

# WOMEN

Page 8, The Guardian, Mon. May 23, 1955

LET'S EAT

## To Turn Soup Du Jour Into A Soup De Luxe

By Ida Bailey Allen

"La soupe! La soupe!" said the Chef. "That's the call all over France at supper time, when soup often makes the main dish of the meal."

"The soup may contain vegetables and meat or sometimes chicken from the pot-au-feu. At other times, soups are made from white or black beans and a ham bone. In some sections, they make a soup from cabbage, root vegetables and leeks; and in others a potato-leek milk soup is popular."

"But don't the French also serve many soups with a clear stock or bouillon base and a substantial garnish, Chef?" I asked.

"Ah, oui! Most French housewives make and keep on hand beef stock and a light-colored chicken or veal stock, left from meats boiled for dinner. To the light soups they add a garnish such as diced cooked asparagus and vermicelli."

"From the dark stock they make onion or vegetable soup—always with toasted slices of bread floating on top. They often add a generous dusting of grated cheese. The French people eat and enjoy their soup for good health and good digestion, as well as economy."

"In this country, the ladies do not make much soup stock. Instead, many use canned bouillon, which is very convenient and saves time. One of the most interesting ways to make beef bouillon de luxe is to add to it mushroom toasts, which I modestly claim as my own invention."

**Bouillon with Mushroom Toasts:** Heat 2 cans condensed beef bouillon with 2 can-measures water. Meanwhile, toast 8 slices enriched bread on one side. Spread the untoasted sides with butter to the edge with ¼ cup butter blended with 1 tsp. flour and ½ cup minced canned mushrooms (add the drained liquid to the bouillon). Place under a broiler about 3" from the heat, slow-roast until browned and sizzling.

Cut the toasts in halves. Put 2 pieces in each soup plate. Pour in the hot bouillon; dust with minced parsley.

### TOMORROW'S DINNER

Bouillon with Mushroom Toasts  
Radishes Pickles  
Panned Pork Chops with Onions  
Buttered Beets  
Apple Slice Tapioca  
Whipped Topping  
Coffee Tea Milk

Panned Pork Chops with Onions: Dust the chops with a mixture of 2 lbs. flour, 1 tsp. salt, ½ tsp. monosodium glutamate, ¼ tsp.

MARY HAWORTH'S MAIL

## Unmarried Woman, And Contemplating Suicide, Asks Help

DEAR MARY HAWORTH: I read your column every day and finally have decided to ask your help. It is either that or suicide—and I am not hysterical. I am very calm, but I can see no way out. It is the age old story. I am going to have a baby and I am not married. But in one detail my story is a little different. I am over 40, and I obtained a divorce and raised my son alone. He is a fine young man, now in college in another state; and my present problem would break his heart, as he worships me.

I had vowed I would never marry again, nor ever love another man—but then I met Fred (I'll call him) and this happened. He is a good man, of good character, believe me; but there is no possible way for him to help me. I found that he is married, and there is no sense in ruining his life and his children's too. I feel no bitterness, because knowing him has given me the two happiest years of my life.

Shame Would Kill Her Strict Mother

However, I come of a very strict family and my mother would die if she knew of this. But, thank God, she now lives in another city, where my son is. I have to work and don't make much money, and the baby will be born in June. I have thought perhaps somebody would help me out a little—and I've heard there are many innumerable couples waiting their chances with adoption agencies. But how do you go about placing your child for adoption?

I wouldn't want ever to see the child, or I couldn't part with it. But I can't raise the child myself. I tell me how to make the necessary arrangement? Or if there is anything else I can do? Believe me I have always been a good woman except for this transgression—

which I am being punished. But I can't punish the child. And there is no prospect of financial help from anybody. May you and God guide me.

E. G.

Crittendon Homes Provide Sanctuary

DEAR E. G.: I am sorry that your letter didn't come to my attention sooner, and I trust these remarks may reach you in time to meet the emergency.

A national network of Florence Crittendon Homes was launched many years ago, to guide and support unmarried mothers in solving their problem confidentially—as a first step towards restoring their self-respect and bringing them back into law-abiding society.

Florence Crittendon Homes are located in various towns and cities in the United States—but it happens there is none in your locality. However, to the north, east and west, in neighboring cities, such sanctuaries does exist.

Therefore, to find your way to first-hand help, you should communicate with Miss Virgil Payne, executive secretary at the national headquarters of the Florence Crittendon Homes Association. Write to her at 608 South Dearborn street, Suite 1116, Chicago, Illinois. Miss Payne (or her staff) can direct you to either the nearest Crittendon Home, or some other suitable social agency, qualified to aid you in making plans to take care of your needs and wishes in the circumstances.

**Necessary Help Is Promised Here**

The unmarried mother-to-be, who has no private resources, may take up residence in a Crittendon Home as early in pregnancy as she chooses. Or if she prefers some other housing arrangement until the time of confinement, the social service department of the Crittendon Home will use its contacts to make that possible. Foresighted consideration of the child's long-term welfare is an integral part of the overall planning in every case; and it is routine with Crittendon Homes to aid mothers in placing their babies for adoption—if this is the solution the mother decides on.

