

WOMEN

Page 8, The Guardian Monday, Dec. 5, 1955

LET'S EAT

Use Potatoes Or Rice As Meal's Main Starch

By Ida Bailey Allen

"Here is a problem to solve, Madam," said the Chef. "At present in this country we have a surplus of potatoes and rice. The government, through newspapers, telecaster, and radio commentators, asks us to use them both, for they taste good and are economical buys. But how can one use them both? Same, without adding to the waist-line?"

STARCHY FOODS

"It is perfectly possible, Chef," I replied, "if they are not both used in the same meal, for they are primarily starchy foods. I'd suggest using one or the other as the major starch of a meal. Often they can be combined with some protein."

"For instance, rice cooked in milk for breakfast, potatoes, especially for lunch, for lunch, chicken fricassee in a rice border for dinner."

"Risotto is a very appetizing way of using rice," observed the Chef. "It originated in Italy and has a personality! Use it in any form for lunch or dinner and if there's any leftover, brown it lightly in a little fat like an omelet."

"Risotto: peel and slice 1 medium-sized onion. Slow-fry in 4 tbs. cooking oil. Then add 3 tbs. butter. When melted stir in 2 c. raw rice. Slow-fry until it is yellowed, stirring constantly. Add 4 c. water and 4 bouillon cubes, or use 1 c. soup stock made from chicken, turkey

bones or meat bones. Bring to a boil. Cover and cook slowly about 35 min., or until the rice is tender and the water is absorbed. Serve very hot. Pass grated Parmesan cheese. Chicken or Turkey Risotto: Follow the recipe for plain risotto, adding after 30 min. 3 c. chopped turkey or chicken meat. If desired, chopped cooked chicken or turkey giblets may be added or used instead.

Luncheon Meat Risotto: Make plain risotto. Ten min. before it will be done, stir in 1 1/2 c. small-diced luncheon meat which has been lightly browned in a little butter. Clam Risotto: Make plain risotto, but use only 3 c. water. After 30 min. add 2 (10 oz.) cans chopped clams.

TOMORROW'S DINNER

Piquant Tomato Soup: Turkey or Chicken Risotto Green Peas Cole Slaw Baked Custards Fruit Cocktail Sauce Coffee Tea Milk

Piquant Tomato Soup: Into a 1 1/2 qt. saucepan turn the contents of 2 cans seasoned tomato sauce, 4 can-measures water and 3 bouillon cubes. Stir to mix. Bring to boiling point; simmer-bill 20-25 min.

TRICK OF THE CHEF

Garnish piquant tomato soup with a combination of chopped onions and green peppers steam-fried together.

MARY HAWORTH'S MAIL

Boy Complains That His Parents Don't Love Their Children

DEAR MARY HAWORTH: I am a boy 15, and I have a very big problem about my family. I come from a family with no real feeling for life. Since I was small, my parents have never seemed to care about the family. I have two brothers and two sisters. My father seems to think all he has to do is go to work, eat and sleep. He never cares what we do. He never goes to see me play ball. He just doesn't seem to enjoy being with us.

I don't care about myself; it is my 9-year-old brother I care about. He isn't getting the love of my parents that he needs so badly. We are all very nervous about the situation.

My sisters are over 21, and still living with us; but they are always out having a good time. I guess they are like our parents; they don't care about the problem. In the past they tried to tell my mother and father of my mistakes, but they just wouldn't listen. So my sisters just learned to live with the situation. But I am not going to be like them.

WORRIES ABOUT BROTHER

Maybe my sisters don't need love, but my young brother and I do. That is why I feel that I have children — to love them. If parents can't love children, they shouldn't have any.

Then my father complains that we don't listen to him. Like when he wants my young brother to go to bed. Instead of putting his foot on his head, he just keeps saying "Get to bed" — over and over again; and it drives us crazy listening to him.

ANOTHER SYMPTOM

DEAR P.D.: Many goodhearted parents love their children loyally, according to their ability and opportunities they have — and at the same time are bored by the children's childhood activities. And I think that most fathers are probably less closely interested in their children's pursuits than mothers are.



HOUSTON—PROUD VOWS

A honeymoon trip through the Maritimes followed the marriage of Mr. and Mrs. Walter Houston, Hunter River, on November 12 at 4 p.m. of Miss Florence Elizabeth Proud and Mr. Orville Ellsworth Houston, Rev. C. R. Moase officiated at the ceremony.

