

WOMEN

Monday, April 11, 1955 The Guardian Page 3
LET'S EAT

Festive Spring Menus

By Ida Bailey Allen

Spring flowers plucked by eager little hands. A blossom for father's buttonhole as he steps out on the job. The sky is blue, and spring's on the wing.

Evening. The low bowl on the dinner table overflowing with hepatica, blood root, anemones, bluebells pulled by the lightest baby. There's a simple meal with a big bowlful of dandelion greens and mother and the youngsters culled from the front lawn. A happy meal.

A Happy Time

And meal-time should be "happy time." A time of good food, good cheer, interesting conversation, with never a sulky face or a frown. No matter how "good" the food may be, how perfect its cooking, no meal can be happily digested if quarrelsomeness, worry, nagging dispositions steal the show.

This week let's arrange spring flowers on our dining tables, and choose springtime foods, or garish year-round foods with a springtime touch.

DINNER FOR HAPPY EATING

- Frozen Melon Ball Cocktail
- Broiled Chopped Sirloin
- Lemon Butter
- Hot Dandelion Salad
- Whipped Potatoes Carrots
- Grapefruit Whlp
- Coffee Tea Milk

KEEP IN TRIM

Thin Girls Are Gaining

By Ida Jean Kain

A heartening new trend in letters from the thin girls reveals they're adding weight and developing "new figures." Let's hope this will inspire other underweights to give the Grade A Nutrition Menus a chance. All thin girls interested, tune in . . .

Many of you complain of a "filled up" feeling early in the meal. So often the cause is tension. The stomach becomes restricted at the top, resulting in a feeling of fullness. Frequently this is the result of going past the regular meal hour. Although the need for food is there, with the edge off your appetite, you cannot force yourself to eat. Regularity of meal hours encourages normal appetite. When forced to postpone the meal hour, have something particularly appealing, and eat leisurely.

Mealtime should be a happy interlude in the day's activities. The tense working girl is inclined to take her work with her right along to lunch . . . leaning forward to make a point even before she orders food, and talking intently straight through the second cup of black coffee! There is nothing to be gained by this pattern . . . except ulcers. Why not organize a society for the prevention of shop talk at lunch? Relax, you will find meal-time more enjoyable, and life more interesting.

Homemakers need to relax at lunch too. If you're the type who tends to do "just one more thing" before stopping to eat, deliberately break that pattern. Eat be-

fore you feel too weary, it can make all the difference. Look, it's your life—you need not be a slave to routine. Enjoy your day. Gaining menus should be planned around the protective foods which furnish tissue-building materials and nutrients that aid assimilation. Make sure to include these foods daily: Three glasses of whole milk as a beverage or in food; an egg; a liberal serving of meat, fish or fowl, with liver or other meat organs the choice at least once a week; a dark green or yellow vegetable; other cooked and raw vegetables; a citrus fruit or juice; whole grain or enriched cereal; plus bread and butter.

Which meal do you tend to neglect? Improving that one meal may be all that is needed to help you reach desirable weight. It may be several weeks before you see results on the scales, but in the meantime, the new food habits are all to the good.

Here is an encouraging letter . . . "Inasmuch as your diet 'Grade A Nutrition for Weight Gaining' has been so successful for me, a friend of mine has asked for the diet and the exercises. 'Curves for the Thin Girl.' Many thanks for my 'new figure.'"

Household Hint

When fitting or buying a dress, blouse or suit, notice the top shoulder seam. It should be centered on top of the shoulder and inconspicuous from front and back.



Urban Elegance

The woman who lives a full, busy city life has much use for a suit of the elegant, feminine type, a suit that is striking and distinguished but never overdressed. Arthur Jablow never dresses the call with a model that is a mingling of beautiful cut and design and superlative fabric. It is done in a new weave, a silk flannel fabric in maroon on gray with a rose colored jacket lining and a full-blown pink rose at the waist, curving collar of the portrait neckline. The back of the suit has its own interest—a notched button and buttonhole detail that slits the back of the collar and the bottom of the jacket. A full-length fan pleat gives graceful movement to the slim skirt.

