

WOMEN

Page 8, The Guardian Monday, Nov. 28, 1955

LET'S EAT

Roast Turkey, But Bake The Stuffing Separately

By Ida Hestley Allen

"Your suggestion of baking the stuffing separately from the turkey, Madame, is a good time-saver."

"And better from the health angle, Chef," I added. "Scientists have discovered that when poultry is stuffed before roasting, both bird and stuffing may become contaminated even though refrigerated and reheated in the oven."

USUAL METHOD

"For years, chefs have baked stuffing separately. Here is our usual method:

"Pile the stuffing in an oiled casserole; cover and bake 1 hour. When almost done, stir in 2 or 3 tbs. drippings from the roasting bird for that good meat flavor. Then bake uncovered until browned."

"Now for my own special trick, Chef. To make stuffing lighter and more digestible, stir in 1 tsp. baking powder for each 3 c. crumbs."

TOMORROW'S DINNER

Mixed Vegetable Soup
Crackers
Stuffed Fillets of Flounder
Pickles
Baked Potatoes Winter Squash
Stewed Pears Ginger Snaps
Coffee Tea Milk

Stuffed Fillets of Flounder: dust 1/2 lbs. flounder fillets with salt, pepper and monosodium glutamate. Spread with savory moist bread

stuffing. Roll up, place in the oiled compartments of a muffin pan. Add 1 tsp hot water.

Top each fillet with 1 tsp. butter or margarine. Bake 30 min. in a moderate oven, 375 deg. F., or until the fish flakes and browns.

Serve with caper or tomato sauce. Savory Moist Stuffing: Mix 6 c. soft enriched bread crumbs with 1/2 c. melted butter, 1 1/2 tsp. salt, 1 tsp. monosodium glutamate, 1/2 tsp. pepper, 1/2 tsp. poultry seasoning, 2 tbs. minced onion, and 2 tbs. minced parsley. Then, stir in 2 tsp. baking powder and 1 c. hot water.

Fried Stuffing: Prepare as in the preceding recipe with these exceptions—Use only 1/2 c. water and 2 tbs. butter; slow-fry until golden brown in 2 tsp. shortening.

Celery-Nut Stuffing: Prepare plain stuffing; add 1 c. each minced celery and chopped pecan, walnut filbert, or Brazil nuts.

Sausage Stuffing: Prepare moist or fried stuffing; mash and add 1 lb. uncooked sausage meat. The Chef's Chestnut Fruit Stuffing

Slit the shells 1 lb. chestnuts. Place in a pan with 1 tbs. oil. Bake 5 min. in a hot oven, 400 deg. F. Cool. Shell and cut in bits.

Fry 3 c. fine enriched bread crumbs in 1/4 c. butter until yellowed. Add 1 tsp. salt, 1 tsp. paprika, 1 1/2 tsp. baking powder, the chestnuts, 1 c. seeded grapes, 1/2 c. cranberries, 1 tbs. sugar and 1 small-diced orange. Bake 1 hr. in an oiled casserole in a moderate oven.



WINTER WOOLEN

Designed by Susan Bouquet of Montreal—this unusual combination of jumbo-knit wool sweater and detachable, striped, hooded collar is ideal for winter outdoor wear. It features heavy ribbing and brightly colored yarns. (CP Photo)

MORNING SMILE

Wife: "Work hard and some day your ship will come in."
Husband: "Well, I hope it gets here while I'm still able to navigate."
—(Sinclair Lewis)

Words Of The Wise

There are two insults which no human will endure: the assertion that he hasn't a sense of humor and the doubly impertinent assertion that he has never known trouble.
—(Sinclair Lewis)

No Longer Junk



THE POOR WOMAN'S jewelry, called "costume" and sometimes even "junk," may now say farewell to the latter description. Designed and made with care and precision, it is now being worn by some of the world's smartest women. This is a British version from a London designer. The paste stones of the flexible necklace, bracelet and earrings are set in rhodium-plated silver.

