

WOMEN

Wednesday, January 5, 1955 The Guardian Page 10

LET'S EAT Eat Rice For Dessert

By IDA BAILEY ALLEN

Every hotel and restaurant chef has rice pudding often on the menu, because he knows it is popular. But he does not serve rice pudding of the gluey consistency like that prepared in many households. And it must always have a glamour touch in flavor and in color contrast.

Adding that note of color is important, for plain rice pudding in itself lacks eye appeal.

Consider two favorites, lemon-ice pudding and apple-ice. Here is the way a good chef would present them.

Lemon Rice Pudding Squares: Mix together 1 c. flaky, cooked, white converted or brown rice, 1 well-beaten egg, ½ c. sugar, ¼ tsp. salt, juice and grated rind of 1 lemon, and 2 c. milk.

Transfer to a buttered or margarine-lined baking dish. Set in a pan; surround with hot water. Bake 40 min. in a moderate oven, 350 degrees F., or until firm in the center and light brown.

Serve cold, cut in squares. Garnish with currant jelly sauce.

Apple Rice Ramekins: Rub 6 low individual ramekins (baking dishes) with butter or margarine.

Mix together 2 c. cold apple-sauce, ½ c. sugar, grated rind of 1 lemon, and juice 2 lemons.

Have ready 3 c. flaky, cooked, white converted or brown rice. In

baking dishes, alternately layer applesauce mixture and rice. Spread with ¼ c. raspberry, strawberry, peach or other jam. Top with ¼ c. fine cookie or cake crumbs mixed with 2 tb. melted butter or margarine.

Bake 35 min. in a moderate oven, 375 degrees F., or until lightly browned. Serve warm, garnished with hard sauce; or cold with ice cream or a whipped topping. Top with a maraschino cherry or a strawberry.

TOMORROW'S DINNER

Tossed Salad Bowl
Chopped Beef Patties
Kale
Creamed Potatoes Soubise

Pickled Beets
Rice Fruit Ring
Coffee Tea Milk

Rice Fruit Ring: In a double boiler top, heat 2 c. apple juice and ½ c. any other fruit juice desired. Add ½ c. sugar and ¼ tsp. salt. Stir in 1 ½ c. white rice; cook and stir until boiling.

Set over boiling water; cover and cook 35 min., or until rice absorbs liquid. Transfer to a slightly buttered or margarine-lined ring mold. Cool and chill about 2 hrs., or until firm.

Unmold on a gleaming glass or other attractive plate. Surround with almost-thawed frozen strawberries or raspberries and rosettes of whipped cream.

SUGGESTION OF THE CHEF

"Soubise" in French always implies the use of onions in a sauce or garnish. So for creamed potatoes soubise, top with sauteed sliced onions.

Emphasis On Cotton For Spring Fashions

TORONTO, (CP)—Emphasis on cotton, followed in favor by silk and wool, is evident in resort and spring wear for the fashion-conscious woman.

Canadian designers in winter displays range through models for a wardrobe that may be carried into summer. Clear color, well-defined line and full skirts were features of most of the costumes shown here Thursday by a Toronto manufacturer.

With a nod in the direction of dull skies, rainwear came out crisp in weather-treated cottons. A refreshing pink-sateen coat with deep-cuffed sleeves could be worn belted or as a beige cotton tweed with deep collar was feather-trimmed, while a black and white check had huge diagonal zippered pockets.

For later day wear a water-proofed pink velveteen, full-backed and pelion-lined with huge pockets and sloping shoulders, made a striking top for white or pastel-colored cottons.

SEPARATES POPULAR

Play shorts could be brief or not, dark outdoors with curved upturned cuffs, and longer birdseye white pique shorts could be teamed with oval-necked blouses with neck and arm bandings of permanently-pleated self material, or with bright in-contrast shirts with bowed sleeve bands and waist tie.

Interchangeable separates with softly pleated skirts to be worn with or without crinolines featured nylon-rayon jersey and the low round-necked blouse fastened with mother-of-pearl buttons. Similar separates with bowed sleeves tend the season for this costume from spring throughout the summer.

Leisure wear came forward in black, quilted satin glamor pants, pocketed, studded with rhinestones and topped with a long-sleeved white satin blouse and red cummerbund.

One lovely two-piece outfit in natural pongee silk has a blouse with three-quarter sleeves, double collar tabs and red cummerbund.



