

# WOMEN

Page 10 The Guardian, Wed., Sept. 28, 1955

## LET'S EAT

### Making Noodles At Home

By Ida Bailey Allen

The meetings of the Biennial Convention of the Iowa Federation of Women's Clubs were held in the Methodist Church, an imposing edifice with the most gracious auditorium in which I have ever spoken. Although it could seat seven hundred persons, the great curving balconies of polished wood gave a feeling of warm friendship.

**Tapistry of Freedom**  
Mrs. Harold Nissen, President of the Federation gave the keynote address for "Tapistry of Freedom," subject for the week. And what did her "tapistry" include? Better understanding among women; freedom as a basis of peace; good jobs, good hours for labor; good education for children and, last but not least, universal democracy.

As I listened to her splendid address and to other speakers during the week, I was impressed by their clarity of thought, their tolerance and real spirit of rugged patriotism.

**No Public Dining Room**  
There was no public dining room in Oskaloosa large enough to accommodate the delegates, so breakfasts, luncheons and dinners were prepared and given in the church parlors or Sunday school rooms by the women's organizations of various churches. Among them were St. Mary's Catholic Church, the Congregational Church, the Christian Church, The Central Methodist Church. These affairs were also held in the American Legion Hall and the Y.W.C.A. building.

**Decorative Tables**  
The luncheon tables on Wednesday at St. Mary's looked lovely. Decorations in pastel shades included massed lilacs and tulips in crepe paper baskets.

There was a dainty menu of noodles with chicken sauce, tossed green salad with a sweet-sour dressing, followed by excellent coffee and a choice of four remarkably good pies—apple, lemon meringue, chocolate cream and

## HOUSEHOLD HINT

Combinations of large and small articles wash cleaner in a machine than loads made up entirely of sheets or heavy bath towels.

## MORNING SMILE

Then, of course, there was the spinner who, on Saturday night at the change over from day light to 'standard' time, advanced her clock 1 hour. Next morning she was surprised to find herself in good time for 9 a.m. Sunday School instead of 11 a.m. church service.

## Clean, Freshen Refrigerator with SODA

Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odour. Recommended by leading refrigerator manufacturers.

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## MARY HAWORTH'S MAIL

### Girl Is Smitten With Married Boss

DEAR MARY HAWORTH: Since January I have been going out with my boss. He is married and has four children. He is 15 years older than me; I am 20.

It started just as a friendly gesture when he first took me out. We discovered we had many interests in common. As time passed I grew fonder of him; and now I am in love with him. And he has told me that he loves me.

He is so wonderful to me and gives me everything I want. He said he would like to spend the remainder of his life with me, but he has never mentioned divorce and I haven't brought up the subject either. His children mean so much to him that I don't think I could suggest a divorce.

My mother doesn't know about this romance; but I feel I will have to tell her soon, and then probably leave home. I don't want to hurt her. I love my boss so very much and am so happy that I couldn't bear life without him. Should I continue seeing him, or stop? Please try to help me. E.B.

## IS LONELY

DEAR E.B.: I shall try to give you perspective on what you are doing and why; and maybe that will help you to get back on the right track—that may lead to satisfactory living and good social fulfillment.

You write from one of the biggest cities in the world, where the individual "little people" feel like ciphers, lonely and lost in rushing chaos—of no significance whatsoever in the mighty scheme of things, unless they can be labeled special, somehow; or different; or outstanding from the crowd. And the most usual way of establishing such special "identification" is to be "in love" with and loved by somebody—if one is lucky enough to find a responsive love partner.

Well, it seems that you, too, have joined the big town procession of lonely, timid, discouraged folk who both need and crave a build-up of intensely personal admiring encouragement—to give you a sense of fitness for life; and to take the gray monotony out of workaday routine.

And evidently your married boss feels himself to be pretty small potatoes as compared to the big ones in his business environment—and, for a shot-in-the-eye, as it were, he takes you out occasionally. It is because you think he's so wonderful that he is lulled into passing forgetfulness of all the problems, failures and frustrated ambitions in his real life that weigh him down—and make him no hero to himself or his wife, probably.

