

WOMEN

Wednesday, Oct. 6, 1954 Page 8 The Guardian

LET'S EAT

Serve Pot-Au-Feu, A French Favorite

By IDA BAILEY ALLEN

"A TISKET, a tasket, a pretty bread basket," hummed the Chef, as he sliced away at a long loaf of French bread, and stacked the slices in an attractive wicker bread basket.

"I hope the ladies always first put a paper doily or folded napkin in the bread basket, Madame, and that they keep the doily in the cupboard away from dust. It should also be 'dunked' often in warm water for cleanliness.

Plastic and Hand-Woven

"The new plastic baskets are attractive, but they do not have the charm of the hand-woven ones. I especially like that big shallow tray-like basket you just bought, Madame. It will be perfect for sandwiches or assorted fruits. In this case a lining of aluminum foil will make a glamorous background for the food."

TOMORROW'S DINNER

Beef Soup Croutons
Pot-au-Feu Assorted Vegetables
Coffee Peach Custard Pie Milk
Peach Custard Pie: Line a 9-in. pie plate with pie pastry rolled a scant 1/4 in. thick. Peel and thinly slice 6 fresh peaches. Add 1/2 c. sugar, 1 tsp. cornstarch, 1/2 tsp. salt, and 1/2 tsp. cinnamon. Arrange in pie plate.
Beat 2 eggs slightly. Add 1 1/2 c.

milk; pour over the peaches. Bake 10 min. in a hot oven 425 degrees F. Continue to bake 35 min. at 350 degrees F., or until a knife, inserted near the center, comes out clean. Serve cold.

THE CHEF'S POT-AU-FEU

Mesdames: Pot-au-Feu, which is French for pot-on-the-fire, is a favorite dish in France, where it makes the main part of the dinner, including the soup, meat and vegetables. It also provides oddsends to make a thick stew for a third meal. Here is the way to make Pot-au-Feu.

Rub 5 lbs. inexpensive high-protein shin or shank of beef with a mixture of 2 1/2 tsp. salt, 1/2 tsp. pepper and 1/2 c. flour. Slow-brown all over in a fat in a large heavy kettle. Add 3 bay leaves and 3 qt. boiling water. Cover and simmer 2 hrs., or until almost tender.

Then add 1 lb. quartered peeled carrots, 1 1/2 lbs. sliced turnip, 12 medium-sized peeled onions and 12 peeled medium-sized white potatoes. Slow-boil 35 min. Strain off the soup. To it, add 1 c. thick-sliced celery and 1 lb. coarse-shredded cleaned spinach or kale. Simmer 25 min.

Serve the soup in bowls, garnished with croutons. Slice the meat and arrange down the center of a platter with the vegetables around the edge. Pass horse-radish sauce.

Wed at St. Dunstan's Basilica



Pictured above are Mr. and Mrs. Wilbert Collins McInnis and their attendants. Reading from left to right are: Mr. Noel Wilson, usher; Mr. Arthur McInnis, groomsmen; Mr. and Mrs. Wilbert McInnis, the groom and bride; Miss June Carroll, bridesmaid; and Mr. Richard Carroll, usher.—(Photo by Meyers Studio)

St. Dunstan's Basilica, decorated with gladioli and vigil lights, was the scene of a pretty summer wedding recently when the Rev. Monsignor McMahon united in marriage Mary Claudia, eldest daughter of Mr. and Mrs. Claude Carroll, to Wilbert Collins, son of Mr. and Mrs. Arthur McInnis.

The bride, given in marriage by her father, wore a white floor-length gown of nylon net over slipper satin with fitted bodice. Her headpiece was a matching finger

tip veil and she carried a cascade of red roses. The bridesmaid, Miss June Carroll, wore a flamingo gown of nylon net over taffeta with matching headpiece and carried a nosegay of yellow roses. Mr. Arthur McInnis, brother of the groom, was best man.

Guests were ushered to their seats by Mr. Noel Wilson and Mr. Richard Carroll. During the ceremony appropriate hymns were rendered by Miss Joan Murnaghan and Mr. Frank McIntyre, accompanied by Mrs. Joseph

Dougan as organist. Following the ceremony a reception was held at the Queen Hotel. Mr. Arthur McInnis acted as toast master. The toast to the bride was proposed by Rev. Louis B. Dooley and responded to by the groom.