The bride is the daughter of Mr. and Mrs. Clifford Proud Hampshire and the groom's parents are Mr. and Mrs. Lorne Houston, North Rustico.

For her wedding, the bride chose a white ballerina-length gown of nylon net over satin and she carried a white Bible. A coronet of rhinestones held her chapel veil and her corsage was of pink carnations. Miss Evelyn MacPherson, maid of honor, wore a pink ballerina-length gown of nylon net over satin with matching bolero of satin. Her headress was a chapel veil of halo style and she wore a corsage of white carnations.

sound emotionally vigorous, full of love-itching that cries for recognition and reciprocity. So I take it you aren't a cold fish, afraid of closeness — as you might be, if your parents were as loveless as you imply.

On the basis of your letter, my advice is: If you want loving notice from parents, be lovable and considerate. Make them as happy as you can. Tell your brother (or me) to get to bed the first time he is told; or to go at the proper time without being told. Don't be a nuisance, staying up, keeping Dad nagging irritably at him. Both of you: Listen, when your parents speak, and obey quickly and cheerfully. You'll feel better, doing so; and they are sure to like you more.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

ELLEN'S DIARY

By An Island Farmer's Wife

Strange how the old scenes can come back to us along a bridge of long years. A few minutes ago we put by the magazine wherein we had been reading an answer to: "What makes a woman beautiful?" recalling long-uttered words. We added a stick to the fire then, and there in the locking flames we saw an old picture.

It was a kitchen of the past. There were papered walls, the little lace curtains looped at centre with a bow of red. . . and the horse's head on the calendar! The stove-how plainly it was there, low on hearth, black and shining as was the iron kettle which steamed on a cover. The tin water pail on its shelf in the corner? Yes, and the wash-basin and hand-towel on a stand beside. And above, the tiny mirror, and not far away the better towel on its roller.

And by its wall the leafed table, with its cover of white oilcloth and on another, the shelf where sat the clock and, when not in use, the oil lamps. The chairs we saw too, smallish but sturdy, and the hard sofa with its patchwork covered cushion and Granny's rocker in its corner backed comfortably and cushioned in the same.

And Granny herself was there. Would you like to see her as did Mr. Walter Houston, brother of the groom, was best man.

A reception followed at the Rendezvous Restaurant, Charlottetown, for the immediate families. The bride's mother was attired in a blue dress with matching accessories and a corsage of white carnations. The mother of the groom wore a grey suit, matching accessories and white carnations in corsage.

For travelling, the bride donned a brown wool suit with beige accessories. The couple will reside at Cavendish.

SHOWER

Prior to her marriage, the bride was honored at a miscellaneous shower at her home where she received many lovely gifts. On Thursday November 24, the couple's neighbours gathered at their new home in Cavendish and presented them with a purse and other gifts. (Photo by Meyers Studios)

The bride, given in marriage by her cousin, Mr. Earl Smith of Regina, was dressed in a white suit with matching accessories. She carried a bouquet of red Sweetheart roses.

The bride's cousin, Mrs. Joyce Smith, attended her and wore a pale yellow suit with matching accessories and carried a bouquet of Tallman roses.

The groom was attended by his brother, Ralph Mork. The ushers were Gar Mark and Vic De Veayrac. The groom's mother wore a pastel yellow suit with matching accessories and a corsage of pink roses.

A reception followed at the home of the groom, where 95 guests attended. Mr. Earl Smith of Regina, proposed the toast to the bride. The bride's table was centred with a three-tiered wedding cake. Bouquets of pink and white roses decorated the table and were arranged throughout the room.

The couple left by car for a short honeymoon in the United States. They will make their home in Calgary, where the groom is employed.

Couple Will Reside In Calgary, Alta. Following Vows

A pretty wedding took place in Grace United Church, when Zelma Mary Elizabeth, eldest daughter of Mr. and Mrs. R. S. MacLean, Cardigan, P.E.I. was united in marriage to Leonard and Laurel Mork, eldest son of Mr. and Mrs. Laurel Mork of Lloydminster, Sask. Rev. E. N. Morrison performed the double-ring ceremony. Mrs. Morrison presided at the organ.

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KEEP IN TRIM

Reducing Improves Bust

By Ida Jean Kain

The problem measurement with overweights is often the bust. Many a letter begins: "Will you please write something about reducing the size of the bust."

