

# WOMEN

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## LET'S EAT

### Modern Food Products Save Time, Cost More

By IDA BAILEY ALLEN

Today, the price of all food is at least double the amount paid a generation ago. But the difference in cost is by no means entirely in the raw food, but in modern sanitary packaging, freezing, refrigeration, transportation and, above all, the cost of labor required to make today's many conveniences possible.

What do these foods include? Many different poultry; turkeys; russed ready for the oven; ready-to-heat-and-eat meats; mixes for not breads, desserts, cakes, pastry and puddings; canned and quick-frozen foods of every conceivable type; fresh vegetables that have been washed, trimmed and packaged—all prepared by your unseen servants, the food manufacturers of America.

Food bills will be about a fifth higher when these convenient time-saving products are used in place of unprocessed foods.

**Average Budget**  
The average household food budget on a strict economy basis is \$22 a week. To buy the convenience foods, would cost \$4.50 a week more—or the equivalent of the sum paid in the "good old days" to that employee who used to be called a "hired girl."

**TOMORROW'S DINNER**  
Chinest-Soup in Bowls  
Ready-to-Heat Tongue

## KEEP IN TRIM

### Inspiration For Slimming

By Ida Jean Kain

#### JOIN OUR REDUCING FAMILY AT LARGE

A New Year is always a time of beginning again. It's a stimulating challenge and that is why it is good resolution time. If you are among the millions of overweight who are totting 20, 30, 40 excess pounds, you have no doubt firmly resolved to reduce. Good—but make it more than that. Resolve to get out of the humdrum and be vitally alive! It isn't middle age that spreads the figure, it's a lump spirit.

The key to desirable weight is in believing you can lose weight. Perhaps what is needed more than anything else is encouragement, sometimes only the initial promise that it can be done. Of the millions of words written on reducing, this dietitian finds that letters from

Reducing clubs are increasingly popular today, for together people find out many things which are difficult to do alone. If you can join a club or do your reducing with an overweight friend, fine. But one and all, tune in to the experiences of our reducing family at large.

About the diet... on the pattern of eating, you can lose 2 pounds a week and increase your energy. You will find the Choice Diet flexible enough to fit your way of life. Tomorrow's column proves that nothing is impossible once a woman makes up her mind.

**Choice Diet Tomorrow's Menu**  
Breakfast 200-275 Calories  
Citrus Fruit Juice — 5 oz.  
Choice of:  
1 or 2 eggs — Thin Slice Toast  
Butter, 1-2 pat  
Or — Hot Cereal, 3-4 cup  
Whole Milk, 1-2 cup — Sugar, 1 tsp.  
Coffee, black



RESOLVED: A new figure this year.

successful reducers are the best morale boosters. Often they are electrifying in their effects. You catch that quickening of the spirit that motivates you to make the inner decision to banish the burden of fat.

Through sharing the experiences of other overweights, your trials and their triumphs, you gain enlightenment as well as inspiration. You no longer feel alone in your struggles. Suddenly you believe you can cope with any amount of excess fat. Then you realize that the number of pounds to be lost is not nearly so important as your attitude. You anticipate how wonderful you will look and feel at normal weight... and right out of the blue, the "will" to slim down is yours.

Note: If eggs are fried, grease skillet lightly. For sweetening in coffee, use saccharine, Sucaryl or Sugarine.

**Luncheon 350 Calories**  
Choice of: Soup made with skim Milk or Glass of Skim Milk or Buttermilk  
Open-Face Sandwich — Choice of filling: (Chesse or lean meat) or sliced egg, or (lean meat)  
Bread, 1 thin slice, mustard  
Dessert: Grapefruit or Tangerine

**Late-Afternoon Energy Pick Up:**  
Buttermilk or Skim Milk, 1 glass — 80

**Dinner 410 Calories**  
Protein Choice: (Broiled) 200  
Calories: Veal Chop — large  
Fish with lemon & parsley;  
Chicken, 2 pieces.

Choice of: 40 Calorie Vegetable, 1-2 cup Diced beets, carrots, or winter squash  
Choice of: 20 Calorie Cont. Veg. 3-4 cup Asparagus, tomatoes or String beans.