Mr. and Mrs. McInnis left by car for New York and other American cities. For travelling the bride wore an aqua blue suit with navy accessories. Her corsage was of white carnations. On their return Mr. and Mrs. McInnis will reside in Ch.-lottelown.

MARY HAWORTH'S MAIL

Jealous Mother-in-Law

DEAR MARY HAWORTH: In an inter-family disagreement like ours, an unprejudiced opinion seems advisable. My mother-in-law and I have had open conflict in recent months, and I am beginning to wonder if I am at fault; if there is anything I ought to do. Or should I let time reconcile us? John and I have been married over a year. He is an only child and his mother is very fond of him. She still writes to him in a nostalgic vein, recalling their "good old days." I try to put myself in her place imaginatively and realize how lonely she is; and I can understand her feelings; but I also think she has had time to adjust to the new conditions.

A while back John's mother charged me with doing her an injustice and, although I felt she was at fault, I gave her the apology she demanded. But only after I had thought things through and could do it honestly. However, even after that we weren't the friends we once were.

MOTHER TAKES QUICK OFFENSE

Later she returned my note of apology, also sent back some gift, angry because John missed calling her just one day during all of our vacation. She also told many untruths about John and me, knowing they were untrue. John has said he will renounce her if necessary; but sometimes your family is your only reason for being; and I don't want him to give up his mother. I feel another letter from me would be resented; also any person-to-person talk. I have tried to conquer any resentment in my heart, and will do my best to promote peace, for the sake of all of us. But what to do? Have you any suggestions? V. R.

CASE OF FEAR CAUSING TORMENT

DEAR V. R.: In a problem of this kind, the mother (or mother-in-law) is almost entirely at fault in the sense that she is throwing inappropriate infantile feelings around like explosives. And being nasty with married children about their spouses, for the primary reason that she herself hasn't matured emotionally. Marriage, his mother is inappropriately jealous and unsuitably anxious, like a tenacious child, who is fighting another associate for full possession of a mutual "best friend." Her predicament brings forcibly to mind the words of St. John: "There is no fear in love; but perfect love casteth out fear. He that feareth is not made perfect in love." Her behavior in respect to John and you falls desperately short of "perfect love."

She jealously resents having to share his existence and affections with another woman; and fears that he may let her slide into the background of his life, if she stops playing upon his heart-strings with nagging demands for sentimental rationals. This is the meaning of her jousting and putting.

LEARN TO TURN ON INNER LIGHT

Essentially Mrs. X (let's call her) poses a problem of spiritual need. She yearns for a conviction of personal significance, for a source of psychological nurture, that will dispel loneliness, relieve monotony and survive the transiency of human ties. To find all this—and it can be found—one must first "find himself," as the saying goes.



Now that her mothering task is terminated, now that her son has a wife to take over the woman's job in his life, Mrs. X feels frantically at a loss—unwanted, discarded, outworn. That's why she tries to recapture the past via nostalgic references. John's mother ought to stop plucking at his coat tails. She must look within herself for the help she needs. She may unlock the powers of heaven on her own behalf, by means of prayer—if she prays aright. My advice to all of you is to develop know-how in asking God for inner light in times of stress. For guidance along these lines, study such books as "The Sermon on the Mount" or "Power Through Constructive Thinking" (Harpers) by Emmet Fox or "God's Reach" (Macclaster P.) by Glenn Clark. Or "The Christians Secret of a Happy Life" (Doubleday) by Hannah Whitall Smith. M. H.

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

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Guard Against Smallpox

THE location and size of their vaccination is about the only thing most people think about in relation to smallpox. They have no idea of the severity and danger of the disease.

Rare in the U. S. A.

Because of widespread vaccination, this disease has become a rare occurrence in the United States, with many large cities not having seen cases for years. However, in a recent study of a group of men entering the Army it was found that almost ten per cent of them had never been vaccinated; of those who had been previously vaccinated sometime during their life, 12 per cent were in need of revaccination in order to continue their immunity.