Mother Risks Life To Save Her Children

FREDERICTON (CP) — A young mother of two risked her life and suffered first degree burns to save her children from death in their blazing Doak, York county home.

In order to carry the youngsters to safety the plucky young woman broke through a wall of flame in the kitchen and was badly burned about the face and hair. When she arrived in the open air the children were close to unconsciousness. Mrs. Munn stated.

The family clothing, money in Mrs. Munn's purse and all their personal possessions were lost in the fire. Mr. Munn estimated the loss to be \$6,000 and said neither house nor contents were covered by insurance.

COOK'S CORNER



DATE BALLS

1 1/2 cups chopped dates
2 eggs, well beaten
1 cup brown sugar
1 tbs. butter

Place butter in frying pan. Add above mixture; cook three minutes. Cool and add 1 tsp. vanilla. Roll in

Women Have Made World Better Place Last 40 Years

OTTAWA (CP) — Despite what some men may think, the world is a better place because of the political and social advances women have made during the last 30 or 40 years.

That was the reply given today by Mrs. Eleanor Roosevelt to a reporter's question at a press conference.

"It would not be a good thing to have a group, that makes up half the population and is still growing, without any responsibility," she said. Then, a good-humored twinkle in her eyes, she proceeded to enlarge.

Before women were allowed to vote, she said, governments reflected entirely the interests of men. Since women were given the franchise, however, the policies of governments had changed.

WELFARE CONSCIOUS

They were not entirely in the interests of women now, but the influence of the fair sex at the polls had made governments more conscious of such things as welfare

of children, social security and social questions generally. This had benefited everyone, not just women.

"If you go back you will find that all of this has come since the rise of women," she added.

Mrs. Roosevelt, in Ottawa to speak to the biennial meeting of the Hadassah Organization of Canada, said she feels still more women should be active as citizens—"just as more men should be."

Asked who she feels will win the Democratic presidential nomination for the U.S. election campaign next year, Mrs. Roosevelt said it looks at present as if Adlai Stevenson could win it.

The wife of the late Democratic president Franklin D. Roosevelt said she supported Stevenson in the last presidential election four years ago and she is doing so again. She said she has agreed to work on his campaign to win the nomination.

She felt he "is better prepared to meet the issues today" than other candidates who have been mentioned.



PARISIAN ACCENT

Jean Patou, one of the outstanding French designers, shows his interest in the straight but supple line in this chic tailored made of beige jersey acrylic fibre. The suit has a natural, molded silhouette with the shoulders barely

indicated. Shoulder padding, which appeared frequently throughout his latest collection, gives width at the top to emphasize the narrow slimmness of the skirt. A matching jersey hat completes the outfit.

KEEP IN TRIM

Keeping Normal Weight

By Ida Jean Kahn

Triumphant over the loss of 20 pounds, which changed her size from 20 to 18, a Cincinnati dieter has asked for a keeping slim plan. An incentive for losing always makes dieting easier. In this case, our dieter had been planning to visit her son who was stationed on the West Coast, and didn't want to take the extra pounds along with her.

"I feel so much better than before and get so many compliments that I would like to 'stay put' at my new weight. Please help me."

The best keeping-trim formula is to continue to stick fairly close to the protective pattern of eating, and never slip back into the habit of eating to belt-pressing proportions. Habit is a big factor in keeping slim. Recognize that appetite is governed by the capacity of the stomach, rather than "v food requirements, and that the more you eat, the more you will want to eat, for excess food stretches the stomach.

As the finish of a diet, over-eating for a couple of weeks won't add many pounds, but this re-conditions your appetite back up to its former high level—and pounds come bounding back on.

You have the upper hand on appetite now. Keep it. Scientific reports show that long continued restrictions of food intake can have a lasting effect on body weight regulation. Some reduces never have the desire to over-eat again. This is partly brought about by re-education of food habits. Then, when a lowered weight

level is established, nature steps in and co-operates. Continue to plan the three meals around the protective foods: eggs, milk and cheese, lean meat, fish or fowl (liberal amount), fruits, vegetables and bread and butter. These foods furnish the nutrients needed to make good the tissue wear and tear and keep the body in smooth running order. Much overweight stems from malnutrition, which means poor food habits. Continuing the light pattern of eating helps establish good food habits.

