

WOMEN

Monday, April 4, 1935 The Guardian Page 3

LET'S EAT

How To Fry Potatoes

By Ida Bailey Allen

"Whether the lady owns a gleaming electric deep fryer, or whether she has a heavy 4-quart saucpan and a frying basket, French fried potatoes are quick and easy to prepare at home," remarked the Chef. "But, Madame, understand, some homemakers hesitate to serve this good food. They think French Fries are indigestible."

Properly Prepared
"Not if they are carefully prepared, Chef, and cooked in fat of the right temperature, which is 375 degrees, F., hot enough to brown a 1/4" cube of bread in 1 1/2 minutes. At this temperature the outer surfaces of the potato are sealed instantly upon contact with the hot fat."

"The cooking then proceeds from the inside out, by means of steam from the water in the potato. At the same time, the outside cooks crisp and brown. The fried potatoes should then be drained on an absorbent paper towel."

Homogenized Shortening
"For French frying in the home, I would advise homogenized shortening, or any vegetable oil—with the exception of olive oil. Butter cannot be used."

"One caution to the ladies. When the potatoes are lowered in the hot fat, the difference in temperature makes the fat bubble up furiously. Therefore, use a heavy deep kettle, and fill it no more than one-third with fat."
Home-Made French Fries: Peel

TOMORROW'S DINNER

- Tomato-Cheese-Lettuce Salad
 - Minute Beef Steaks
 - French Fried Potatoes
 - Mexican Corn
 - Rhubarb Tapioca
 - Banana Whip
 - Coffee
 - Tea
 - Milk
- Rhubarb Tapioca:** Wash and cut in 1/4" dice 1 1/2 lbs. young tender rhubarb. Place in a saucpan; add 1/2 c. water and 1/4 c. sugar. Cover and simmer 3 to 5 min., or until tender.
Drain: measure the liquid. Add enough water to make 2 1/2 c. Stir in 1 tsp. fine-grated orange rind, 1/4 tsp. salt and 1/4 c. sugar. Bring to boiling point.
Stir in 1/4 c. instant tapioca. Cook and stir 3 min., or until clear. Fold in rhubarb. Chill.
Serve in deep glass sauc dishes with a topping of banana whip.
- BANANA WHIP FROM THE CHEF**
Slice 1 peeled ripe banana into a deep pint bowl. Add 1 egg white, a few grains salt, 1/3 c. sugar and 1 tsp. lemon juice. Beat until smooth and fluffy; chill and use within an hour.

MARY HAWORTH'S MAIL

Article about Badly Dressed Wife Hits Home; Has Faults

DEAR MARY HAWORTH: I've never read an article that hit home so directly as your March 9th column discussing a poorly groomed wife from the cost looker's view. We have a daughter and I don't want her to be as indifferent to her appearance as I have been, and I realize that example is the best teacher.

I am tall, have a nice figure and could be very attractive. I have no trouble making and keeping my wardrobe neat, eventually they all get confidential and I try to persuade me to take better care of my grooming. My poor husband has tried too, and nowadays he buys me clothes that he thinks will prove becoming. Also he periodically checks my shoes, to see if they need lifts or cleaning. Repeatedly I resolve to mend my ways, but soon fall back into the unkept groove. I am very fussy about personal cleanliness, but somehow the visual appearance I make doesn't bother me—and I wish it did. I don't mind wearing a striped blouse with a plaid skirt—and so on.

She Struggles Vainly For Chic

When taken to task, I earnestly try to spruce up. I'll go through my wardrobe and mend, press, discard, etc.; then I'll get a new hair-do (new cut and permanent)—yet somehow I don't feel any worthwhile change has been wrought. Actually I feel I look the same, no matter how much or how little effort I make.

I don't have any great fashion sense; but I do know I can't go wrong if I stick to plain tailored lines and a few good colors—yet after I stuck up with good essentials, I don't care if I wear 'hem or not. I am 32 and always have been this way. Can you help me understand why?—and what I can do about it? If husband and friends and my own desires can't change me, can anything? K. V. (Norton) by Dr. H. A. Overstreet.

