

WOMEN

Monday, March 7, 1955 The Guardian Page 3

ELLEN'S DIARY

by an Island Farmer's Wife

"Do you know what we'd be doing on days like this in the long ago?" James commented this morning to his youngest grandchild, the lad of five-past who had come in while we were still at breakfast. Mack shook his head and waited with an interested smile, the tale of old years he expected would follow.

"We'd be at the mud-digging," James smiled at the memory. "Up before daybreak to have our work done in time to be away down the river early—mostly before sunrise."

"With the truck?"

"Not with the truck," James replied. "But with horses and sleds. I usually had some young lad or two to help me in those days—pretty smart fellows too they were, as I remember them now!" He was silent then looking back we could know to faces and times of his past.

"And so," he spread extra but-ter on his toast and resumed his story. "We would leave early in the mornings, joining, before long other teams also on the way there. It was so far away we had to carry our dinners with us—bundles of hay too for our horses, and grain to eat down there on the ice of the river."

"It was . . . well, Ellen, I don't believe there can be seen a lovelier sunrise anywhere, from mountain-top or ocean or where-ever else, than one of March from the ice of a river. There's the gray of daybreak, and then all at once the colors flood the sky above a rise of countryside. It touches the frost-crystals. How they sparkle and shine! And everything is so still there as though far away from the world that we know. It was something to enjoy and remember."

"Go on Granddaddy" the younger prompted. "I like to hear about it."

"Well after a while we reached the diggers—there would be several there. I guess you've never seen a mud-digger? No, of course not! It was a wooden frame set at an opening made, above old oyster beds, in the ice. A horse hitched in a capstan—you know what that is?—lowered and raised the

ALICE BROOKS DESIGNS



ANNE ADAMS PATTERNS



4810
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Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) for Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

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ANNE ADAMS PATTERNS

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

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Playwright

Patricia Jourdy of Toronto, author of numerous radio and television plays in Canada and the United States, has sold her first stage play, "Teach Me How To Cry," to a New York firm for an off-Broadway presentation late this month. Born in Spirit River, Alta., she was educated in Montreal where she began her career as an actress and writer before going to New York where she for several years she wrote the popular "Henry Aldrich," radio series. This photo was taken by her husband, John Steele, portrait and theatrical photographer. —(CP photo)

MARY HAWORTH'S MAIL

Emotionally Upset, Wife Asks Comment

DEAR MARY HAWORTH: I am 28 and have been married eight years. I have been suffering with a nervous condition for about 18 months, and have become awfully mixed up. I do things, and think about things, that never would have occurred to me before.

My husband has a heart condition and hasn't worked for three years. He has been in the hospital several times in this period. We own our home; that is, we are buying the house. We had been in it only one day when Joe was first stricken with a coronary thrombosis.

The problem is, about a year ago I went out with my boss, who was very nice to me when Joe was in the hospital. I was so alone with my troubles and he was so sympathetic, or so it seemed to me. I don't know why I did this horrible thing. He is at least 30 years my senior and I despise him. At times I think my conscience will drive me insane; the incident makes me feel so ugly and unclean.

Her Background Was Lamentable

My parents are divorced and I was raised by my grandmother, a very dominating woman who found fault with whatever I did. I don't have anybody to feel real close to; and since I've done this awful thing I can't seem to find God any more. Although I pray, I don't feel forgiven; and when I get real depressed, I think of suicide. But I also feel "Surely God will help me, if I continue to call upon Him and believe in Him."

I've been having headaches the past month; the pain in the back of my head is almost unbearable. Our family doctor says it is probably due to nervous tension and has prescribed a sedative which helped for a few days. I shall be very grateful for your comment.

Disorganized by Heavy Load

DEAR T.Y.: Fundamentally your problem is that you aren't emotionally prepared to carry the load that has fallen on your shoulders.

In going out with your boss a year ago, when Joe was in the hospital, you were casting him in the father-protector role unconsciously, I think. Increasingly in that period you felt desperately in need of strength to lean on—wanting the daughterly security you've never had.

No doubt the boss, seeing you daily, felt the impact of your urgent wishfulness to be "real close" to somebody helpful, and reacted instinctively with natural sympathy at first; and then with a stupid assumption that possibly a flirtation (or an affair) was in the cards.

In your anxiety and isolation from everyone except your ailing husband, who seemed more helpless than you, perhaps you fostered familiarity with the boss, just to have a confidante and cronies—a sense of somebody specially interested in you—for the time being.

That sort of—blundering, in quest of emergency relief, is typical of frightened neurotics in times of emotional crisis. It is part of an overall drift of going from bad to worse, in blind attempts to make life tolerable. Your sickle-headed self-condemnation is also a familiar facet of neurosis—a bias ingrained by a cruelly unreasonable kind of rearing, in which the disciplinarian shows no sympathy with the child.

