

WOMEN

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LET'S EAT

Protein In Cereals

By IDA BAILEY ALLEN

"HOW much protein do cereals contain, Madame?" asked the Chef. "That depends on the variety," I replied. "In any case, cereal protein is what is known as 'secondary,' and must be combined with 'primary' or 'animal' protein to complete the amino acid balance, and induce body growth in children, and the repair of cellular tissues in persons of all ages, from baby to grandpa.

A Balanced Protein Food
For this reason, cereal combined or served with milk, eggs, meat, poultry, cheese or fish becomes a balanced protein food.

"Which cereal naturally contains the most protein, Madame?" "Oatmeal and rolled oats are in the lead with approximately 17 to 18 per cent protein. Corn-meal, shredded wheat, bran flakes, and other cereals are equally high in protein.

Variation in Content
As to the wheat cereals in general, the protein content varies from 8 to 14 per cent. This depends on whether they are made of hard or soft wheat. Cereals made

from hard wheat such as puffed wheat and some wheat flakes, contain 11 to 14 per cent protein. Those made from soft wheat such as rolled wheat, shredded wheat and certain wheat and bran flakes, contain from 8 to 11 per cent protein.

"How about barley, Madame?" "Both Scotch and pearled barley contain about 12 per cent protein; cornmeal and hominy about 12 per cent; cornflakes 7 to 8 per cent, and rice flakes and other rice products such as puffed rice, white brown and converted rice contain 5 1/2 to 6 1/2 per cent protein elements."

TOMORROW'S DINNER

Vegetable Soup
Veal à la King in Rice Ring
Pudding
Chopped Spinach
Parsnips Saute
Apricot Cake

Rice Ring: Prepare 1 recipe for flaky rice. Beat and add 1 grade A, B or C egg with 1 tsp. margarine. Stir into the rice with a fork. Fill a buttered qt. ring mold with the mixture. Bake 10 min. in a moderate oven, 350 degrees F.

Apricot Cake: Cream together 1/2 c. shortening and 1/2 c. cream cheese. Work in 1/2 c. already-sifted enriched flour sifted again with 1/2 tsp. salt. Transfer to a board or pastry cloth dusted with flour. Roll 1/8 in. thick. Fit into an oiled shallow 7 in. x 11 in. pan. Arrange well-drained canned apricots on top, round side up. Pour over 1/2 c. commercially-soured cream. Sift over 1/2 c. confectioner's sugar mixed with 1/2 tsp. cinnamon. Bake 30 min. in a moderate oven, 375 degrees F., or until delicately browned. Sift over 2 tbs. additional confectioner's sugar. Cut in squares; serve warm.

TRICK OF THE CHEF

Thicken 1 qt. vegetable soup with 1 tbs. farina slightly sautéed in 1 tbs. butter.

Date Drop Cookies

3 cups flour.
2 eggs.
1 1/2 cup sugar.
1/2 cups sour milk.
1/2 cups melted butter.
1 heaping tsp. soda.
1/2 tsp. salt.
2 pkgs. dates, stoned.
1/2 tsp. each of nutmeg and cinnamon.
Cream butter and sugar together. Add beaten egg. Dissolve soda in milk; add it and sifted flour, salt, spice and flavoring. Beat until light. Chop dates up finely and flour well. Fold in last of all. Drop in teaspoonfuls 3 inches apart on well-greased shallow pan. Bake in hot oven 15 to 20 minutes.

Anne Adams Patterns

FIGURE FLATTERY

Fashioned for the half-size — cut to properly fit the shorter fuller figure! Sew-easy — you're sure to want more than one. Select stripes — they're slimming from lovely chevron-effect in front! Popular 4-gore skirt drapes gracefully from neckline.

Pattern 4786: Half Sizes 14-16, 16-18, 20-22, 24-26. Size 16-18 takes 2 1/2 yards 39-inch fabric. This pattern is 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.

WELL COLORED

The rock cod caught in deep waters off the Pacific coast is often colored a brilliant red.

Wife Preservers

If you possibly can, give your dry cleaner information about the fibers of which clothes are made and what caused the spots on them.