Experienced Traveler

Handsome knitted dresses have been perennially popular with experienced lady globe trotters and it has appeared again in a new silhouette which is sure to win acclaim.

The version pictured features a shorter cardigan top designed for cruise and resort wear. Tiny seed pearls are a discreet decorative touch on the pocket and small collar bordered with a crochet edging which continues down the covered-button closing. The flared skirt is detailed in a novelty stitch alternating with heavier rib.

By HERMAN N. BUNDESEN, M. D.

How To Help A Baby Down With A Cold

A little cold in a big person can develop into a big cold in a little person. So, while a cold may be merely an inconvenience to you, it might easily turn into bronchitis or pneumonia in your baby.

What can you do if your baby comes down with a cold? There are several ways you can help him.

Usually your baby will sleep longer if he has a cold. If a stuffy nose makes his breathing difficult, then he's going to be awake more often.

The best way of clearing his head is with steam. There are many vaporizers of one sort or another on the market which will produce steam satisfactorily.

Various substances such as benzoin, menthol, or eucalyptus may be added to the water being vaporized, if your doctor advises it, but it is the moisture itself which is really beneficial.

If you don't have a vaporizer, you can boil water on your kitchen range in an uncovered pan and then place it in the baby's room, well out of his reach. If you have a baby's room, don't put it over the bed. Bring the water to the boiling point on the kitchen range to save time, and then place the pan on the hot plate.

You can even use a wet sheet to add moisture to the room, if you are unable to use the steam method. Hang the sheet in the baby's room; don't put it over the bed. It's a bit messy, but better than no additional moisture at all.

Keep the room warm both day and night. I think you'll find the best temperature is about 70 to 72 degrees.

Ordinarily a baby with a cold will sleep better on his stomach. If your tot tucks his knees under him that's swell. If he doesn't, you can stick a couple of books under the foot of his crib to raise it a few inches higher than the head. You can do this even if he does sleep on his knees.

This will help drain the mucus out of your baby's mouth and nose onto the sheet. You don't want him to swallow it, or to suck it into his lungs.

If his nose is stopped up, and he has to breathe through his mouth, his throat will become dry and might get sore. Sometimes this might interfere with his eating, since he can't breathe through his mouth and eat at the same time.

Give the baby plenty of lukewarm, boiled or specially prepared baby water. You can continue his regular feedings, if he has no fever. If he does have a fever, and is bottle-fed, you can use less milk and more water in making his formula.

Don't force him to take any food he doesn't want, and don't take him outside until his fever has subsided. Give him a sponge bath instead of his regular tub bath.

Wipe his nose frequently if it is running, and spread a little cold cream or boric acid ointment on his upper lip and on the edge of his nostrils.

QUESTION AND ANSWER
K. W.: Four of my fingernails turned white and they are brittle. I have been informed that it is due to lack of something in the diet.

Could you advise me?
Answer: Deficiency in the diet may be responsible for the condition of the nails. On the other hand, there are certain disorders which may also cause a disturbance of this type, such as psoriasis, eczema or ringworm of the nails.

Careful study by the physician would be advisable to determine the exact cause.

MORNING SMILE

Brought before the court, the motorist declared:
"Your honor, I was not drunk. I had only been drinking."
"That's different," said the judge. "Consequently I'm not going to send you to jail for a month — only for 30 days."

ELLEN'S DIARY

by an Island Farmer's Wife

"I can't say why—there must be a good reason for it—but our winters have changed these last years. They're warmer than they used to be" an old-timer of a farmer, who came by today commented.

"Why I mind—and you too know it Ellen, there would be ice on the rivers by this plenty for the smelting-fishermen to get to their nets on, and to give us a short-cut to town. I reckon it must be the influence of the Gulf-stream, reaching farther north, the warm water is. The wife was reading the other night that some scientist or other says that even Arctic waters are considerably warmer these years—that in time, there'll be neither cold north nor icebergs."

"And where will Santa Claus live then?" she chuckled.
"That will pose a question," he smiled. "But I wouldn't be surprised if Islanders see the day the glass won't hit zero all winter and we'll have then more rain than snow."

Showers there were today to wash away in part last night's prettying fall of snow from fields and roofs and set eaves a-drip. And the mill-pond was an oblong of black pearl in a setting of white. The children pleased with the mildness rolled rounds of snow, to fashion fanciful figures in the yards. We saw farm-sleighs grist-laden enter the mill-road; and along the still-powdered trees along the stream below the mill, in proof of winter-warmth, crows were on wing.