Self-Knowledge Would Help Her

You were neglected by your parents and figuratively rejected

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Gain Strength Not Excess Weight In Convalescence

By Ida Jean Kain

With a prolonged lull in activity, the pounds are prone to accumulate. Don't let this happen to you! Even if you are forced to remain inactive for a lengthy period, through calorie control you can prevent unwanted weight gain.

So much depends on your attitude. Feel sorry for yourself and you'll overeat. Make up your mind to take advantage of nutrition know-how and you can actually lose some of the excess weight. It was William James who said, "Human beings can alter their lives by altering their attitude of mind." This philosophy is admirably applied in today's letter from a Michigan convalescent.

"I'm confined for at least another six weeks with a broken leg and am so anxious to take this opportunity to lose some weight. On a 1000 calorie diet, I will lose less than a pound a week. It looks like a long, drawn out affair."

By applying nutrition know-how, you can eat for strength and repair of body tissues, with calories restricted to the point where excess fat can actually be lost. The secret is to use only the foods which contribute their full share of protective nutrients. This subject requires a column of its own, and we take that up tomorrow, together with toning measures.

Grab hold of the challenging thought that you can turn a percentage of activity into a time of weight normalizing.

Cook's Corner



WHEAT BISCUITS

1 c. sugar
1/2 c. shortening
1 tsp. soda
1 c. sour milk
1 c. raisins
1/4 c. broken walnuts
3 c. flour
Blend sugar and shortening. Add liquid, then flour, lastly nuts and raisins, lightly floured. Drop on cookie sheets. Bake at 375 degrees for 12 to 15 minutes.

WALNUT DROPS

2 eggs
1/2 cup milk
1/2 cup vanilla
2 tbs. melted butter
1/4 cups biscuit mix
1 cup rolled oats
1 cup walnuts
1 cup brown sugar
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 teaspoon cloves
Beat eggs and milk, vanilla, melted butter. Stir in other ingredients till well mixed. Drop by spoonful on greased sheet. Top with walnuts. Bake at 375 degrees for 12 to 15 minutes. Remove at once and cool on rack.

DATE CAKE

1/2 c. butter
2 eggs
1 tsp. vanilla
1 tsp. soda
1/2 c. salt
1 c. brown sugar
1 lb. dates chopped up
1 1/2 c. flour
1/2 c. chopped walnuts
1/2 c. warm water
Cream butter and sugar. Beat eggs, then flour, soda, salt, nuts and warm water all together.

RAISIN COOKIES

If you like to keep the cookie jar filled for your children all the time, try this recipe which makes 5 dozen cookies.

4 c. sifted flour
1 c. baking powder
1 tsp. soda
2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. allspice
2 c. raisins
1 c. shortening
2 c. white sugar
3 eggs
1 tsp. vanilla
1 c. walnuts
Sift flour once. Measure and add b. powder, soda salt and spices. Sift again. Add water to raisins and boil 5 min. Cool. Cream shortening. Add sugar and blend. Add eggs one at a time, beating well after each. Then raisins, vanilla, nuts. Add dry ingredients and mix well. Drop by tsp. on pan. Bake in moderate oven.

MARMALADE TEA LOAF

Sift and measure 2 2/3 cups pastry flour. Add: 6 tsp. baking powder 1/2 c. white sugar 1 egg, well beaten 1 tbs. grated orange rind 3 tbs. shortening, melted 1 tsp. salt 2 c. bran 1 c. milk, stirred in 1/2 c. orange marmalade Bake at 350 degrees for 45 minutes.

get to the refrigerator, so any suggestions for our reducing I know will be carried out to the nth degree by our husbands. By the way, won't you please ask people not to bring fattening gifts—boxes of candy and rich desserts—to shut-ins who are plump, unless they really don't like us. Why not fresh fruit or a fashion magazine, so we can dream and work for a slimmer figure?"

Good for you! And all convalescent sisters tune in here. The reason you gain weight following surgery or any other prolonged period of inactivity is because you expect to gain and do not take the necessary action to prevent it. Naturally you look forward to mealtime, but when food becomes your main interest, you build up an appetite and increase your food capacity, just lying in bed.

By applying nutrition know-how, you can eat for strength and repair of body tissues, with calories restricted to the point where excess fat can actually be lost. The secret is to use only the foods which contribute their full share of protective nutrients. This subject requires a column of its own, and we take that up tomorrow, together with toning measures.

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Household Hint

Wash children's play clothes soon after they're soiled. Dry seersuckers on a hanger. Do not iron corduroys.

Bake in moderate oven for 50 minutes.

