

WOMEN

Tuesday, March 8, 1955 The Guardian Page 3
LET'S EAT

Popular Ham And Eggs Cooked To Perfection

By Ida Bailey Allen

"Ham and eggs is one of the most popular dishes, Madame. Yet I find that its preparation is not always understood. The ham sometimes comes to the table dry and chippy, or insufficiently cooked. The eggs are often over-fried, so they are tough on the underside, and occasionally the yolks have been broken."

To make the dish perfect, Chef I agree that the cooking should be carefully done. But, first of all, the ingredients should be the best of their kind — tenderized raw or ready-to-eat ham sliced thin, and fresh grade A eggs. It is disappointing to prepare ham and eggs from delicately tenderized ham and grade B or C eggs the yolks of which often break."

"Fanned" or Fried Eggs: Melt enough butter or margarine in bottom of a heavy frying pan to almost cover; add ½ tbs. hot water to prevent too rapid cooking.

Break eggs into a saucer, one at a time, and slide into frying pan. Cover and slow-cook until firm throughout. Dust sparingly with salt, and generously with pepper while cooking.

If to be cooked on both sides, turn with a pancake turner and cook a few seconds longer.

TOMORROW'S DINNER

Split Pea Soup	Crackers
Ham and Eggs	Pickles
Browned Sweet Potatoes	

Broccoli
Cherry
Coffee Tea
Crisp Milk

Perfect Ham n' Eggs

In preparing perfect ham and eggs, both ingredients are cooked separately. The slices of ham are then arranged on a heated platter, ringed with the fried eggs and garnished with parsley or chives, or with French fries if the platter is large enough.

Panned or Fried Ham: Cut 1 lb. tenderized raw or ready-to-eat ham into slices ¼" to ½" thick, then into serving portions if desired. Sprinkle ½ tsp. sugar on bottom of a frying pan; melt over low heat. Add 1½ tbs. butter and when melted, "pan" or slowly fry the ham on each side until fork-tender and slightly browned, and any fat is translucent and slightly golden.

TRICK OF THE CHEF

Garnish split pea soup with crisp-fried onions.

ELLEN'S DIARY

by an Island Farmer's Wife

"We've been having pretty good weather," James remarked at supper. "That is," he added "as far as the livestock are concerned. The Spring young are commencing to arrive now, and a fellow does not want it too cold for the like of that, particularly in the piggeries. When the weather is mild, the litters, well, one can fairly see them grow and do well," he smiled "but when it's cold, it's just against Nature."

A visitor, we had then, one who had come to Alderlea, walking through the bit of blustery March snowfall, so dense at the time we could scarcely make out the outline of the mill in the depths of the valley, through the falling flakes. A guest for the night and for a longer stay, we hope this will be.

And hearing, James' words were again reminded that the weather is always of much moment and interest to humans. On farms, not only when an ill wind blows some cherished plan agley but over the subject is with us. Our past is full of it. "I know exactly, because that was the dry summer, do you remember, Ellen?" James will say fixing the time of some happening. "The winter of the deep snow" comes back to lips from out the young years; and to encourage the Family to be sure to be betimes with last harvestings we are bound to speak of that bleak fall when "the freeze-up came in early November."

"It is customary at the end of the year for newspapers to list the biggest news features of the past twelve months" someone writes in an editorial in a farm magazine, "but it is seldom if ever recognized that for continuing interest, hour by hour, day by day, and week by week, nothing is quite so important to so many people as is the weather. Our going out and our coming in are all the time influenced by the weather. Journeys long or short, by land or sea or air are determined by the elements. Harvests in the primary industries, wind, rain, snow and ice. For Church-going the weather is either too dirty or too nice, and it is just too bad if sun does not shine on the bride. From dawn till dark, and with many, all through the night, we are weather-conscious and after digesting the staggering news of the day we turn to the northeast and wonder how the weather will affect our plans and our fortunes."

This morning a little wind of March patterned a design of ripples on the millpond—a nice trout-like ripple, which told that lady like Jamie and Gage now steeped in affairs of hockey and the like, will before long be storing skates and hockey sticks and in a new month turning some attention to favorite fishing rods, putting them in order for the first of the angling.

We too after an absence of Springs from Alderlea, will steal away alone we think, to wet line somewhere along the stream when April gives us a sunny wind ad warm, to dream upon.

No dream this—but pleasant: Lunch-time for three to mark the end of our day.

Until tomorrow ——— Diary
— Good-night ———

MRS. GORDON MACMILLAN A COUNTRY GARDEN

THE EARTH'S GREEN DREAMS

In Winter's heart lie little rough green catkins, And snowdrop bells and bright gold jasmine stars, And yellow winter aconites in waiting, To march across the snow like bright Huzzars.