Dress Reflects One's Character

DEAR K. V.: Your haphazard dress, which dismisses your husband and friends, probably reflects lackadaisical behavior generally. And I suspect your hit-or-miss get-up probably has its origins in an immature dependent cast of character, unburdened by a sense of personal responsibility—as if a 3-year-old had carelessly pieced together his (or her) outfit for the day, donning what came to hand.

Being pleasingly dressed, by reasonable adult standards, is no accident. Rather it is a fruit of purposeful effort—a net result of intelligent conscientious endeavor to make a good appearance. It is achieved by study, planning and systematic unflinching enterprise, in corraling the right items and keeping them in repair.

It is possible that in your formative years—maybe up to the time of marriage—you had almost no "say" in what you wore; or at least, not enough to encourage you to take a creative interest in your looks. Perhaps you developed an air of indifference towards clothes, in an unconscious attempt to rise above a profound sense of frustration or discouragement or defeat—in this area where individual taste cries for expression (especially in womanhood).

Frustration Sires Laziness

Perhaps as a child you yearned intensely for styles of raiment that were denied you, so that your potential feeling for clothes went underground, figuratively speaking, and later emerged in protest-reactions. That is, in behavior that professes to despise clothes-consciousness—either a sour-grapes disclaimer of interest in a field of choice once closed to you, or, maybe, as a blind childish thrust at authority—an attempt to spite whoever once dressed you, by looking as badly as possible in the stuff provided.

Maybe this protest-reaction became a habit, with its original grievance lost sight of, in your memory catalogue—so that now you dress like a scarecrow, not knowing why. In any case, whatever the inside story, the fact that your husband feels obliged to check your shoes periodically, to keep them presentable, suggests



Fashion Note

Queen Elizabeth leaves the Royal Academy schools in London after a visit. The rose she holds in her hand had been held by one of the characters in a tableau featuring George III and was presented to the Queen. The braid on her coat was noted by fashion experts.

that your sloppiness is infantile

and also lazy—two classic by-products of early frustration. As for solving the problem, it is related to character, as I've said. Thus the cure, if any, must come as part of a general process of maturation—of growing up to organized adult acceptance of responsibilities. For help in this you might read "The Mature Mind" (Norton) by Dr. H. A. Overstreet.

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

Cook's Corner



NUT BREAD

4 c. flour
4 tsp. baking powder
1/2 tsp. salt
1 c. brown sugar
1 c. walnuts
1 egg
2 c. milk
1 tsp. melted butter

Sift together the flour, baking powder and salt. Add to this brown sugar and walnuts, stir in the egg and milk and beat in the melted butter. Put in well greased pan, let rise 20 minutes. Bake in slow oven (250 deg.—300 deg.) for 1 hour.

False Teeth Need A Special Cleanser

Don't Brush Your Plates! Soak Them in Polident As Dentists Suggest

Polident is the recommended way to clean dentures, banish Denture Breath. Just follow these easy rules:

- Never use a brush on them! Your denture plates are much softer than natural teeth. Brushing wears down fitting ridges so they get loose.
- Never use soap or toothpaste! They can leave film which collects bacteria and food particles, a major cause of offensive "Denture Breath."
- Use a soaking-type cleanser made for false teeth only. Polident! Polident cleanser is recommended by more dentists than any other. No brushing, no handling of soapy plates. Polident gets where a brush can't reach.

Best of all, Polident always leaves false teeth odor free. Get the world's largest selling denture cleanser, Polident, at your drug counter. D-133

KEEP IN TRIM

Successful Dieters Share All-Important Incentives

By Ida Jean Kain

The camaraderie among the overweights in our reducing family at large is heartening and wonderful—particularly the response to the request that successful dieters tell us what helped them to start reducing. These glowing reports will help other overweights.

A sudden realization that overweight was causing her to miss out on much of life's pleasures got this Oregonian started.

"I was overweight for years—80 pounds overweight. Oh, I had tried diets, but gave them up after a few days or weeks. One day I was thinking of all the things I had enjoyed doing as a teen-ager—hiking, swimming, fishing—and how much I would still like to do them. I thought of myself as I was—I couldn't walk very far. I wouldn't have been caught dead in a bathing suit, and I would have sunk a small boat. I suddenly realized I had allowed overeating to take all the fun out of life!