People living in rural communities are less likely to be vaccinated than those living in the city.

Frequently Fatal

Smallpox can be quite severe, with high fever, chills, headache and then the typical rash. At first this rash consists of small red spots that raise to pimples and later form blisters containing pus. Smallpox can be fatal to both children and adults and may leave its victim with many disfiguring pock marks on his body. In order to maintain our high standards of health, it is best that we continue to preserve our immunity to smallpox with vaccination at three to five year intervals.

QUESTION AND ANSWER

J. L.: Will a nearsighted person's eyesight become worse at night?
Answer: Yes, nearsighted people become more so at night, since dim light increases their difficulty.

Millinery Lines



By ALICE ALDEN

Keeping pace with the new and handsome season-spanning or transition clothes, are hats that are just as jaunty, just as right for late summer and early fall. Nearly every hat shows either evidence of more hat in its lines or at least a suggestion of a deeper head fit, which marks a departure from the shallow lines that have obtained for so long. This nice little number is fashioned of shaggy rabbit's hair felt in soft gray and is banded with twists of two-toned gray jersey wool, stabbed with a slender quill.

KEEP IN TRIM

It's Fun To Share Exercise

By Ida Jean Kain

Let's share the ups and downs of calisthenics. One reluctant exerciser writes that to her way of thinking the floor is so uninteresting she can't seem to work up any enthusiasm for toner-uppers, and requests an on-your-feet streamlining routine. Perhaps you share her opinion on this score.

But first, let me explain why exercise authorities stress mat calisthenics. Exercises taken from a lying-down position are more fool-proof because you can forget about posture, and there is less chance of strain. However, if you have a naturally good posture and your weight is not excessive, and you get more of a "lift" from a standing routine, fine — put the emphasis on stretching, pulling aim through the midsection; on side-bending while holding the up-stretch, and on leg swinging to slim the hips.

An exercise enthusiast sends along a note, warning beginners not to overdo. "Tell the eager beavers they won't feel the effects of an overdoose the second day, but on the third day!" Right. Three to five minutes a day of smooth stretching and gentle bending will be ample for the first week. Easy does it.

Many inquire as to the best time for exercise. That is an individual matter, the only rule being not to take vigorous exercise within an hour and a half after eating a hearty meal. Exercise brings the muscles, and following a meal, it is needed in the stomach to aid digestion.

As to the time of day, that depends on your own schedule. For the housewife, the middle of the morning, after the family is out of the way, is ideal. Or mid-afternoon. It is always more fun to exercise with a friend or with a group, and many homemakers take group exercises with other members of their

class after the working day is over helps them feel fresh again. They like to go to the YWCA or to some other organized exercise or dance class and have fun with their slimming.

As for exercising just before retiring, here again it depends on the individual. A vigorous workout there is too stimulating for some, but for others it induces sound sleep.

Exercise should always be suited to the individual. The important thing is regularity. A little each day makes for habit — beautiful habit.

If you have a system that brings happy returns, share it with us.



Cook's Corner

SPICE DROP COOKIES

1 cup brown sugar
1/2 cup butter
1 cup chopped raisins
1 cup walnuts
1 1/2 cups flour
1/2 teaspoon soda
2 eggs
1/2 teaspoon nutmeg and cinnamon
1/2 teaspoon vanilla
Cream butter and sugar then add eggs (beaten well). Sift flour, soda and spices together, sifting part over fruit and adding remainder to egg mixture, add vanilla and fruit and drop on greased pan. Bake in moderate oven.

—Mrs. Albert Sharpe, Eilersie W. I.

Chocolate Doughnuts

2 eggs
1 cup white sugar
2 tbs. melted butter
vanilla
1 cup sour milk
1 tsp. soda
1 salt
2 squares of chocolate
Melt chocolate in butter and milk. Mix in usual way, fry in deep fat.

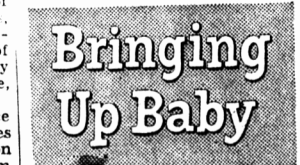
Household Hint

More steps are taken by the housewife between sink and stove than between any other work centers in the kitchen, a survey reports.

Hence, if you're building a house, or remodeling your kitchen, see that sink and stove are located as near each other as possible.