The main cause of the overly large bust is excess weight, and therefore to reduce this measurement, total weight must be lowered. Since the tissues of the bust have an affinity for fat, comparatively more of the excess fat may be deposited on this measurement than on any other. Conversely, it may not come off as readily, since fatty deposits in this area do not secrete any active muscular tissue.

The bust cannot be treated as an isolated figure problem, for this measurement not only tends to parallel weight, but reflects physical condition. Anything that lowers your vitality will affect this measurement adversely — too quick loss of weight, drastic reducing below normal, or following a diet that is not adequate to maintain buoyant health.

The perfect reducing program combines a highly restrictive diet with specific exercises to tone the muscles which support the bust. Although the breasts are glands, they are supported by the powerful pectoral major, a large fan-shaped muscle, which covers the chest. As fat is removed, it is important that the supporting muscles be toned.

Dr. Bess Mensendieck, a physician who has created a famous system of corrective exercises, in "Look Better" suggests this exercise for toning the muscles which support the bust.

Position: Sitting in chair without arms. Raise left arm sideways,

shoulder level. Place palm of right hand on upper part of chest, fingertips touching tip of left shoulder.

Movement: Concentrating on the muscle underneath the right hand, very slowly move the left arm forward, . . . forcing the chest muscle to take action — feel it contract. The technique is to let the passive left arm be drawn around by action of the chest muscle. This is not an arm exercise. It is to keep left arm at shoulder level and relaxed. Slowly return left arm to side, still at shoulder level, as you release the breast muscle. Repeat with the right arm being drawn forward, very slowly, forcing the chest muscle to move the arm.

On a protective diet, all the essential nutrients are included in normal amount, not in reduced amounts. The backbone of any safe diet is lean meat, fish or fowl, 4 to 6 oz.; skim milk or buttermilk, 1 pint; 3 vegetables, one dark green leafy; 2 or 3 fruits, one citrus fruit or juice; an egg; and three thin slices of high protein bread, with butter limited to 3 half pats.

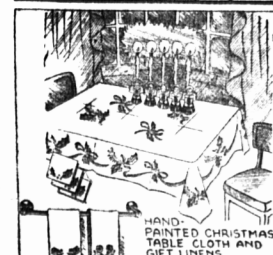
To be of value in restoring tone to the supporting muscles, the aforementioned precision exercise must be taken every day.

Words Of The Wise

By all means marry. If you get a good wife, you will become very happy; if you get a bad one, you will become a philosopher—and that is good for every man.

—(Socrates)

IN THE HOME WORKSHOP



This festive tablecloth was made of percale sheeting. As it is sold by the yard a cloth for the largest table may be made by simply repeating the red and green holly designs as often as needed. The pattern carries directions on how to use fabric paints and gives printed outlines of the designs to be cut out and used as stencils.

The angelic figures lined up in front of the candles are made by tracing them on stiff paper, filling in the colors and shaping to stand six inches high. This pattern is 320 and the tablecloth is 249. These numbers are available at 35 cents each from the address given below. Also both 249 and 320 are included in the Christmas Decorations Package of five standard size patterns for \$1.50 postpaid. Guardian Pattern Dept., 443 West 5th Avenue, Vancouver, B. C.



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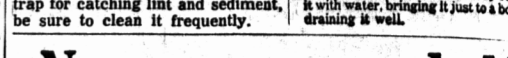
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MORNING SMILE

Satan—What are you laughing at? Imp—Oh, I just had a woman locked up in a room with a thousand hats and no mirrors.

HOUSEHOLD HINT

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COOK'S CORNER



WALNUT SQUARES

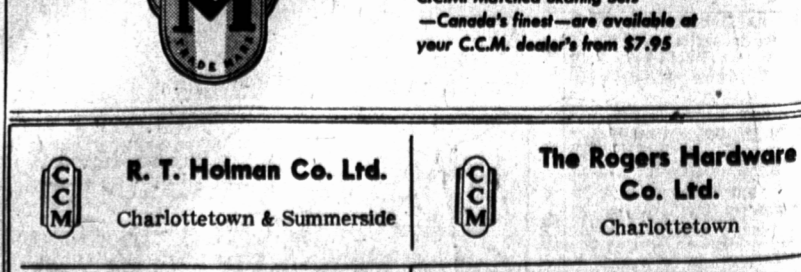
1 cup brown sugar
1 egg
5 tablespoons flour
1 cup chopped nut meats
1-3 teaspoon salt

Combine all ingredients. Spread 1/2" thick. Bake in moderate oven and cut in squares.



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