In Winter's heart lie little songs of robins, And silken blue spools ready for spring skies. And pale green dreams the brown earth to surprise.

—Jean Morton.

Lovely Princess Elizabeth tulips and Grape Hyacinths in yellow bowls were enjoyed last week when visiting at a good gardener's home. Have you noticed that bulbs placed in suitable containers are so pleasing? Many of the smaller unfamiliar bulbs are very attractive and I am enjoying some of them this spring. The Dutch Iris is a long-lasting flower in a beautiful blue and many of the smaller type of Daffodils are fragrant and easy to grow indoors. These bulbs are almost always very moderate in price, so many of them can be planted at little cost.

I have been reading about a garden which has been made for the blind.

A GARDEN OF FRAGRANCE FOR THOSE WHO CANNOT SEE

The City of Brighton on the south coast of England has designed a garden for the special enjoyment of the blind. Led by Curtis Wilson who has been totally blind since World War I, many organizations and individuals have helped to make this garden of perfumes. The guide rail bordering the paths was given by the Soroptomist Club; teak tables and chairs by the Rotary Club. Another organization presented the shelter. Its roof consists of tiles four hundred years old which were collected from the bombed church at Lyminster, and was built as a labor of love by a retired seventy-four year old bricklayer.

At the entrance a visitor takes the handrail, which leads to the stone shelter, and on past sixteen seats, each set back from the path among the flowers.

At intervals along the rail hang tablets that give the names of the flowers in Braille and raised letters of brass. The rail-edged path, whose gravelled surface announces anyone's approach, guides the visitor to a small flagged terrace. Here in the centre of the ground stone table grow scented geraniums, whose leaves, when crushed, release the odors of pepper, mint, lemon, orange, and cinnamon. They are pleasant to touch and easy to reach. Between the flagstones are patches of camomile and thyme which give off their fragrance as they are crushed.

Under past this table of flowers the path leads under the shelter of an old flint wall, from the top of which hang honeysuckle and roses. All in all, this fine acre-and-a-half garden has been planted with the greatest number of fragrant flowers ever collected. This English garden for the blind caused such widespread comment in the United States that plans were made for a similar garden in that country. The Women's Auxiliary of the Brooklyn Botanic Garden assumed the sponsorship of the project and accepted the task of raising the necessary funds. Thousands of dollars have been received for the garden and the selection and dedication of the site took place on June the fifteenth. Twenty thousand blind people live near the site of this garden and how wonderful for them to have this scented garden.

The bulletin from the International Geranium Society. Geraniums around the World has been received and it is most interesting and helpful. I look at my collection of these flowers and wish that I knew the names of them. Happy Thought is a very old geranium and a grower from South Pasadena California writes in the bulletin.

concerning the rose geranium tells that it was responsible for the founding of the first seed house in New York City.

Grant Thorburn, a Scotsman and wrought-nail maker, found himself unemployed with the advent of wire nails. With his wife he opened a shop handling sundries—tape, ribbon, needles, flower pots, etc. Competition being keen, he painted some of his pots green and found this readily improved his sales. Then in April, 1863, he bought a rose geranium to better display his pots, and he found that the geranium sold the pot.

In 1865, Grant Thorburn bought fifteen dollars worth of rose geranium seed from another Scotsman, and this was quite a sum in those days. This was the start of the first seed house in the United States. More seeds were imported from England and soon Thorburn issued a seed catalog of his own. In the one hundred and fifty years since then there has been steady progress in Horticulture in the "New World."

Most of the rose geraniums have fine lemon or minty scents. The term "rose-scented" actually arises from the commercial use of the plants, which are grown in large acreages wherever moderate temperatures prevail and a supply of cheap labor exists—Southern Europe, the Balkans, Africa, and to a lesser extent America. The high grade oils that are extracted from these plants are practically a must in the manufacture of rose and other natural flower perfumes. If the leaves are gathered just before the plants bloom, the oil will have a rose-like odor. The reward, is one pound of oil to eight hundred or a thousand pounds of foliage, or about a table-spoon from a well-grown outdoor plant.

A simple idea—a window box filled with geraniums—has brightened the lives of the people of Europe and has given cheer to many a traveler from a distant land. The old gray walls of the cities become alive and bring out the picturesque beauty of the architecture.

The multiplied effect has given color to Europe from Stockholm to Paris, and from Amsterdam to Berne. Visitors to these countries have told us of this beauty and lovely colored slides have been brought home to show us how lovely geraniums can make any city. In some cities of Switzerland, street lamps have a container filled with geraniums a couple of feet below the light in some Canadian cities we have seen them and more places will be made more beautiful this way.