RICHARD HUDNUT EGG CREME SHAMPOO

...for truly beautiful hair

Richard Hudnut Egg Creme Shampoo is made with real egg formula to make your hair shining clean, shining bright, shining beautiful. This rich golden lotion creme sudses quickly—even in hardest water. Completely rinses hair of loose dandruff, scales and dust, leaving your hair truly beautiful. Richard Hudnut Egg Creme Shampoo is concentrated—a little goes a long way. Then, after your Richard Hudnut Shampoo take one minute more and give your hair a fragrant beauty finish with Richard Hudnut Creme Rinse.

RICHARD HUDNUT EGG CREME SHAMPOO

The Original Egg Creme Shampoo—7 1/2, 11.25, 12.00

MARY HAWORTH'S MAIL

Wife Jealous Of Wonderful Mate

DEAR MARY HAWORTH: Please devote columns to the subject of jealousy and suspicion and what to do about it. I have a wonderful husband; I couldn't ask for a better one. The fact that I feel so lucky to be married to the most wonderful man in the world might have something to do with my obsessive jealousy—for obsessive it is.

When or if Jeff (I'll call him) does anything that I don't understand, immediately I become suspicious of the incident—or his actions. Fortunately I know better than to question him too closely; and I am sure he has no idea what I go through. He has never spent an evening away from me since we married—except for occasional business affairs. These I know all about, so that's not where the suspicion centers.

His wallet has a fascination for me, although I have never been through it. He has many scraps of folded paper which I visualize to be addresses and telephone numbers. Jeff is most demonstratively affectionate towards me, and I can't understand myself. Don't prescribe psychiatry, as I have neither the time nor the money. I would appreciate your own comments on the subject, because my jealousy is making me miserable. Perhaps you can recommend a book that might give me insight into the trouble. E. Q.

AFTER EFFECTS OF OLD WOUNDS

DEAR E. Q.: Jealousy and suspicion are painful reflexes, of involuntary type, built into the emotional constitution by very severe emotional wounds in early life.

In relation to Jeff you may, or may not, be reacting to something in his behavior or performance that warrants distrust of him when he is out of your sight. Unfortunately, as the Bible story of Job underscores, people tend to bring upon themselves the fate they most fear. Dr. Edmund Bergler, analytical author, restates the moral in modern dress by citing case histories to show that frightened neurotics have an affinity for disturbing associates, who perpetuate their anxieties by giving them trouble one way or another. See Dr. Bergler's book "Harper & Brothers." "Divorce Won't help," won't help neurotics, he amplifies.

With typical neurotic defensiveness, you reject proof of a kind that might bring to light your hidden fears—or the injuries that cause you to expect rejection or betrayal in close relationship. For you say, "Don't prescribe psychiatry, as I have neither the time nor the money for it—which signifies you aren't wholehearted about wanting to get on the beam of emotional security and satisfactory living."

SERIOUSLY NEEDS SPECIALIST HELP

To help yourself, you must first disarm your "obsession" fears that activate your suspicion traits. Only when you've learned to distinguish clearly between justified concern and childish alarm with-out present foundation, can you proceed to solve your uncertainties in relation to Jeff. The sense, or senselessness, (as the case may be) of your feelings about Jeff's wallet cannot be established, until your reveries, recollections and childish dealings have been re-examined and appraised by a skilled psychologist, if not a psychiatrist. Some specialist help is necessary, to rescue you from a sick-minded bias, that may seriously darken your life, if the habit gains momentum.

In the area from which you write you have a big field of choice, in shopping for guided insight into your problem. There is a Family Service Agency, also a local Institute of Mental Hygiene, in addition to many mental hygienists in private practice. Good reading for you might be "The Mind Alive" by Harper & Brothers; by Dr. and Mrs. Harry Overstreet. M. H.

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

Caramel Squares

1/2 cup white sugar
1/2 cup butter
yolk of egg
pinch of salt
1 tsp. vanilla
1/2 tsp. baking powder
1 1/2 cups flour
Mix together and press into pan with spoon. Beat white of egg stiff and add 1 cup brown sugar and 1 cup chopped walnuts. Spread on top of mixture and bake until brown.