Jays hailed us from the orchard and, "There was a bird at your feet-station," Mack laughed at the remembrance, hastening in through the morning with the news. "A big black one, with four feet and a tail and a long tongue that licked up every last seed and crumb and bit of suet that was there! It was funny to see him standing to reach it—you would have laughed too! To be safe from dogs and

cats," he was serious now, "feed-places should be high up . . . and not by a kitchen window."

To remind us of Time's passing, the carpenter who built the House across the Lane was also a recent visitor to Alderley. With him, we looked back to that pleasant summer of the past which had seen it fashioned stick by stick until at length there was smoke in the chimney and lights in the windows.

"That must have been all of eight or nine years ago," James said. "Eight or nine," the visitor chuckled. "It's eleven!"

"I suppose it is," James nodded. "When I come to think of it, our young mare will be five this summer—and it was built quite a spell before that. How fast the years go—unbelievably fast!"

So the years since have gone. And again as though having left behind them the dimness of a shadowed road to walk once more in the sunlight, a "twain" keep an old tryst at the hearth-fire of their home. He has now put aside his reading and in the armchair listens to the wind, clean from the west as it whistles a bit of a night-tune about the house-top.

"Toast?" we query.
"And cheese," he smiles.
"And a cup of tea." And then by way of "lights out" he shall make an excursion into an old Land of Dreams.

Until tomorrow — — — — — Diary
— — — — — Good-night

Believes Judo Helps Acquire Culture

WINNIPEG (CP)—The Manitoba Judo Club's first woman judoist is wise Mrs. Beryl Fox, 25, five-foot-two brunette, who believes judo is a good way to acquire culture.

"The sport is one of skill, and is definitely not for low-brows," she says. "It is good for both the mind and body. Our club alone has numerous nationalities and you get to know them extremely well. Then, too, we bow to each other before we commence our exercises. Small things like this make it one of the finest ways to obtain culture that I know of."

Although she's a true judoist at heart, the feminine trait came out when she was asked what she would do if she was attacked. "The first thing I'd do is scream," she said.

ROUGH AT START

Despite the floor padding at the club and the gentleness of her instructors, the Winnipeg miss admitted that she acquired an assortment of bruises the first two weeks while she was learning to fall properly.

Beryl, an ardent horse rider and skier, explained that judo is a sport to acquire rhythm, grace and body co-ordination. It is not like combat jiu jitsu, which is recognized for its deadly locks and holds.

cup Brussel sprouts or Beets
Choice of: 20 Calorie Count Veg.
3-4 cup spinach or cabbage
Bread, 1 thin slice, Butter 1-2 pat
Dessert: Grilled grapefruit with
Brown Sugar, 1 tbs.
Coffee, black

Total Calories For Day — 1005
Special French Dressing
(Clip & save recipe)
1 cup white vinegar
1-2 cup salad oil
1-2 tsp. paprika
Grated onion if desired
1 or 2 tablets saccharine or
Sucaryl — or liquid form
Mix thoroughly before using.
1 scant tsp. contains 20 cal.
Low Calorie French Dressings
are available on the market.

Note: Man may have larger serving of meat, plus small baked potato, 1-2 pat butter — adding 225 calories to total.

HOUSEHOLD HINT

If your child has cut his knee and bled on his or her nicest ensemble, don't despair!
Water first, of course. Cold water applied to fresh blood stains will usually take them out. A small amount of synthetic cleaner in the water helps.

Sponge with a clean cloth, and if the stain persists, let the area affected dry, and then use a dry cleaning fluid.

Stewardess Says Job is an Education

VANCOUVER (CP) — Miss Evelyn Tonnesen, who went to sea from her Arendal, Norway, home two years ago has visited almost every port in the world.

When she signed on as stewardess of the Norwegian passenger-freighter Orinoco she planned to make one short voyage, but enjoyed the experience so much she remained on the job.

The blonde, blue-eyed stewardess said in an interview here: "It's an education. It's good for a young person to get away from home and see other countries."

"We can do this work so much better than men, and we meet such interesting people all the time."

Capt. Jacob Wold, skipper of the Orinoco, is a bit doubtful, however, about women working on the ship.