Flannel broom covers allow you to get at cobwebs and dusty crevices; they slide onto the broom easily, stay put with elastic edges, and are easily washed in hot suds.



Hints Collected by Mrs. Helen Coker (Mother of 5)

An enterprising mother we've heard of tried this simple trick to get baby used to spoon feeding. She placed a bit of food on the spoon and turned it upside down before putting it in baby's mouth. Since the food touched the tongue instead of the roof of the mouth, baby soon learned to swallow without difficulty.

Spoon feeding is often made simpler if you start baby off on solid foods with tastes and textures designed just to please his tender tongue. Like Gerber's Cereals. Little beginners will go for their smooth, good-tasting texture and bland flavors. Important, too—Gerber's Cereals are enriched with vitamins and minerals so essential to growing tots. For taste variety, rotate all five: Mixed, Rice, Barley, Oatmeal and Wheat Cereals.

P.S. Gerber's Cereals are easy for mother, too—all are precooked and ready-to-serve. Just add milk or formula.

Reflected glory. A mirror hung behind baby's dressing table works wonders in cutting down the wiggles. Baby will glory in studying his reflection and yours, probably kick up far less fuss during diapering.

Love at first sip. Baby's first food after milk may well be orange juice! And we ones almost always love Gerber's Strained Orange Juice from the first sip on. Made from tree-ripened oranges, it has the natural color, the mild natural flavor that appeals to babies. Carefully pasteurized for baby's protection and uniformly high in the Vitamin C so necessary to all infants.

These chilly days may indicate that overalls are the best all-round costume even for a small baby. You can make awfully cute ones for a tiny girl or boy out of striped mattress ticking.

This is IT! The new, faster, easier HOME PERMANENT, so quick it named itself!

Quick

by RICHARD HUDNUT

With the lanolized waving lotion that takes in only 10 minutes!



I'm for lanolin! Why risk that dry, dull, lifeless look when there's lanolin in QUICK's waving lotion to help protect your hair from damage...keep it healthy! MY QUICK curls are soft and shiny and perfect lambs to manage.

You think a pincurl's fast? It's the swiftest timing that counts! QUICK's waving lotion takes in only 10 minutes; with my shaggy hair I can give myself a QUICK in just 1 hour. That includes winding, waving, neutralizing!

QUICK'S easy as pie! Just three things to do. Wind, wave and neutralize. And what a neutralizer! It's actually a Wave Vitalizer, and you dab it on your curls just once, quick-as-a-wink. Makes them last longer...lots livelier!

Pick the QUICK that's right for you



Pick QUICK if you want a longer lasting, livelier wave that you can't tell from naturally curly hair!

REGULAR for normal hair
SUPER for fine, hard-to-wave hair
GENTLE for easy-to-wave hair, bleached, dyed or tinted hair
\$1.75

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Richard Hudnut
TORONTO • NEW YORK

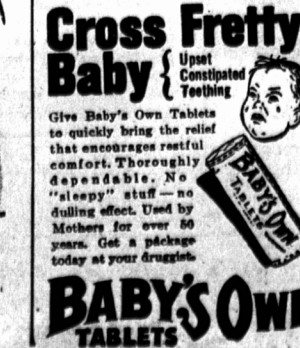


There were machine-lights in the lane a moment ago. And now there are familiar steps in the hall. And a voice: "Where-ever have you been Ellen? I've been looking for you 'all over!' Come down this minute," there is a chuckle, "and give an account of yourself!"

Anne Adams Patterns



FALL WONDER!
For the prettiest fabric you can find — this shapely dress with dashing details. See the way this curve-conscious line softens your shoulders, narrows your waist, billows the skirt. Sew it! Wear it! Now right through winter! Choose flannel, taffeta, or winter cotton.
Pattern 4580: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/2 yards 45-inch fabric.
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.
Send order to ANNE ADAMS, care The Guardian, 60 Front Street West, Toronto.



Give Baby's Own Tablets to gently bring the relief that encourages restful comfort. Thoroughly dependable. No "sleepy" stuff — no dulling effect. Used by Mothers for 25 to 30 years. Get a package today at your Druggist.