Meat Loaf

1 egg
1 cup milk
1 cup dry bread crumbs
2 lbs. ground beef
2 tbs. chopped onion
2 tsp. salt
1/4 tsp. pepper
1/4 cup ketchup or chili sauce
Method: Combine egg and milk and bread crumbs. Allow to soak until milk is absorbed. Add beef, onion, salt, pepper and blend. Pack into loaf pan and spread with ketchup or chili sauce.

Just HEAT and you're set for a TREAT



Dark and Handsome



By Tracy Adrian

Designed to top the suit and coat season is a small and distinctive hat made to sit square on the head. Despite its diminutive lines it has a sophisticated air and will be seen around the best places from morning 'til night.

This one is called "Dark Polish" and is made of black solex with the squared front polished by the turned back brim section. A band of pleated grosgrain ribbon encircles the crown and the little fancy is of red ostrich mounted in gold bullion in a whip effect.

ELLEN'S DIARY

by an Island Farmer's Wife

The pet lamb is back in the front meadow in the gathering dusk we saw the two dogs scoping in the yard to regard it intently as it grazed. A young rook, then, turned to smile at each other before going on to attend to their chore.

It happened that this was the afternoon chosen to cut out or statten the lambs from the two blocks that have pastured all summer in a roadside field up at "the other farm" beyond this. Whose suggestion it was we do not know. Perhaps it was James' idea or maybe it was Rob's. Or it could have been that of the younger farmer. In any event, as always, they approached the chore with one mind.

But how, we wondered, after months which had mostly weaned and matured the lamkins of spring, would they be able to distinguish between mine and thine? "That's easy," Gage said. "Come along and you'll see." A strange mixture he is, sometimes quite as mannish and helpful as Jamie, tacking with skill and determination set chores, developing muscle and strength thereby. But again as free of responsibility as merry young wind of spring, he is pleased to fritter his time in idle pursuits deaf to the requests of his elders. But he is a nice fellow; merry, forgiving quickly, and likeable.

Presently then, we found ourselves set down in that roadside pasture beside the enclosure where the flock belonging to the Alderley farm was herded to the shearing one summer day in the past. Ideal pasture it is there with the millstream winding by, and more than one spring of clear crystal besides to slake every thirst; and a grove for shelter and shade. "You needn't come with us, Granddaddy, nor Mack—the rest of us, will round them up," Gage said. But it took all of them to gather them in to the confining corral. Were there excited bleatings then! Once we saw the little lads laugh and put their hands to their ears to shut out the sound. And the catching of lambs! What fun it seemed to be and yet how exacting on the wind and strength of Jamie and Gage, who so willingly did their share... grasping at woolly necks, missing, tumbling, to try again with success; struggling then to hold them to read the spring-marks, which gave each to his own team, before being luted to respective lucks. What an exciting time it was! A mite sad too, for later would come the partings. But a world must be fed... it was no wonder in the confusion that the pet lamb was set down at Alderley instead of at this farm. However young eyes discovered the mistake and soon to their delight their friend of the spring was back to the meadow again.

"Isn't it good that this pet lamb won't be sold!" Gage said at bedtime. "It's a ewe... and we keep those. But that bleating," he remembered, "it will be in my ears all night."

Shall we too hear it? Or in our dreams catch a glimpse of another Jack of Spay being led where "still waters" gleam. Until tomorrow... Diary... Good-night...

PARIS (Reuters) — Mademoiselle Chanel, the pre-war couturier, has launched her second collection after a 15-year absence from the fashion world. Her first showing last January had far-reaching influence in current style trends—despite the unfavorable reception it received at that time.

Chanel continues to go on her own way, opposing every accepted conception of high fashion. She adapts the silhouette that she originated in the 1930s in a slightly modernized mood. The Chanel look remains as individual as its creator. It's designed for the woman who levels off the waistline but is chic enough to wear the same suit unretouched for years.

Chanel was the designer in the 1930s who made it the height of fashion overnight for the world's most wealthy women to wear the plainest fabrics. She commanded us to be worn on the inside, as linings and replaced the fussy over-dressed type of clothes with school-girl simplicity.