PINK LEMONADE SODA

1/2 cup lemon juice
1/2 cup sugar
1 tsp. grated orange peel
Combine lemon juice, sugar, and lemon peel. Allow to stand 5-20 minutes. This is the soda base and may be stored in a covered container in the refrigerator until needed. Makes enough for 6 sodas.

For each serving:
2 tbs. lemon mix
2 tbs. strawberry ice cream
1/4 cup carbonated water
1 medium scoop strawberry ice cream
Combine lemon mix and 2 tablespoons strawberry ice cream in the bottom of a tall glass (18 to 20-oz. size) and mix well. Add carbonated water. Stir briskly to blend. Add 1 scoop strawberry ice cream and stir lightly. Garnish with a lemon slice. Serve at once.

BUTTERFLY SALAD

8 dates
1 can sliced pineapple
1 cup raisins
1/2 small package cream cheese
3 or 4 stuffed olives.
Shredded lettuce
Stone dates and fill cavity with a roll of cream cheese, allowing end to protrude a little. This forms the body of the butterfly. To make wings, cut a pineapple slice to fit. Place one half on either side of date. Arrange slices of stuffed olives as markings on the wings. Insert small piece of citron peel in protruding portion of cream cheese for feelers. Serve on shredded lettuce.

ACTRESS DECIDES TO KEEP GIFTS

LOS ANGELES, (AP)—Actress Linda Christian explained Thursday in an 80-page affidavit why she doesn't plan to return \$132,500 worth of jewelry given her by Robert H. Schlesinger of Milwaukee. She summed it up in five words: "A gift is a gift."

In the deposition, Tyrone Power's estranged wife told of accepting the jewelry from Schlesinger shortly after they met in New York last November.

The New York firm of Van Cleef and Arpels sued for return of the jewels last January, charging that a \$100,000 cheque tendered by Schlesinger as part payment missed Christian said in the affidavit that she told Schlesinger

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Even Models Have Moments

Mannequins are usually the most graceful ladies and oh! so carriage conscious. But this girl is obviously having trouble as she attempts a curtsy in a tight-fitting skirt before Queen Soraya of Iran at a London fashion show. She made the curtsy without falling, though disaster appeared about to happen.

Lighten Laundry Load By Letting Family Help

By ELEANOR ROSS

Today, with the wonderful array of washable fabrics, a good deal of the laundry load has been taken off Mom's hands, especially in the "bathroom basin" category.

Daughter usually does her own lingerie, hosiery and blouses. Junior often pitches in his socks, and you'll even find Dad dunking his favorite synthetic fiber shirt.

This is great, and don't discourage them.

Occasional Checkup

But, every now and then, it's a good idea for Mom to quietly gather up all the basin-type laundry and include it in the main family wash.

This offers the opportunity for a really thorough sudsing, to bleach items that might need a little brightening, and to check for

Pre-Treatment Advisable

Pre-treat the areas where soil might be concentrated, such as shoulder straps, collars, cuffs and pockets, by suds-scrubbing them before the entire garment is dunked in the tub or machine.

Separate White Fabrics

Whether you use a wash tub or washing machine, suds all white nylons, orlons and other miracle fabrics separately. Even delicate pastels leave a trace of their color in the wash water. It may not even be visible, but it will still be picked up by white garments.

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Weekend Cooking Is Easy If All Help

By Ida Bailey Allen

The week-end meals at my country home are a cooperative venture, with everyone contributing a little work in preparing the foods. I must say this plan has evoked many successful meals and also plenty of surprises.

Came the day when four extra guests arrived at dinner-time and there was only enough chicken a la king for six. The Chef spooned the hot a la king into a big baking dish; topped it with a fluffy omelette mixture and, lo and behold, the debut of Omelette Souffle a la King!

Mix-Matching Soups

When our publicity friend came down for the week-end, he always made the soup, using what he called the plan of "mix matching." Very easy, too!

He would critically survey the variety of cans of condensed soups in the storage cupboard, select two different kinds, open and mix them in a saucepan; add the right can-measures of water, milk or tomato juice, and happily stir until they boiled.

Then came the tasting. With much eclat, he would add his own special seasoning or garnish, ladle the soup into bowls and serve it with the flair of a Maitre d'.

TOMORROW'S DINNER

Creamy Clam Soup Crackers
Cheese Croquettes
Whipped Potatoes
Buttered Asparagus
Tomato Aspic Salad
Coconut-Rolled Bananas
Coffee Tea Milk

Cheese Croquettes: Prepare 1 c. very thick white sauce. Add 1 beaten egg and 1 1/3 c. coarse-grated sharp American cheese. 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. dry mustard and 1/4 tsp. monosodium glutamate.
Cook and stir until cheese melts. Shape into balls containing 1 tbs. each. Roll in enriched flour; then in 1 egg beaten with 1/4 c. water. Last, roll in fine dry bread crumbs.

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