"I tackled the problem in this way. I chose a diet most suitable for me and my budget, and then decided it would take me two years to lose the 80 pounds, but I have lost 55 pounds, and I'm not in the least discouraged. Recently on a visit home, I met two old friends—and neither of them knew me at first. I had a good laugh, and went home to continue my diet enthusiastically. I will never again allow my self to gain weight. Come on, gals—it's not as bad as you think. It can even be fun!"

The next report, signed "A Happier Woman" is from a reader whose husband applied psychology.

"I have finally gone on a successful diet. For years I had been putting off serious dieting, always saying I would start the next week. Then one day my husband made a deal with me. He told me that every week I lost two pounds he would take me out one night, but if I didn't, I would have to stay home. Since then I have lost between two and three

Household Hint

It is best to put weights in your curtains and draperies. Because they hang better weighted. Weighted tape is sold in various sizes and weights, and is easily put in curtain hems.

ALICE BROOKS DESIGNS

IRON-ON COLOR
Only ONE yard 35-inch fabric needed to whip up a pretty apron! IRON-ON the gay butterfly designs—in glowing color!

Pattern 7193: One-yard apron! Tissue pattern, washable iron-on color transfers in combination of gold and blue. Medium size only.

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.

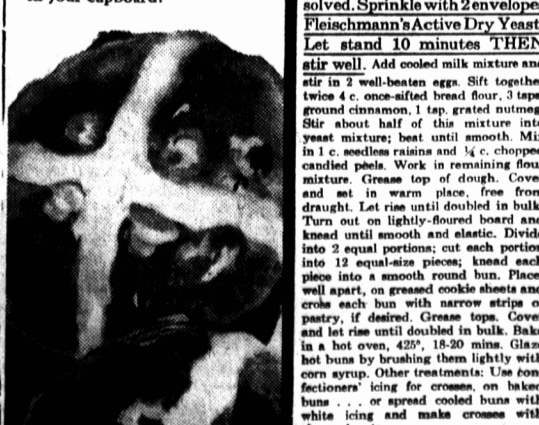
WONDERFUL is the word—for our NEW Alice Brooks Needlecraft Catalog for 1935! Exciting, enchanting—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—NOW! You'll want to order every wonderful design in it!

MORNING SMILE
Patient: "It is a painful thing to mention, but my wife thinks the fee you charged for my operation was far too high."
Surgeon: "But, my dear sir, surely you do not set the same low value on your life as your wife does."

ICED HOT CROSS BUNS

They're "toppina" made with new Active Dry Yeast

• They rise so wonderfully—taste so wonderfully good! That's because Fleischmann's new Active Dry Yeast keeps full-strength and active till the very moment you bake! No more refrigeration—you can keep a whole month's supply of Fleischmann's Active Dry Yeast in your cupboard!



ICED HOT CROSS BUNS
Scald 1 1/2 c. milk, 1/2 c. granulated sugar, 2 tps. salt and 5 tbs. shortening; stir in 1 c. crisp breakfast-bran cereal and cool to lukewarm. Meanwhile, measure into a large bowl 1/2 c. lukewarm water, 2 tps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Active Dry Yeast. Let stand 10 minutes THEN stir well. Add cooled milk mixture and stir in 2 well-beaten eggs. Stir together twice 1 c. once-sifted bread flour, 3 tps. ground cinnamon, 1 tsp. grated nutmeg. Stir about half of this mixture into yeast mixture; beat until smooth. Mix in 1 c. needless raisins and 1/4 c. chopped candied peel. Work in remaining flour mixture. Grease top of dough. Cover and set hot warm oven. Cut each portion into 12 equal-size pieces; knead each piece into a smooth round bun. Place, well apart, on greased cookie sheets and cross each bun with narrow strips of pastry, if desired. Grease tops. Cover and let rise until doubled in bulk. Turn out on lightly-floured board and knead until smooth and elastic. Divide into 2 equal portions; cut each portion into 12 equal-size pieces; knead each piece into a smooth round bun. Place, well apart, on greased cookie sheets and cross each bun with narrow strips of pastry, if desired. Grease tops. Cover and let rise until doubled in bulk. Bake in a hot oven, 425°, 18-20 min. Glaze hot buns by brushing them lightly with corn syrup. Other treatments: Use confectioners' icing for crosses, on baked buns... or spread cooled buns with white icing and make crosses with chopped nuts.