Some models enrobe a distinctly Asiatic feeling with Russian or cosack blouses belted in at the waistline. Bloused back effects, tailored revers and deep V necklines filled with white gilets are other trademarks of Chanel. They are complemented by fur accessories, again worn in the style of the 30s—huge sable scarves and muffs, and tiny lamour hats perched over one eye.

Contrary to the current conception of the Chanel look in the United States, Mademoiselle Chanel does not show the long lariats and ropes of jewelry in this new collection. This trend has become as much associated with her name as her famed perfume.

The 35 models shown today continue this mood, with simple jackets, taced coat dresses, two-piece suits and shirtwaist themes. Hemlines are longer than those shown in other houses. Skirts are straight and slender, with longish slightly flared waques to the jacks. There is a studied casualness which runs throughout the collection.

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Restricted Diet Fights Kidney Stones

Herman N. Sundeisen, M. D.

IT is a well known fact that no object can be made unless the proper raw materials are present. This kind of manufacturing process goes on in the human body, but, unfortunately, sometimes the results are the formation of substances which the body could well be rid of.

For example, stones sometimes form in the kidneys. These stones may be made up of various chemicals. Thus, some of them contain what are known as oxalates; others contain phosphates or carbonates; still another group is made up of uric acid. It is unfortunate, also, that even after removal of such stones, there is a tendency for them to re-form.

Tendency to Recur

In a study made of every five patients who had stones removed, two-thirds recurred. One of the important things in preventing recurrence is to be sure that all of the stones are removed when an operation is performed.

Perhaps the most important factor in causing the stones to re-form is infection in the kidneys. Hence, both before and after operation, every effort must be made to eliminate such infections by the use of the antibiotic preparations or the sulfonamide drugs, or both.

Patients who have had a kidney stone removed should be re-examined at least twice a year. They should drink plenty of water, and it is suggested that for the first year after operation, distilled water be used. It is also advised by many doctors that, in every case, a high dosage of vitamin A be administered.

Exactly what the diet should be depends on the chemical make-up of stones that have been removed. If the stones were made up of uric acid, in addition to this high vitamin A intake, the diet should be alkaline-ash forming, which would be plenty of vegetables and fruits, with lesser amounts of protein foods, such as milk, meat and eggs.

If necessary, it may be advisable to give some alkaline mixture, such as one containing baking soda. If the stones were made up of oxalates, rhubarb or asparagus containing this substance are restricted in the diet.

QUESTION AND ANSWER

A. M.: What effect does rheumatic fever have on a person in later life?

Answer: Rheumatic fever in many instances causes permanent damage to the heart, with scarring of the valves of the heart. Severe symptoms may not occur for a number of years. However, eventually the person may develop severe difficulty.

Household Hint

Leather gloves should never be washed if they have once been dried, since cleaning fluid dissolves the washable finish.

Mdlle Chanel Launches Second Fashion Collection

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Noted Beauty Authority Advises

"Don't Fool With Pimples"

by MARCELLA HOLMES (former Beauty Editor of "Glamour" Magazine)

"As a beauty editor many people have asked me, 'what should I do for pimples?' I always say, don't try anything on them! Acne-type pimples are a serious condition that if neglected can permanently mar your looks. So use a medication specifically developed for pimples, and not multipurpose skin creams or ointments that are claimed to be 'also good for pimples.'"

"You see, general purpose creams and ointments do not provide in a fast-drying greaseless base the special medical ingredients so necessary in the treatment of pimples. But fortunately, today, there's a scientific medicated formulation developed especially to clear pimples, that has proven its effectiveness in actual use by thousands in Canada and the U. S. It is called CLEARASIL."

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MRS. GORDON MACMILLAN

A COUNTRY GARDEN

The early frosts, though they add a brilliant edge to already rich colors, have a hard hand and on the whole uncomfortable things, selective of their victims and leaving behind them an air of defeat and defiance the more pitiful when, as is often the case, they are followed by a spell of fine days. So, for the first frosts in the garden here I carry coverings for the more tender plants and those that are cherished. Sometimes they are saved for a couple of weeks longer. But when the sharp frosts come that put the garden finally to rest, obliterate mistakes, set the way free for the pleasures of replanning and anticipation, the gardener may well feel gratitude.