**DIG WAY OUT**  
You are smitten with him partly because he's the boss and attractive, and partly because he has paid you some heed—but mostly because

## ELLEN'S DIARY

By An Island Farmer's Wife

There is a rough wind of September before this and in the light of conversation to come had dispensed with the bedtime story which read to him by his mother is part of the ritual of the hour. How young and clean and innocent and good children are, when day's close brings them to their beds! Busy, restless ones by day, causing many an extra step and stretch of patience on the part of their parents. (But now with the shadows of sleep in eyes very sweet.

"I guess since Mother's away, I'll not bother with my prayers tonight—my night won't make any difference," he said. "But how about the angels?" "They'll watch anyway—they're used to it," he smiled confidently. "They know that I'm here!" A favorite of our verses came to mind: "He shall give his angels charge concerning thee to keep thee in all thy ways. 'Yes, whatever came to this child of the farm, and all 'God's chilluns' everywhere, on paths of earth, along Heavenly lanes, these would keep him and them in all their ways."

High wind of September from northern places now, and a new moon lending young radiance to the night, pointing out the dark, threshing branches of the trees against the restless night-sky. There is promise of fair weather for the farmers in its crescent, nice days for the threshing and for the potato-harvesting to come. Our supper? Pieces of the herring cooked to a turn in one of the small pans we have now come to use. "Sweet, isn't it Ellen? James offered."

"Fish!" a young visitor smiled sniffing the tang of briny depths and silver sands. "I think I'll go home. I don't like the smell of it." Home, too, we go now to our own place. There are returning car-lights on the window.

Until tomorrow—Diary—Good-night.

you haven't any legitimate beaux. And this rather unnatural state, for a girl of 20, is the crux of your problem. Thus the remedy for your plight is to overcome the primary handicap, after which the improper alliance will cease to exist.

Don't discuss the problem with your mother as yet, if frankness with her might lead to a rift that could put you in the street with nothing solved. Rather, tackle the underlying difficulty with the help of a professional consultant, who has the know-how and community contacts to aid you in making worthwhile friends—a girl's best insurance against triangle pitfalls.

Some of the leading churches in your town have advisory services to meet your needs. Or you might try the Family Service Agency, which provides skilled social and psychological guidance. M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

**Words Of The Wise**  
A bachelor never quite gets over the idea that he is a thing of beauty and a boy forever. —(Helen Rowland)

**HP SAUCE**  
Everyone's Favourite

## Ruhamah Scheinfeld Frank We And Our Neighbors

### GLEANINGS

Charlottetown, as we all know, was named after Charlotte Sophia, wife of King George II. But we may not know that she was married to him in 1761 and reigned with him for fifty-seven years and bore him fifteen children. What is even more remarkable for those days, thirteen of the children thrived and grew to adulthood (Sorry, I can't give date of birth and death of each!). Who will deny then, that Queen Charlotte well deserved her name which is a feminine form of the German "Karl" and means "the strong and womanly."

With potatoes so much in the news, it is interesting to read the history of this unglamorous but essential vegetable in the October "Reader's Digest." "The Triumph of the Potato" condensed from "Farm and Ranch" is a true success story. Discovered by chance in 1537 by the Spaniards when they raided an Indian village in the Andes, it took a century to convince people in South America that eating potatoes did not lead to leprosy, tuberculosis and rickets. It took two centuries more for potatoes to become a food crop in North America. In 1719 Rev. James MacGregor, a Scotch Irish Presbyterian, led a flock of sixteenth emigrant families from northern Ireland to Londonderry, New Hampshire, bringing with him a precious package of seed potatoes.

It is noted that Queen Marie Antoinette wore the potato blossoms in her hair, and there is also reference to the tragic potato famine in Ireland. For the many who are weight conscious there is an authoritative statement that a medium sized potato is no more fattening than a glass of orange juice, an apple or a biscuit.

Last Thursday on the editorial page of The Guardian, gleaned from the "Ottawa Citizen" appeared an article, "Parental Worries." It included three verses that seem-

one friend took time off from pickling, canning etc., to laugh over the verses but put aside the paper to complete the article when she had more leisure. For her and others in the same circumstances, I shall give away the surprise ending. This dissatisfaction with the schooling of an eight year old boy was written "early in this century by the Ontario essayist, Peter McArthur!"

While we are about it, do the ways of our young people seem to you to be the worst ever? Do you believe the following excerpt sums up the present situation pretty well?