A spokesman for the Crittendon services tells me that "help of any kind, relevant to your needs" is available to you through the Crittendon network and its affiliates. Specifically she mentions: "arrangements for confinement and plans for ultimate disposition of the baby," whether or not you enter the home. And these appear to be the points you are most concerned about.

P. S. to readers: Many of you, longing to adopt a child, may jump to the conclusion that here is a chance, if only you can reach E. G. Well, it seems only fair to warn in advance that you can't reach her through this column, so please don't ask.

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



MR. AND MRS. BENNETT DAWSON

Mr. and Mrs. Bennett Dawson are seen following their wedding at Charlottetown on May 7, 1955. The bride is the former Erma MacWilliams, daughter of Mr. and Mrs. Leeman MacWilliams, Augustine Cove. The groom is a son of Mr. and Mrs. Murdock Dawson, Albany.—(Edwin Heckbert Studio)

### KEEP IN TRIM

## Get In Shape For Swim Suit

Prior to the shorts and swim day activities. It is the muscles on the front of the thigh that shaper-uppers come in—often complete with original art work. Invariably, thin girls complain of hollows along the inner borders.

The inner thigh muscles are brought into action with side-to-side movements, termed adduction and abduction, and also through knee flexion and circling. So, here we go.

**Position:** Stand, holding on to table or chair for support. **Movement:** Flex one knee, and with the knee point, describe slow circles, circling first in one direction about ten times, then in the other direction. Repeat with the opposite knee.

The following holding exercise, while a bit rugged, can turn you into a bathing beauty. For this toner-upper you will need a round hassock or low bench or stool.

**Position:** Lie on left side, leaning on left elbow and arm and bracing self with right palm flat on floor. Have inner border of right foot resting on hassock.

**Movement:** Pressing with the inner border of the right foot, lift hips and then bring left leg up to, right leg . . . holding for a slow count of 5. Lower to floor. Repeat three times, always holding. Change sides and repeat.

Now to banish the bulges on outer thighline: **Position:** Half reclining on floor on left side, resting on pincushion of fat padding, have weight partly supported on left forearm, left leg straight down, right knee bent, foot on floor.

**Movement:** Bounce, bounce, bounce up and down smack on fat padding. Change sides; and continue bouncing. Finish by rolling slowly and heavily across hips clear over to fat pad, back across

of the thighline while the chubby girls want to know how to banish the bulges that flank the outer thighline. Just as we inherit structure, we inherit the tendency toward slender or stocky limbs. However, it is toneless muscles that are to blame for disfiguring hollows and bulges. Of course with overweight, excess calories figure in bulges, too. But let's get on with the toning.

The inner thigh muscles particularly tend toward flabbiness because they are unused in every-

# Exquisite Form

FLOATING ACTION

A. 30-36  
B. 32-40  
C. 32-42

Satin  
**\$2.50**

THE FASHION SHOPPE

## ELLEN'S DIARY

by an Island Farmer's Wife

We came to the first of our gardening today, weeding and re-planting the plants in the old flower bed on the lawn. And still beneath the spell of the soil, we extended the pleasant pastime into the dusk by re-potting then some of the house plants: the Maidenhair Fern, its fronds delicate replicas of some we have seen along the trails of this farm: in shadowy woodland places or down, feet damp by the mill stream.

The Aspidistra too, our "good-luck" plant, its name meaning a shield and a star. It is an odd flower with its broad basal leaves and fancy spike of bloom, and not so popular as once.

"Uppish they are, with an Aspidistra in the parlor" we recall one of a pair of matrons comment as they neighbored on an afternoon of the now long ago. "An aspidistra with a smile which the little listening girl held a touch of either scorn or envy—and like as not a mortgage on the farm!"

We tucked the roots down in the fresh earth, allowing space for the watering, and turned attention then to re-potting one of the cacti family.

And all the time the twilight was drifting in from the hilltops, veiling with a loving touch the countryside about. . . . And James came by on his way to a piggery to note whether or not this was to be a night of overtime or unbroken sleep for the farmers. ("As circumstances are" he comments now, taking off the boots that have known too little rest along the day, "I don't believe they'll come tonight—though perhaps one of us, either I or the young lad should look in there later. The price of hogs seems to be now 'on the up'")

And "What are you playing at this time of day, Ellen?" James chuckled in passing.

After months of confinement, some of the cattle-kind were let today to a spell of pasturing. And Sara, youngest mare of all, friend but not playmate of the children also saw blue sky above and felt again barnyard clay under-foot.

It was a new experience for her, after long stabling, this spell in the open and the family came to watch while in a fine play of spirits she tried out her paces.

"Watch out! She may go over that fence!" we called to the children in their door-yard.

"Isn't she pretty!" Granddaughter replied, quite lost in admiration for the moment.

hips to rest on fat pad on opposite thighline, 12 to 20 times. Tone up and get in the swim!