Many have asked the score on cocktails in a keeping-slim program. When a cocktail is taken before dinner, skip dessert. If the calories in food and alcohol will climb. Alcohol calories are speaking, and should never replace the protective foods.

weight before. If it was eating too much bread and butter, pin yourself down to 3 or 4 slices a day and a half pat of butter per meal. If second helpings were you weakness, don't slip back into that habit. Rich desserts? Then make it a rule to have a favorite dessert only once a week. Other times take fruit.

The ole of exercise is to keep the figure slim though the middle measurements. Five minutes of stretching, side bending and swinging daily can keep the muscles beautifully toned, and well-toned muscles help fat—and keep you figure young.

ELLEN'S DIARY

By An Island Farmer's Wife

What mysterious sense warned the flock of sheep at weekend that a snowstorm was brewing? To bring them at twilight in a quiet procession to the barnyard? Did they discuss the matter beforehand, we wonder? Did a placid-faced oldish ewe offer to another as she turned a cheek to catch the way of the wind of last Saturday afternoon, there where they gleaned tasteful bites on an upland meadow: "It's going to snow, Sister! Something keeps telling me. I can't say what. But I can feel it here in my heart."

And did the other agree "I was just about to mention the same thing to you? You fairly took the words from my tongue! It's that old feeling. Funny too—not a sign of it all summer, but along about this time of year in a twinkling there it is... I guess we're about done with sleeping out in the fields, aren't we?"

"Am going to miss it too," did the first ewe sigh. "It's so nice to rest in the open beneath the moon and stars. But it's good to be sheltered from the storms too, and have food in plenty to eat... Do you think we should be moving home to barn? Or maybe we can stop to enjoy a few bites more?"

We do not know. In any event they came in from the fields in advance of it and were content to linger about.

The first snowstorm! Out of a bleak day and lowering clouds it came to home? You fairly took the words from my tongue! It's that old feeling. Funny too—not a sign of it all summer, but along about this time of year in a twinkling there it is... I guess we're about done with sleeping out in the fields, aren't we?"

"This is winter," a visiting farmer started to work to know how in the houses and buildings about there is water on tap.

What a winter-white world we came to this morning—yards, fields and weighted evergreen boughs! "This is winter," a visiting farmer started to work to know how in the houses and buildings about there is water on tap.

"Oh, let's not call it that yet!" we chuckled. "Well if this isn't winter, Ellen," he replied with a funny smile, "by what name will we call it."

Moonlight now on the snowy roofs a white night, hushed and beautiful. Until tomorrow—Diary—Good-night.....

MARY HAWORTH'S MAIL

Woman Worries About Divorced Son's Estrangement

DEAR MARY HAWORTH: Two years ago our son's marriage of seven years ended in divorce. We don't know too much about it, as he lives a great distance away. But we do know that his wife married again almost immediately.

The fact before the divorce was final. The second marriage was a civil ceremony performed in another jurisdiction, I understand.

The new husband belongs to a church that doesn't recognize marriage to a divorced person as valid. This is his first marriage and he still goes to church and is thought by others to be a communicant, probably because the church authorities don't know the facts. Our son was married to the girl in a church ceremony.

Bob let Joyce proceed with divorce and have her way entirely—not realizing there was another man, and thinking she would come to her senses and return to him. He has developed a sound philosophy about the rift, but years for his children, whom he supports. He isn't allowed to see them, and doesn't insist upon his visiting rights, lest the controversy do them more harm than has been done already.

DON'T INTERFERE Bob is sure that the children, when older, will see the injustice of things and come to him voluntarily. We've kept entirely out of the fracas, partly because that is Bob's wish and partly because we feel so ignorant and helpless. Ours has been a long, happy marriage; and we believe in the sanctity of the marriage vows. We know little of the ins-and-outs of divorce.