Bread, 1 thin slice, 1-2 pat butter — 75

Dessert: Gelatine or Fresh Fruit — 75

**Total Calories For Day — 1040 to 1115.**  
Note: 100 to 300 Calories may be added to man's menu.

### ALICE BROOKS DESIGNS

#### LOVELY TRIVETS!

Work in black for wrought-iron effect, good thread for brass. Crochet over bone rings. Hang trivets on wall or use as hot-plate mats. Make basket to match.

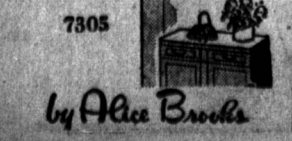
Crochet Pattern 7305 directions for trivets: 7 x 5 oval and a 6-inch square; basket 5 inches long.

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.

Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog — 82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 35 cents for your copy. Ideas for gifts, bazaars, fashions.

#### MORNING SMILE

The battleship was in port and the visitors were being shown around. Before a bronze plaque on the main deck the guide bowed his head and said: "This is where our gallant captain fell." Little Old Lady: "Well, no wonder, I nearly tripped over the darn thing myself."



7305

by Alice Brooks

### MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

I look up in the morning of the year. And I behold Thee flooding all the sky.

With that bright wonder of a heart outpoured.

The night of peace and stars has made me bold.

And from the humbleness of years, defeat,

I dare to rise again and lift a prayer.

O Father of a little trusting child, Keep Thou my faltering steps upon a way.

That is unknown. And teach me how to walk

Forth gladly, with no coldly shackling fears.

Lift me to understanding of Thy love;

Give to my mind the firmness and the grace

Of grey stone fences in the morning sun.

Set with all sureness on the warm brown earth.

With little grasses growing by the gate.

Make Thou my heart courageous for its days

As little purple violets blooming low

Beneath their sear-edged, frost-chilled leaves

And if the bending of the bare lean boughs

Shall strike long shadows on the path I choose,

Help me to walk without a shrinking step

Through colder ways than I have known before.

Great Captain of all those who seek for Thee,

Command my forward March, and lead me on.

—Dunaway.

This new year in the garden should be the best ever because of our experiences through the years that have gone. The same mistakes need not be made again and the little triumphs can be improved.

Although this is the winter of the year many lovely flowers that have been brought into the house from the garden should now be in fragrant bloom.

Of course it is much easier if here is a small garden room. I have seen windows of the home filled with colorful petunias and nasturtiums. Here there are the fragrant stocks in several colors, and rosy pink snapdragons which were lifted from the garden in late fall.

Then with all the lovely forced bulbs that should be bought to the light now and the many geraniums we have a little garden in the home.

Many beautiful arrangements of dried flowers are enjoyed these wintry days and I find that the annual larkspur in soft pink shades is very good with the statics in the blue colors. This is the first year that any number of flowers suitable for dried arrangements were grown in the garden here.

One reason why so many people enjoy making dried arrangements is that they last so long. It is satisfying to create a beautiful arrangement knowing it will bring pleasure for weeks instead of a few days.

In the beautifully illustrated book by Mrs. Fisher on her floral arrangements in Colonial Williamsburg... An Eighteenth Century Garland she writes...

Winter's pleasant ornaments are made up of the dried plant material she has gathered in the summer and in preparing dried plant material for winter decoration a proper drying room is essential. The drying room should be a shade warmer than outside and never in the least bit damp—it must be done dry. The room should also be as dark as possible since the plants retain their original colors to a far greater extent if allowed to mature in darkness.

In Williamsburg the upper story of the Palace Kitchen serves as a drying room. Here, wires are strung from wall to wall and each bunch of flowers is tied and hung up as soon as gathered.

The windows are small and are blacked out with cloth or paper. Once the flowers are completely dried and their colors "set" they will not fade, even if, in their final arrangement they are placed in a sunny window.

Some of my flowers were left in a sunny room and so lost some of their lovely color, although they had been harvested at the proper time. Generally plants should be gathered at their prime, in the first flush of their bloom just as they reach their full color.

The process of flowering seems to continue after they are bunched and hung up. You will see the blooms fluff up and are yet held so compactly to the flower structure that they do not shatter when later you handle them for their final arrangement.

Everlastings, honesty, and the purple-cupped sea lavender found on our Island shores together with the ferns gathered in the woods are all used by Mrs. Fisher for her beautiful arrangements.

Goldenrod too is gathered in variety and it is important that it should be cut at just the right time. If it is gathered too soon it will give only a thin lace effect, remaining without further development just as it was when cut; if harvested in its prime, however, you will find when you come to

arrange it that the dried heads will not shatter as you might expect of a flower that becomes so brittle when dried.