Cook's Corner



STUFFED PORK CHOPS

- 6 thick pork chops
 - 2 c. toasted bread crumbs
 - 2 tbs. melted butter
 - 1 small onion, grated
 - 1 tsp. salt
 - 1/4 tsp. pepper
 - 1/4 tsp. ground sage
 - 1/2 c. undiluted evaporated milk
- Have butter cut slits in pork chops for dressing. Blend crumbs, butter, onion, and seasonings. Stuff chops with dressing and fasten with small skewers or tie with cord to hold stuffing in the chops. Brown chops in frying pan. Arrange in baking dish; add milk. Bake in a moderate oven (350) for 50 minutes. Cover casserole for first 25 minutes; then uncover for remaining baking time.

DATE SQUARES

- Filling: 1 lb. dates, cut up
- 1 cup water
- 1 cup sugar
- Boil until thick

- Dough: 2 cups oatmeal
- 1 cup brown sugar
- 1/4 cup shortening
- 1 cup flour
- 1 tsp. baking soda

Mix altogether till fine. Press half of this in bottom of pan. Add date filling. Add other half of dough, pat lightly. Bake in oven at 350 deg. till lightly browned.

ONE EGG CUP CAKES

- 1/4 c. shortening
- 2/3 c. sugar
- 1 egg
- 1 1/3 c. flour
- 1/4 tsp. salt
- 2 tsp. baking powder
- 1/2 c. milk
- 1/2 tsp. vanilla

Thoroughly cream the shortening and sugar; add the egg; beat thoroughly. Sift together the flour, salt and baking powder and add alternately to first mixture, with the milk and vanilla. Fill greased cup cake pans two-thirds full. Bake in a moderate oven (375 deg. F.) for 20 minutes. Makes 1 dozen cup cakes. Frost with fluffy frosting tinted as desired.

MARY HAWORTH'S MAIL

Married 24 Years, Matron Defeated

DEAR MARY HAWORTH: Jim and I have had many quarrels in our 24 years of married life, but with all our misunderstandings I never gave up hope until recently. But now I know I must learn to live the rest of my life with Jim as he is, or face the cold world alone—which I am totally unprepared to do. Being from an underprivileged family I didn't finish high school.

Jim has been a good provider, and the children (now married) and I always had food and clothing—although at times I had difficulty getting the latter. For some peculiar reason Jim felt it more important to have a household of furniture than to own a pair of socks without holes.

Now with our house half paid for, and more margin for saving and spending, you might think we could relax and get more pleasure out of life; but I am more miserable than ever. When the children were here we couldn't afford a car; and now that we can, Jim says he never expects to own one—"They're too expensive," he puts it. So my hope of going out in a car of our own is shattered.

Did They Ever Love Each Other?

I love our house and take great pride in it, and completely please Jim in cooking and housekeeping. He is satisfied as long as I do exactly as he likes, but one must have a change of scene occasionally, and Jim shows no understanding of that. In the 24 years we've been married, we have visited his home town about 10 times; have visited my sister once; and have gone to the movies perhaps five times. Once a year we attend a dinner given by his firm. We never go to church together. Looking back, the record seems unbelievable but it's true.

I wonder if we ever loved each other. He probably thought I was very cute at 18, and I was flattered that a man eight years older seemed completely in love with me. I think we both were running away from what was an undesirable existence. Jim, being an introvert, wanted to get away from boarding houses; and I was smitten with the idea of a modern home. Please comment on our situation. R. F.

Not Uncommon Marriage Crisis

DEAR R. F.: It seems you were a bride at 18, and you've been married 24 years, which puts your age at about 42—a comparatively youthful age nowadays. No wonder you feel explosive with discontent, as Jim, stolidly refuses to accept the larger life you both might have, since the children are launched and your money goes farther.

As Jim's attitude won't yield to a direct appeal to reason, you face a challenge to grow in spite of the obstacle he poses. How do this? By acting to make the best of your situation, not leaning limply towards him for leadership or fellowship.