However, in the jurisdiction where Bob was divorced, once the children are given to the mother, it is almost impossible to take them from her, unless she is alcoholic, a prostitute, or proved insane.

Our chief concern is the children and we think Bob is right—that a custody fight can only harm the children. Yet we also feel that the shoals into which the new marriage is heading inevitably may do them even more harm. What do you think? Our hands are tied; but are Bob's necessarily so? E.P.

MAN REJECTED DEAR E.P.: The picture of Bob that emerges from between the lines, is that of a man who really didn't care very much about his wife and children at the time of divorce. It appears that he was unconsciously relieved by his

where a first whirling snowflake blown by an unfavorable wind and gusty drew forth a remark we had heard before on similar occasions from James: "Let those fortunate enough to be at home be content to stay there; and let those abroad get started at once on the homeward way. It's going to be a bad one."

Our worry in storms nowadays is that "the power" we have come to depend on so much of late may suffer an interruption, thus throwing our world about into confusion. We can manage without the lights but even a brief cessation in the water system is cause for alarm.

Not only for the needs of the houses and stock, but when winds bluster and drifts run, the danger of fire is increased. And the dreaded word starts in mind. At such a time it brings comfort to hear the pup start to work to know how in the houses and buildings about there is water on tap.

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wife's decision to separate and take the children—as if he welcomed a breather from domestic harness.

His assumption that he didn't have to lift a finger to solve the trouble, that Joyce would be back eventually—on her knees, he figured—shows how rejecting he was, at the crossroad. Because he didn't much want her then—feeling fed up after seven years' marriage—he theorized that nobody else would be interested, either. In his blindly complacent, punitive indifference to her, he completely overlooked the watchful other man—whom she hastily married for security, perhaps.

Bob's insistence that you stay out of the fracas, and his air of leniency towards Joyce's animosity—so as not to hurt the children further, he says—suggests a secret conviction on his part, of having cast them off two years ago. He may sense that his innate desire was to be rid of them—as he let Joyce go by default. Maybe he was in the mood for a fling; and it is only as time wears on that he yearns to see his children.

DISLIKES STRESS It is my impression that you a gently prodding Bob to claim visiting privileges, or custodial sharing, as regards the children—primarily that you may get to know them. And he is tactfully evading your pressure, giving various excuses for taking no action. Fundamentally, he is probably indisposed to press for "rights," largely because he dislikes the stress of child-care—and doesn't doubt Joyce's devotion to the task. The present set-up, though unsatisfactory, suits him better than full responsibility would, I take it.

He seems inclined to let time work things out; and I advise you to adjust to that attitude. If Joyce's new marriage goes on the rocks, don't be holler-thang-thou. Rather count it second chance for Bob to make good on his past mistakes.

M.H. Mary Haworth counsels only through her column, not by mail or personal interview. Write to her in care of this newspaper.

Wife Preservers When you are getting ready to use an electric washing machine, be sure to sort clothes in the order of temperature of the water needed for washing as well as according to the amount of soil.

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SPARKLING FASHION

Rhinestones, beautifully cut, designed and set, supply much of the elegant glitter seen under the bright lights this season. Fine costume pieces shaped to conform to the idea of "jeweler's jewelry" are now in stores awaiting to enhance opulent evening outfits. Trifari does an exquisite series in a royal plum design, the necklace shaped and flexible so that it conforms evenly to the neck contour, a feature of a really good necklace. Tiny rhinestoned plumes for the earrings.

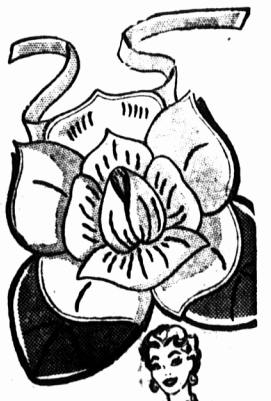
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Wife Preservers



When you wash corduroy, which is popular this season, turn the garment inside out before washing to prevent a deposit of lint on the surface.



by Alice Brooks

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