say: 'Ellen, haven't you got that dinner ready yet!'"

She mimicked the deep voice to bring forth then a pair of happy chuckles.

A February night, a-glitter with frost; moonlight at the windows and two oldish ones "a-purr" by the fire.

Until tomorrow — — — Diary

Good-night

ANNE ADAMS PATTERNS

WEEK'S SEW-THRIFTY TRIPLE VALUE for your sewing time! It's a cotton wrap-on — it's a wool jerkin — also a terry-cloth coat for home shores, and the beach later! No fitting problems. It wraps. No ironing problems. It opens flat. Check that diagram—simple to sew!

Pattern 4669: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 2 1/4 yards 35-inch fabric.

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