"She has plenty of action" James, nearer us, offered. "And I wouldn't doubt" he nodded "a fair-good bit of speed!" There was a time in my life, Ellen, when to own the like of her, in the shape she's in and idle, would be in the nature of a dream. But now, a driver on a farm is little more than a toy—there isn't even time to break them! I'm sure "his thrift" was coming uppermost now! I don't see why we keep so many. Still "he smiled, "I wouldn't consider we were farming at all without them."

A nice day of May this, which brought us to the first of the gardening.

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

### Cook's Corner



### FOAMY LEMON PUDDING

1 tbs. butter  
2/3 cup sugar  
3 tbs. flour  
Juice and rind of 1 lemons  
2 eggs  
1 cup milk  
Cream butter, work in sugar and flour. Add juice and rind of lemon. Beat egg yolks very light and add them. Add milk and fold in stiffly beaten egg whites. Turn into buttered baking dish, set in pan of hot water and bake 20 minutes in moderate oven. Serve hot or cold.

### POWDER PUFF COOKIES

Mix and sift together—  
2 cups flour  
1 tsp. cream tartar  
¼ tsp. salt  
½ tsp. soda  
Cream 1 cup shortening and 1 cup icing sugar. Add and mix well 1 egg. Add 1 tsp. vanilla and ½ cup nuts.  
Roll a small piece of dough in a ball and place on cookie sheet and flatten down with fork. Cook in a moderate oven until brown.

### Words Of The Wise

Diplomacy is to do and say the nastiest thing in the nicest way.—(Isaac Goldberg).

## Pillow Washing Hints

By ELEANOR ROSS

Americans are called soap-and-water addicts, because of a so-called fetish about cleanliness. We rinse out nylon after each wearing; we can't bear to skip the daily bath; we want a clean shirt or blouse every day in the year.

**Give Pillows a Bath**  
As housewives we demand that everything be as washable as possible. Hours are spent sudsing bedspreads, sheets, bath towels, bed linens and blankets. Everything, that is, but the pillows. We continue to sleep on the same unwashed pillows year around. This is not just an accusation leveled at homemakers by pillow manufacturer! It's an embarrassing truth. Just think how much dust a pillow collects inside, when it never gets a bath. And pillows should get a bath just as sheets, blankets and mattress covers do.

**One At a Time**  
There's really no trick in washing a pillow, especially in balmy weather, with warm sunshine to speed the drying process. If they are feather-filled, haven't really been washed since you can remember—tackle them now one at a time. The job can be done as safely and easily in a washing

machine as it can when by hand. Some women like to transfer the feathers to a bag or pillow case for sudsing. If this method is used, be sure to wash the bag before immersing the pillows. Squeeze warm soapsuds through them repeatedly until they're clean as new. Thorough rinsing in warm outdoors on the line to dry it briskly from time to time it's drying to distribute the feathers properly. Then wash in hot suds and pin dry.

**Open One Seam**  
Another method is to tickle and feathers together. Pillow ticking is tightly woven to rip open a bit of the at one end, then baste it loosely with strong thread. permits suds and dirt to vent feathers from spilling quickly and efficiently. baste well rinsed, hang it outside the line. Remember to pin every now and then.

Freshly washed pillows are one to sleep better during warm weather.

## ALICE BROOKS DESIGNS

### CROCHETED TV COVER

Easy to crochet this stunning cover for any size TV set! Fine-appeal and mesh design—lovely decoration for your home!  
Pattern 7205: Crochet TV cover 28-inches in No. 30 cotton; smaller in No. 50; larger in mercerized cotton and knitting cotton.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

### Wife Preservers

Adhes and solvents won't cling to wet trays if you give them a coat of Wax that just wipe with a damp cloth after they have been used.



Adhes and solvents won't cling to wet trays if you give them a coat of Wax that just wipe with a damp cloth after they have been used.

## ANNE ADAMS PATTERNS



### SWEET DREAMS!

Short and sweet is this nightgown, with matching blossoms beneath! Such a pretty way to keep your little miss cool on hot summer evenings—and the diagram shows how EASY it is to sew! Choose no-iron nylon, seersucker, please—sew the full-length gown too!

Pattern 4642, Child's Sizes 2, 4, 6, 8, 10. Size 6 shorts and bloomers take 2¼ yards 35-inch.

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

Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto.

Happy Holidays!

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TEA

Balance of

33 1/3 off

OUT THEY GO—NOTHING HELD BACK.

Take your choice at this Great Bargain.

Prices The Lowest You'll Find This Season.

The GLORIA

179 GRAFTON STREET

## BALANCE OF SPRING and SUMMER COATS

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OUT THEY GO—NOTHING HELD BACK.

Take your choice at this Great Bargain.

Prices The Lowest You'll Find This Season.

## The GLORIA

179 GRAFTON STREET

# THERE'S MORE NOURISHMENT IN BUTTER-NUT BREAD THAN IN HOMEMADE!

Week after week more and more housewives are switching to Butter-Nut Bread because they are learning the truth . . . slice for slice there's more nourishment in Butter-Nut Bread than there is in homemade!

So why go to all the work of baking bread yourself, when slice for slice you can give your family the extra nourishment in Butter-Nut Bread? At your grocer's today!

WHEREVER IT IS SOLD... More women buy BUTTER-NUT BREAD than any other kind!

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