The businessmen and officers of Berne realized the effect of the geraniums a number of years ago. They organized contests between homeowners, and for the most beautiful displays. They felt that by increasing the beauty of their cities they would attract tourists and would help to improve the prosperity of the land. This is exactly what happened. What a traveler has visited beautiful Berne and has not admired the colorful windowboxes.

In the center of the city, buildings four stories high have geraniums and other flowers hanging down over the walls. This is the result of a planned competitive program to beautify colorful Berne.

Along the canals of the old section of Strasbourg, the waters reflect the color of hundreds of window boxes filled with geraniums and other flowers. Blended with the picturesque structures of the old houses the window boxes give a new appreciation of the architecture of another era.

In beautiful Copenhagen, the geranium again makes its appearance in a planter box dividing two sidewalk cafes, or in front of a small shop.

An English tea garden colored with potted geraniums is not an uncommon sight. In old Cambridge a terrace overlooking a bridge garden is lined with flowing geraniums. The predominant color is red. Ask a Dutchman why he likes this color, and he will say that it cheers him in the days when the sun is hidden by fog or clouds.

In the commercial flower growing sections of Holland, the exportation of geraniums has become an important business. Mile after mile of greenhouses in Almeer near Amsterdam grow geraniums and other flowers that are sent to the flower markets throughout Europe. Geraniums play an important part in the beauty of Europe and now in America, many thousands of these plants are being grown every year.

In ever country the beautification of parks and gardens is growing and in our own Province we are happy to know that a new park is in the making and community planning is making progress in the different villages and country places.

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Eye-Catching Combination

Soft nubby wool tweed and smooth grey worsted flannel are combined in this eye-catching two-piece dress and matching jacket. The tweed jacket features buttoning sleeves, novelty tab pockets, flannel lapels and cuffs. A blouse of softest flannel complements a trim skirt with a black pleat for walking ease.—(CP Photo).

Winnipeg Little Theatre Awarded Best Play Trophy

WINNIPEG, (CP)—The Winnipeg Little Theatre presentation of "Remember Mama" was awarded the trophy for the best play in the Manitoba regional trials of the Dominion drama festival which concluded here Saturday night.

Helene Winston who played the title role in that play was chosen best actress by adjudicator Andre Van Gysegem. Best performer was Robert Trudel who played Sgnarelle in the presentation of Moliere's comedy "Le Medicin Malgre Lui" by Le Cercle Moliere of St. Boniface.

SALMON PATTIES

1 medium-sized can salmon
1 egg
1 large onion, chopped fine
dash of salt and pepper.
rolled oats
Blend salmon, onion, egg, salt and pepper in a bowl. Roll into balls and flatten with spatula. Press patties into rolled oats. Fry in well greased pan until brown. Serves 3.

BAKED WHITE FILLETS

Put a fillet in a greased utility or loaf pan. Top with a small onion and sliced tomato (canned tomatoes will do.) Sprinkle with pepper and salt and pour cup of milk or more around them. Sprinkle with grated cheese and dot with margarine. Bake in a 385 degree oven for 35 minutes. I always bake potatoes for same meal or pepper squash.

Cook's Corner



DEVILED SPARERIBS

6 medium sized potatoes
2½ pounds pork spareribs
6 medium sized onions
Peel potatoes and onions and place in a large roaster. Cover with spareribs which have been cut into servings.

Sauce
¼ cup ketchup
2 teaspoons salt
1 teaspoon brown sugar
2 tablespoons vinegar
1 tablespoon prepared mustard
1 cup water
Mix ingredients for sauce and pour over all. Cover and bake in moderate oven at 350 degrees for 1½ hours, until vegetables are tender. Baste three or four times during baking and remove. Cover the last 30 minutes to allow meat to brown.

MORNING SMILE

"How did you compile the dictionary you've just finished?"
"Oh, it was like having a row with the wife. One word led to another."

MARY HAWORTH'S MAIL

Loved Wife Shrinks From Outside World

DEAR MARY HAWORTH: I am married 35 years to the most wonderful man in the world. We have one daughter and two grand-children whom we adore. No wife and mother has ever been the recipient of more love and tenderness. But my problem is, I just don't understand myself.

I am extremely self-conscious; inwardly I shrink and withdraw from a glance. This is true even with my own dear family and closest friends—an awful feeling. If I don't improve I won't have any friends, for I am ill at ease everywhere, always anxious to get home, as if it were my only refuge. I think I've always had this tendency, but it is getting worse of recent years.