Apart from the pleasures of planning and planting, and these are very much enjoyed in this garden, Autumn has its own intrinsic beauties; the magic of a frosty morning, the grandeur of a leafless tree, the tang of fallen leaves, and the smell of wood smoke.

All things have something more than barren use; There is a scent upon the brier. A tremulous splendour in the Autumn dews, Cold morns are fringed with fire. —Smith.

Many lovely flowers are blooming in spite of the frost. . . . Roses, beautiful fragrant stocks and colorful Wallflower with the exquisite fragrance, Chrysanthemums in crimson and yellow, annual Larkspur in mauve and white also many lovely Violas in different colors. Michaelmas Daisies and late sown Marigolds bloom in the borders and the For-gememot and other biennials like Sweet William and Hollyhocks have made good growth and are a good green foliage plant for October. The tender bulbs have been lifted, Tuberoses Begonias that were planted outdoors, these in the garden room are still lovely. Dahlias and some Glads, some daffodils have been planted that were forced indoors last winter but Tulips will not be planted until next month or earlier if the season should be cold.

Chrysanthemums were seen at the Memorial Nursery last week and they were lovely in many colors and varieties. It is a good time to take notes on the variety that you wish for your garden next year. They are to be wintered outdoors and the hardy plants will be noted.

A century of development has brought the chrysanthemum to a position of extreme importance as an outdoor flower for our gardens. Being the last of the major groups of herbaceous perennials to bloom, the Chrysanthemum, in the great variety of its modern forms, has much to contribute to the glory of the Autumn. For many years, a true appreciation of the garden value of the chrysanthemum was thwarted by over-emphasis of its lack of winter hardiness. Also, failure of the unopened flower buds of many of the older varieties to survive early autumn frosts made them taboo in most northern gardens. The vision and persistence of contemporary plant breeders are, however, rapidly overcoming all of these objections. Varieties which flower early enough to en-

sure satisfactory performance each year are now becoming commonplace. The problem of winter hardiness is being overcome through crossing with hardier species. Modern chrysanthemums also display greater summer hardiness and increased resistance to disease. Along with increased vigor has come greater beauty. New colors, new luster and better habit have made their appearance. Culture is easier too. Staking, pinching and other matters of expert technique are not as essential as when greenhouse varieties were planted in the hope that they would thrive in the open.

It is a dream of this gardener that a small chrysanthemum garden can be made next year with a background of evergreens so that a lovely garden will be enjoyed until winter really comes. They have bloomed here through snow and frost and a mass planting of them would be very satisfying. Few flowers have the fine keeping qualities and the diversity of type, color, and variety found in the mum family. Unquestionably the single types lend themselves better to cut-flower arrangement than do the double types but all varieties are lovely for garden use and for cutting in the autumn garden.

Thou blossom bright with Autumn dew, And colored with the heaven's own blue, That openest when the quiet light Succeeds the keen and frosty night. —Bryant.

For the winter garden indoors many Cacti and succulents are interesting and most suitable for indoor conditions. All cacti are succulents but not all succulents are cacti. Although most people believe these plants grow in the desert in nothing but sand this is not correct. Climatic conditions may reduce rainfall to a minimum but the soil is usually fairly rich and enables the plants to take in an appreciable amount of nourishment when rain does fall. It must be understood that succulents have only developed as a result of the plants having to adapt themselves to periodic drought conditions. It is their capacity to hold exceptional quantities of moisture within themselves that causes them to be succulent — that is juicy.

There are two main types — stem succulents and leaf succulents. Succulents are usually rosette shaped with the leaves tightly packed and with very little stem. Many, many slips and leaves of these succulents have been given to garden visitors and questions regarding soil mixture have been answered as well as soils and the amount of watering needed.

In my experience they need a good loamy soil and just enough water to keep them from becoming too dry. The lovely grey foliage of the Aloes (a relative of the Cacti) makes a nice decorative plant for mantles or bookcases and they are easily grown from leaves that will root in a sandy soil. Crassula obliqua grows here and the Sedums and Echeverias. The named Euphylliums have bloomed here for several years and in another Province I have seen a very large beautiful plant cover-

Continued on Page 9

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