And nearly everlasting. These are treasured for their association as well as for their use. I love their constancy in standing in the open fields, unwithering in bloom.

As I gather them I think of the first women colonists who found them growing in great quantities and gathered them for winter decoration, calling them life everlasting for their changelessness, fresh or dried.

Of all the dried material, leaves are the most important. I gather the branches when the leaves are at the height of their color yet still full of sap. This again is something to be learned by experience, for you will find that if cut too late the leaves, when you come to unpack and lift the branches, will flutter to the floor.

Many trips to the woods are needed for a wide choice of color and in gathering the leaves, care must be taken to select only those branches that are perfectly flat.

After trimming they are placed between papers where they should lie perfectly flat, with no two leaves overlapping. As many layers of leaves may be piled one on the other as required, but it is essential that paper separate each layer. Finally a flat frame of heavy wood is placed on top, and additional weights added.

Sand is placed in the container used for the arrangement and the material is added to make many different bouquets for all the rooms in the lovely old mansion.

Christmas decorations are kept in the building from Christmas Eve until January the sixth, the feast of the Epiphany. On that day we do as Herrick bid us:

Down with the rosemary and so Down with the bales and misdeeds

Down with the holly, ivy, all Wherewith you drest the Christmas hall.

After the holidays there are many lovely potted plants and bulbs along with the dried arrangements to make the home warm with color until flowering fruit branches can be brought in for forcing into early bloom.

A gift plant that is cherished here because of the kind neighbor who gave the small slip is the wax plant or *Hoya carnosa*. This is a fine old tropical vine that our grandmothers grew in pots and tubs years ago. They called it wax plant because when the clusters of beautiful and fragrant flowers came in spring and summer, they seemed to be of mold-like wax-white stars with pink stars in the centre. The plants are coming back into use because it has been found that they take the conditions of our modern homes very well, and they last practically forever. It is not unusual to hear of very old specimens handed down through a family for many years.

The long life of the wax plant is a tip off to the fact that they do not do things in a hurry and so a cutting takes some time to grow and bloom. Then it will need some support to hold. Many growers simply establish wax plants in a window sill and train the runners up the window frame and across the top on heavy cord or wire stretched for the purpose. Since the leaves are evergreen and always attractive and the vines can be trained up, down, or across, it is possible in time to grow a living frame of green for your window.

Another scheme is to improvise a wire trellis on the pot and keep the runners trained to it.

Old flower clusters develop on odd little spurs and when it blooms you will be rewarded for the waiting; it is just another of the lovely indoor flowers in winter.

**OUTLOOK**

Not to be conquered by these headlong days,

But to stand free: to keep the mind at freedom.

On life's deep meaning, nature's attitude

Of loveliness, and time's mysterious ways;

At every thought and deed to clear the haze

Out of our eyes, considering only this,

What man, what life, what love, what beauty is,

This is to live, and win the final praise.

Though strife, ill fortune, and harsh human need,

Beat blind the soul, at moments blind and dumb

With agony; yet, patience — there shall come

Many great voices from life's outer seas,

Hours of strange triumph, and, when few men heed,

Murmurs and glimpses of eternity.

—Archibald Lampman.

When you are flouring pieces of chicken preparatory to frying, slit the flour paper, and mix with a piece of paper towel.

The paper may be gathered up and thrown away after the operation. The chicken may be drained on a paper towel after frying.

**Wife Preservers**

4 cup flour

1/2 cup salt

1 cup milk

1 egg

1/4 tsp. malted butter

Mix the salt and flour, add the milk gradually, then the unbeaten egg and butter. Beat 3 minutes with egg beater.

Turn into gem pans (greased and hot) and place in a hot oven for 10 minutes. Lower the heat and bake 20 minutes longer.

When baked fill with apple sauce or jam. Plain or whipped cream adds to their "goodness."

**Cook's Corner**

**POP OVERS**

4 cup flour

1/2 cup salt

1 cup milk

1 egg

1/4 tsp. malted butter

Mix the salt and flour, add the milk gradually, then the unbeaten egg and butter. Beat 3 minutes with egg beater.

Turn into gem pans (greased and hot) and place in a hot oven for 10 minutes. Lower the heat and bake 20 minutes longer.