I am in excellent health and happiest when gardening and keeping house. My social activities have to do with church services and meetings, and painting lessons. My husband and I never miss church services; but at all times I am so anxious to feel naturally, and if I could follow my impulse I would fairly dash out the door for home.

Books, Prayer Have Failed Her

Some years ago I tried teaching a class — but "myself" gave me so much trouble that I stepped aside. I paint with a class and enjoy it, as there I can keep my eyes on my work mostly; but when I look up I quake inside. Have you ever heard anything like this? They say nobody's problem is unique, however.

I have prayed over this problem as earnestly as I can, and have read "positive thinking" books and enlisted prayer-support. Nothing seems to help. I know the trouble and probably the solution are within myself, but I don't seem to see the light. Can you help me?

Expert Firsthand Diagnosis Needed

DEAR S. P.: Speaking of your stalemata in prayer, it is axiomatic that the Lord helps those who help themselves. It seems to me that your problem calls for a thorough diagnostic checkup, from the physical and psychosomatic angles. Very possibly something is out of kilter in your constitution, functioning, that accounts for your chronic anxious condition.

To get some notion of the kind of thing a keen diagnostician may bring to light, in exploring the so-called nervous or neurotic ailments, you might read "Body, Mind and Sugar" (Holt), an interesting book by Dr. E. M. Abrahamson and A. W. Pezet. Pay particular attention to Chapter 8, the concluding chapter, wherein the authors sum up their fact-finding and scientific inferences, and give several illustrative case histories. Then re-read the book for possible clues to your misery—and pursue your ideas with the best medical men in your locality.

The title of Chapter 8 is "Hyperinsulinism — Key to Many Doors," and it pinpoints the story of "blood sugar starvation." Blood sugar deficiency invariably results in a breakdown somewhere in system — varying from late afternoon fatigue to complex illness, the authors report. Many of the startling findings in this book will be important news to physicians and laymen alike, they say, for hyperinsulinism (blood sugar starvation) has been "the stepchild of medicine" until recently.

Wise To Treat Body and Mind

It may be, of course, that nothing in the book applies to your case, and if so, I trust you will have the good sense to see that. But in the event you rule out the possibility of blood sugar starvation, you then should tackle the problem psychiatrically. Or even if blood sugar deficiency figures, as a partial cause-and-effect in your distress, still you might profit from psychological insight into self — after the sugar condition is corrected.

Say the authors (page 194): "We recommend to doctors and laymen alike, in dealing with psychiatric cases, a thorough physical check-up, including the blood sugar test. . . . And should any of these patients prove to have the low blood sugar of hyperinsulinism, we respectfully suggest placing them on the pro-

ALICE BROOKS DESIGNS

LOVELY COVER-UP

How to look pretty at Chores—Sew this smart cover-up, with flower embroidery. Easy, (bind all edges)—thrifty (use remnants!) Pattern 7222. Tissue pattern, transfers, directions for wrap-around. Small (10, 12); Medium (14, 16); Large (18, 20). State size. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

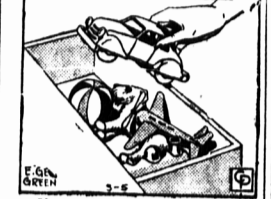
WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!



per diet to arrest it. Then whatever psychological help is needed, will be administered more easily."

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

Wife Preservers



If your children have outgrown their toys, store some of them in a special drawer or box for small visitors to play with instead of giving them all away.



It's fun to paint with Swing SATIN



Miracle Swing Satin latex paint flows on quickly and easily with brush or roller. . . . dries in less than an hour to a beautiful durable satin finish that stands up to repeated washings or scrubbing.

Best of all — cleaning up afterwards is so easy . . . just wipe up paint splashes with a damp cloth, and rinse out brush and roller in warm soapy water. And no need to worry about "Junior" . . . Swing Satin washes off him in a jiffy. Available in 38 beautiful ready-mixed colors (and white), plus scores of intermixes you can blend yourself.

First use SMOOTHAWAY Powder or Paste for any necessary patching.

See the new 1955 Swing Satin Colour Cards at your favourite paint store, or consult your Master Painter!

WESCO WATERPAINTS (Canada) LIMITED
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WILLOW • MONTREAL • TORONTO • WINNIPEG • CALGARY • VEGREVILLE

ANNE ADAMS PATTERNS



ONE-YARD WONDERS

ONE YARD 54-inch fabric for bolero! DITTO for skirt! No need to bankrupt your budget! Choose a wool remnant, make this ensemble for Easter! Couldn't be easier — diagrams show you how few seams there are in each garment! Pattern 4860: Misses' Sizes 10, 12, 14, 16, 18. Bolero, skirt, in all sizes, each garment requires 1 yard 54-inch fabric.

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.

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