"I had a woman wireless operator on one of my ships—hopeless," he recalled.

For Colds use lemon and soda

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Party Cardigan

Here is a new, beautiful look for informal party evenings, north or south. Rosanna does a brief bulky knitted cardigan and designs it for wear either as part of a costume or as an over-the-shoulder jacket. In a bulky all-wool cablestitch, the neckline and front are softened with shirred velvet decorated with tiny pearls. The buttons are rhinestones. Nice in white, too.

Living Costs For New Year

OTTAWA, (CP)—Canadian shoppers likely will know Tuesday whether a two-month period of stability in living costs continued throughout the fall.

The consumer price index for November is expected to be issued Tuesday by the bureau of statistics, and there likely will be little or no change from the level of 116.8 it held during September and October.

That period was the longest stretch of stability in nine years for the index, which is based on 1949 prices equaling 100.

An indication that the November index will not change much is seen in wholesale prices for the month. The industrial materials index, based on 1935-39 prices equaling 100, was unchanged between Oct. 29 and Nov. 26. The farm products index, on the same base, rose to 207.1 from 202.3.

The consumer price index, at 116.8 was 1.4 points below the record high of 118.2 reached in December, 1951, and was three-fifths of a point over the level of October, 1953.

FOOD TREND DOWNWARD

Food prices, as a part of the index, have been declining and at the end of October reached 113.4, lowest in four months.

Costs of rents and home-ownership recently have risen steadily, however, and jumped one-half point in October to a record 127.9.

Two of the three other segments which make up the total index declined in October, clothing by one-fifth of a point to 108.2 and household operations by one-tenth of a point to 117.2. The sub-index for miscellaneous goods and services climbed three-tenths of a point to a record 118.2.

LINK WITH HISTORY

GRAVESSEND, England (CP) — Mary Ann Smoker, 93, boasts first-hand knowledge of the battle of Trafalgar. Her grandfather, Thomas Reynolds, who fought under Lord Nelson in the 1805 engagement, gave her a personal account.

WOMAN GOVERNOR

First woman governor of a state in the U. S. was Mrs. Taylor Ross, elected governor of Wyoming in 1925.

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Cook's Corner



MEAT LOAF WITH CORN

2 lbs. ground meat
1 can sweet corn
¼ cup rich milk or cream
1 ½ tsp. salt
1 ½ tsp. pepper
1 medium onion, minced
2 eggs, well beaten
Cracker crumbs if needed

Method: Combine all the ingredients and if the mixture seems too moist, a few crushed cracker crumbs may be added. Mix the ingredients together thoroughly. Now turn into a greased loaf pan and bake in a fairly slow oven (325 deg.) for about 2 hours. Turn out of the baking dish and serve hot. When cold wrap in wax paper and store in a very cold place. If storing in the refrigerator place just underneath the freezing unit.

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Bringing Up Baby



Hints Collected by Mrs. Dan Gerber (Mother of 5)

Resolved by any number of wise new mothers contemplating the New Year: "I will arrange to spend a certain amount of time every day enjoying my baby . . . knowing it will do both of us more good than rearranging the linen closet. I'll also remember to reserve some special recreation time with dad, once a week or so." Refreshed parents are better parents.

Feeding point! There are good reasons why so many doctors suggest Gerber's Cereals as "starters" for Gerber's Cereals are fortified with the iron, calcium and B-Vitamins babies need a few weeks after birth. They're well-known for their good-tasting texture . . . the creamy-smooth consistency . . . the preferred by babies used to a liquid-only diet. Five mild, pleasing flavors for variety: Rice, Barley, Oatmeal, Wheat, and Mixed Cereal.

Nightie note. Excessive ironing flattens the nap on little flannel nighties. Brushing after drying keeps 'em soft, fluffy, new looking. And what mother can't use the time saved from the ironing board?

Progress report. As baby advances to more and more varieties of solid food, you can chalk up a lot of contented coos by serving special Strained Foods. Each one is famous for its inviting true color, and smooth-on-the-tongue texture. All are specially processed for high retention of wholesome food values. And look at the grand Gerber choice: 7 vegetables, 9 fruits, 5 dinners, 4 desserts, 6 all-meat products.

Free! More on meal appeal. Gerber's helpful booklet, "Foods for Baby and Mealtime Psychology". For your copy, just write Mrs. Dan Gerber, Box 68, Toronto 18, Canada.

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