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**Stay at Home**

Above all, if you have a fever, don't go out of the house. If you have no fever, and feel you must go to the office or out shopping, bundle up well. Better cancel all your social engagements until you're feeling better.

Take a hot bath before you go to bed.

Sleep in a warm room about 70 to 72 degrees, and keep the windows closed. While drafts won't cause a

Don't let cowwebs form in corners. Use the long rods that come with your vacuum cleaner to swish corners clean each time you vacuum your rugs. A wave of the rods and the job is done.

Temporary Immunity

Most persons are protected for a period of three or four months from catching a cold from the same virus. That's why most of you (two out of three) have about three colds a year.

There isn't much we doctors can do for you if you have a cold.

However, there are several things you can do for yourself.

If you have a fever, your head is stopped up and your eyes burn, go to bed and stay there for a minimum of two days. Even if you have only a mild cold, restrict your activities, at least for a couple of days.

There are others, however, that can strike you.

Aspirin will usually relieve headaches and other mild symptoms. Nose drops probably will clear the nasal passages and make breathing easier; but don't use them too frequently.

For Sore Throat

If your throat is sore, you can gargle every hour or so. Use warm salt water. You can make this by mixing half a teaspoonful of salt in a glassful of warm water.

If your cold persists, call your doctor.

Colds are seldom fatal in adults, but they can be mighty serious to an infant. I'll tell you tomorrow what to do if your baby catches cold.

**QUESTION AND ANSWER**

B. A.: How should I treat a sty?

Answer: When a sty first forms, the use of cold compresses is sometimes helpful in preventing its development. Later, hot compresses may be necessary to hasten the appearance of pus. If too much pus is formed, the sty may have to be lanced.

**Household Hint**

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### Curling Queen and Mr. Curler

One of the attractions at the Quebec International bospital Jan. 26-Feb. 5 will be 13-year-old Estelle Cote, shown being crowned queen of the Quebec City curlers and their candidate for queen of the Quebec Winter Carnival. The portly gent with the crown is H. E. (Sunny Jim) Weyman, known as eastern Canada's "Mr. Curler", organizer of the colorful 120-rink bospital for the last 16 years.—(CP Photo).

### New Lingerie Fashions

By ELEANOR ROSS

What woman doesn't enjoy exquisite lingerie?

Though styles change less frequently in lingerie than in outside clothes, there are vogues and fashions, often reflecting the trend of the moment.

**A Ready Market**

Luxurious slips, and handsome matching sets, found a ready market with Christmas buyers. Although many changes were apparent in underwear styling, the emphasis on easy washability continued.

No matter how frilly and delicate, most of the new undergarments can be dunked in suds, rinsed and hung to dry. "No ironing required" is a noticeable sign on many lingerie counters.

**Torso Slip**

The torso slip has become popular. This hugs the torso from bodice to hipline, fanning out with either ruffles and net, or a flare.

Of course, the full petticoats are still with us. But even that silhouette has been softened and modified.

A popular gift item, according to early reports on Yuletide shopping, was of white woven nylon with colorful bands of embroidery at the tiers of the stiffened skirt, the bodice with an Empire line.

The theory of the long, slim line

in lingerie is a sound one. In the past, some of the extreme flaring slips bunched up under close fitting suits, creating an unattractive line.

For wear with sheer blouses, there are lavishly done camisole top slips. One especially attractive design, billed as a convertible, may be used as slip or gown, as you choose.

Another special item shown in many stores is a petticoat elasticated to just below the hipline, where it bursts into layers of piped and cherry-trimmed ruffles. It comes with matching garters!

Unusual colors and fabric combinations are seen everywhere — on store counters, that is.

**Red for the Darling**

For the darling, there is red, on its own, or added to white and pastels. Beige is favored for now, and for spring, as is blue.

New in the luxury field is the frosted look in allover lace, lined with sheer fabric.

Wide rows of val lace and jewel trim are also in vogue. A slight touch of rhinestones adds charm to a luxurious matched set, which includes gown, robe, slip, petticoat and panties.

Fur print is growing in demand, too. The mink print is particularly well liked.

All are easy to care for and launder beautifully.

**By HERMAN N. BUNDESEN, M. D.**

### The Common Cold, Its Care & Its Cure

You might be immune to certain cold germs right now. You probably are if you have had a cold within the last month or so.

At least you're immune to the particular virus which caused your previous cold.

There are others, however, that can strike you.

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