"The children now love happy, they have had manners, contempt for authority—they no longer rise when their elders enter the room. They contradict their parents, chatter before company—tyrannize over their teachers." If that's the way you feel, you are in good company! Those were the sentiments of Socrates (468-399 B.C.)!

Or more drastic still, perhaps you believe: "Our earth is degenerate in these latter days.— Children no longer obey their parents. Everybody wants to write a book. The end of the world is near." An Egyptian priest wrote this about 4000 B.C.!

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# Breeze

washes clothes not just white—but clean!

cherry—with the finest crust I ever tasted.

"Made with good Iowa hog lard," explained my hostess. I discovered that the noodles were homemade and the yeast rolls homebaked! It takes the impetus of a combination of pride, patient work and friendship to prepare food such as this.

**TOMORROW'S DINNER FROM IOWA**  
Tossed Salad Bowl  
Noodles with Chicken Sauce  
Crisp Bacon  
Peas Baked Tomatoes  
Lemon Meringue Pie  
Coffee Tea Milk

All Measurements are Level Noodles with Chicken Sauce and Bacon: Boil 1 recipe home-made or (8 oz. commercial) noodles in salted water 8 min., or until biting-tender. Drain, add chicken sauce. Garnish with crisp bacon.

**Homemade Noodles:** Break 2 eggs in a bowl. Add 2 eggshells of cold water. Stir in 1/2 tsp. salt and enough sifted enriched flour (about 2 c.) to make a heavy dough. Knead until it holds together. Roll into a large sheet of pastebord thickness; cover with a clean cloth; let dry 30 min. Then roll up as for jelly-roll and, with a sharp knife, cut into thin strips.

**Chicken Sauce:** To 3 c. rich chicken broth, add 2 beef bouillon cubes. Thicken with 3 tsp. flour, blended with 3 tsp. cold water. Add 2 1/2 c. small-diced cooked chicken and 1 tsp. minced parsley.

**TRICK OF THE CHEF**  
Top halved tomatoes before baking with equal parts of dry bread crumbs and grated sharp cheese.

## COOK'S CORNER

**KIDDIES TREAT**  
Wash 1/2 lb. prunes, soak overnight in one pint cold water. Add 3 to 4 tbsps. sugar, cook in same water until soft, remove stones, then make mixture to 1 pint with water. 3 level tbsps. corn starch to smooth cream using a little of liquid. Put rest onto heat, mixing in corn starch, stir until boiling. Let boil 3 minutes. Add 1 tsp. lemon juice and pour into wet mould.

**Bringing Up Baby**  
Hints Collected by Mrs. Ben Under (Mother of 2)

"It's unfair to compare! Good words are true when it comes to baby, because there just isn't one child in the world exactly like any other. That all-too-common neighborhood pastime of comparing baby achievements can be upsetting for you—harmful for your child. So try not to be either envious or boastful where baby's accomplishments are concerned. If he's temporarily out-distanced, he'll catch up. If he's ahead of the game, chances are he'll level off. Champion and cherish him as he is and he'll thrive in his own sweet and individual way."

**New dinner winner.** Winner for junior meal appeal, that is! Gerber Junior Chicken Noodle Dinner is a dish to delight an up 'n' coming young 'n' tender. Smooth chicken, fine, fluffy egg noodles—and tenderly minced golden carrots all happily blended with natural, 'savory' chicken broth. Serve to your hungry sweetheart, watch eyes and appetite brighten.

**Spare parts division.** Save the good parts of worn terry cloth towels to transform into soakers. Better than wool; more absorbent, wash easily, won't discolor, wear fast.

**Second thought.** Spare terry swatches also make fine, inexpensive toys. Double cut dogs, cats, fish or whatever. Stretch up on 3 sides. Stuff with cotton, felt, paper, and close. Embroider eyes, nose, mouth and perhaps a whimsical whisker or two.

All through the early years enriched cereals are a must for the growing baby. Gerber ready-to-serve baby Cereals not only provide the energy-giving calories active young ones need, but they're fortified with iron, calcium and important B-vitamins to more than whole-grain value. Rotate Rice, Barley, Oatmeal, Wheat and Mixed Cereal for meal-time interest!

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