Jim's penny-pinching psychology is a blend of selfishness and anxiety. It reflects defensiveness and pessimism carried over from a cheerless childhood and youth. Don't fight it; but don't let your spirit be broken by it. If you haven't a car in which to get around, remember there are other modes of transportation: 1. Walking, a splendid tonic for mind and body. 2. Streetcar, taxi and bus in the city from which you write. 3. Trains and buses for cross-country travel, also planes for those who prefer.

Later Life Should Expand If Jim hobbles you socially by holding the purse strings, so that you can't make visits or welcome friends or participate in church work as you would wish, the obvious remedy is to get a part-time salaried job, to produce some pocket money of your own.

The simple fact of working outside the family ought to be beneficial, aside from the income. It should turn your thoughts away from domestic tedium and fret, and give you fresh fields of interest to browse in. It should give back significance to your days; restore a quickness-of-being that vanished when the children took wing. Here is the crux of your recent dejection, I think—this let-down feeling that life has lost meaning and hope.

It isn't uncommon for couples in middle age to suddenly see their situation stripped of illusions, and certain chronic frustrations starkly exposed—as the bustle of childbearing recedes. They recognize the meagerness of their alliance, and come down with melancholia, or break loose in phantasmagoria—a phenomenon once known as middle-aged madness. You are in such a crisis now, and the cure is to get in the swim of the larger life, to serve



Rushing The Season

Sunny spring temperatures have been luring people to Vancouver beaches, but pretty Sky Grenfeld discovered the water was still a little too cold for a dip. The weatherman said she would have to wait about another six weeks for good swimming conditions.—(CP Photo).

ELLEN'S DIARY

by an Island Farmer's Wife

Searching—that was a today's word: blowing strong along the fields, whipped cold on an ice-iron of the northern wastes of white . . . Granddaughter and a pair of little folk from the neighborhood, on the way home on foot from their school down the River Road, stopped where the silver of pussy willows blow by the roadside, to gather intriguing bouquets of them—tucking in besides, pieces of pine and the green lace of hemlock.

A different day this one has been at Alderlea, with some members of the Family including James, laid aside more and less, from the usual round, victims of the prevailing flu of this spring. He went down over the week-end when about the yards steps became heavy—too heavy to direct any farther. He has gained a week's rest in bed, accepting Fate's dictum not at all graciously or without protest on his part. How without him, will the choring be kept up?

As he pointed out somewhat feebly today, "It wouldn't have been nearly so hard on us if the seizure had come, say, a couple of weeks later, by which time litters due shortly would have been here."

He is much improved today—soaring temperature down, taking a little nourishment and asking for the pipe wholly neglected of the greater good. Once your children are grown, you should therefore belong more to humanity than to the home. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Whether or not he will be content to reckon his week in seven inactive days remains to be seen.

Meanwhile Jeanie is substituting in part at the stables. She comes in at times to attend to our needs and, in a strange departure from our usual good health, to take the temperature of one—may be two milkish ones, now confined to the house.

"Don't try to talk, Ellen, when the thermometer is in your mouth," James advised us this morning. "How do you expect Jeanie to get the correct reading if you persist in taking—surely three minutes is not a long time to be silent!"

"I'm afraid you'll have to repeat what you were saying, now that the glass is out," Jeanie offered to him later. "Yes," she nodded "the boys" (for Rob and come to help the younger farmers) "have moved them to the maternity pens—I was inquiring, there are no little ones yet . . . That's what I thought you were asking."

So the kitchen was a lonely place today, all but deserted in favor of the bedroom above. But our miseries—James hard-hit, and ours less annoying—will pass. Then we shall pick up the temporarily rested threads of our work, James at the stables, we bringing wood to the box in the porch and attending to the cares of our housewifery "in everything giving thanks"—realizing then how good it is, how extremely satisfying to come again strong and well to the various tasks that are ours.

Until tomorrow . . . Diary
Good-night . . .

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"Oh! What's his name?"

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