Murchison - Jones Nuptials

At a ceremony in First United Church, Hamilton, Millicent Aline Jones was married to George Francis Murchison. Officiating at the doubling ceremony on November 27 was Rev. W. J. Preston.

The bride is the daughter of the late Mr. and Mrs. Matthew J. Jones of Orangeville, Ont. The groom is the son of Rev. and Mrs. J. M. Murchison of Point Prim, P. E. I.

The bride was given in marriage by Edwin Jones, and wore a princess style dress of pink brocade and carried white camellias. She was attended by her sister, Mrs. Lavina Prevost, who wore a blue bengaline princess style dress with matching hat and carried red roses.

Squadron Leader John Murchison was best man.

Following a reception at the Wentworth Arms Hotel, the couple left on a honeymoon trip to Bermuda and New York. For the trip the bride wore a charcoal grey suit with pink accessories and a corsage of pink orchids.

Mr. and Mrs. Murchison are now residing in Hamilton.



Charming Choker

Costume jewelry is more glamorous than ever this year and everyone is using plenty of it to dress up all types of costumes from sports clothes to evening dresses.

The set pictured is a pearl and gold combination which is very effective with a high or low neckline. The dog collar is of six strands of uniform sized pearls with a filigree gold center medallion set with pearls. Pearl and gold matching earrings outline the lobe and edge of the ear.

the purpose perfectly.

When the leather is clean, apply a very light application of sufs, allow it to remain on the leather until dry, and, when dry, rub lightly with a soft clean cloth.

Removing Spots

Grease spots may be removed by using carbon tetrachloride, which should be applied with a soft cloth and rubbed on lightly, using a circular motion. Stains, such as beverages or fruit juices, should be removed as soon as possible, using soap and water. Gum on leather can be removed with carbon tetrachloride, too. Wet the spot with the solvent; then wipe the surface with a clean cloth. Paint spots generally yield to the same process, but if not, then wipe dry with a soft clean cloth. Saddle or special leather soaps are ideal, but we have found that any mild soap answers

Cleaning the Leather

If the leather has been processed to be washable, and so much of it is today, wash it carefully with a mild soap, using plenty of suds, but a minimum of water. Sponge any soiled spots or areas; then wipe dry with a soft clean cloth. Saddle or special leather soaps are ideal, but we have found that any mild soap answers

Varieties of Leather

Cape and kid leathers are generally used in gloves and garments.

Leather is lovely

— if it gets the right care. It is lasting, elegant and flattering — if it looks immaculate all the time.

Handsome leather coats and jackets have become a wardrobe staple, and leather hats, too, so it's leather, literally, from tip to toe. Colorful jackets of capeskin, in vivid or pastel shades, aren't luxuries for those living in the suburbs or country. Such coats, teamed with skirts, make wonderful wardrobe extenders.

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ELLEN'S DIARY

by an Island Farmer's Wife

The bare golden willows on the lawn are pretty these days, when they catch glints of the bright spring sunlight in their branches.

These are young trees grown from gift-cuttings which came to us, as to many another Island farmwife, from Agricola, whose passing was a distinct loss to folks far and wide.

What green fingers he had! And what an enviable knowledge of the flora and fauna of the Island! And how kindly he assisted those young like Jamie, or older like this grandmother, when, trying to identify some strange plant of wood or field, some insect, or bird or other creature of the wild, we appealed to him for his aid. More than one of Mother Nature's puzzles he solved for us and in the interesting variety presented in his newspaper column, other questions as well.

In what seems to have been only a short interval of years

Wife Preservers

To clean leather, add a little vinegar to warm water (not hot), and rub over the leather with a clean cloth, then wipe dry. Grease stains can be removed with benzine or pure turpentine.

AEROWAX SAVES RE-WAXING!

But not this morning—no note, no lightsome trill, or liquid run. Nor tonight no song about, only that of the kettle above the wood-fire, the purr of the black kitten on the couch and the warning sound of the old clock on the mantel as it points out the bedtime hour.

Until tomorrow ——— Diary
Good-night

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Pattern 4823: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 dress takes 3 1/2 yards 35-inch fabric; bolero, 1 1/2 yards.

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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