

WOMEN

Wed., Dec. 14, 1955 The Guardian Page 11

KEEP IN TRIM

Weight Control, Exercise Are Helpful In Diabetes

By Ida Jean Kala

All the scientific evidence available to date strongly points to the fact that weight control can be a practical and effective point of attack on the diabetes problem in this country. Dr. James M. Hundley of the National Institutes of Health, emphasized in a talk before the American Dietetic Association.

In yesterday's column, the heredity factor was discussed. Dr. Hundley pointed out that while there is a tendency for diabetes to run in families, it doesn't seem to be the primary explanation of the large diabetic problem in this country. Studies reveal that high fat diets may be a causative factor in diabetes. This is a particularly important possibility in this country, since calories from fat in the typical diet have been increasing steadily to the point where about 40 per cent of the calories now come from fat," Dr. Hundley stated.

When fats became scarce in European countries during the war, the incident and severity of diabetes declined remarkably. Not only was the dietary fat lowered but also a loss in body weight occurred. Whether the improvement in diabetes is due to the loss of body weight or to the lowered fat in the diet is not definitely known, the scientist said. However, he emphasized, the fact is that approximately 80 per cent of

the diabetics in the United States are or have been overweight. Here is what our authority had to report about the role of exercise in both overweight and diabetes: "There is growing evidence and an increasing belief that physical activity, or lack of it, plays an important role in the beginning of overweight. At the moment, it is not clear whether the relative physical inactivity, so commonly observed among overweight children and adults is a cause or a consequence of overweight.

However, Dr. Hundley explained, "lack of physical exercise in people predisposed to diabetes could function as a two-edged sword. First, lack of exercise might contribute to overweight. Secondly, it is known that by exercising muscle, sugar can be utilized without requiring insulin. Therefore, people who are physically inactive put a strain on their pancreas by requiring more insulin to burn sugar than do individuals who get more exercise. This may be a factor in the rising incidence of diabetes with age, since one of the characteristic effects of aging is a gradual decline in physical activity and a gradual replacement of lean body tissue by fat."

There is every reason to believe that prevention of overweight is a most effective measure to reduce the diabetic problem in the U. S. Dr. Hundley concluded.

HOUSEHOLD HINT

To make a useful kitchen apron, take one bath towel, one strip of inch-wide tape and one length of cotton cord. Stitch the tape flat along the long side of the towel to form a casing and draw the cord through this with enough extra to tie. You'll then have an easy-to-laundry protective apron which is also good for wiping wet hands while working.

to twelve pound undrawn goose or a six to nine and a half pound eviscerated one. The stuffed bird should be placed on a rack in the roaster with one cup of boiling water added and the pan covered tightly. After cooking for one hour the water and fat should be poured off and the cover left off for the rest of the roasting time.

Many French recipe books call for chestnut stuffing with goose but filberts may be used instead. In either case at least one pound of nuts should be added to the basic stuffing. Potato, apple and apricot stuffings are all good with goose and marjoram and sage are appropriate seasonings to use. If the inside of the goose is rubbed with lemon and salt before stuffing, it is sure to be remembered with pleasure.

For the small family the Consumer Section suggests a young duck or two as something different and hearty to serve at Christmas dinner. The skin is white and tender and the flesh underneath is dark, rich and flavorful. Ducks are quite fat so no basting is needed—in fact after the first hour of cooking the fat and the water in the pan should be poured off, the same as with goose. A 325 deg. F. oven is recommended and the stuffed duck should be placed breast up on a rack in the roaster with one cup boiling water added. It will take about two and a half hours or about 40 minutes per pound to cook a four pound eviscerated duck. The flavor will improve if the cooked bird is allowed to stand awhile after cooking so it should be taken out of the oven a little ahead of mealtime and kept warm until it is put on the table.

Stuffings that go with duck are many and varied but the semiaromatic, semi-sweet flavors of fruit stuffing such as apricot, cherry or orange and raisin, seem to combine especially well with this rich meat. A stuffing highly recommended by some duck lovers consists simply of quartered apples and onions and another one of just chopped onions and celery. Well-seasoned mashed potatoes make a good basis for duck stuffing and a combination of sauerkraut, chopped celery and bread crumbs is good, too. Basil, rosemary or tarragon are the seasonings suggested by the Consumer Section for use with duck.

Christmas Birds Take On Garnishes For Yule Season

Once more it is the time of greeting cards and carols and, of course, of wonderful things to eat—all sparkling with the gaiety of the season. And going along with the custom of dressing up every thing for the holiday season the home economists of the Consumer Section, Canada Department of Agriculture have a few suggestions for decorating the Christmas bird and garnishing the platter.

First of all, they give a word of warning: the carver will need plenty of working space. Then, too, the purpose of the decoration is to enhance the beauty of the bird not cover it up so it is important not to overload either the bird or the platter with trimmings. Paper frills or small dollies placed on the ends of the drumsticks are decorative as well as useful in handling the bird during carving, but any other garnishes used should be edible and their flavors should blend well with the poultry flavor.

DRESS UP THE BIRD
To dress up the bird itself, a glaze is sometimes used, especially an apricot or orange glaze on duck. For a large turkey or goose a holly decoration made from green pepper and raw cranberries is colorful. Just cut out pieces of green pepper in the shape of holly

leaves and arrange them with clusters of the berries to look like a spray of holly. Toothpicks will come in handy in holding the berries together and in anchoring the whole decoration to the bird. For another attractive trimming raw cranberries can be threaded together with string, then arranged over the bird and in the cavities around the legs. With a few sprigs of parsley this simple garnish is very often all that is wanted, especially if the platter is small.

If a large platter is used, there will probably be plenty of room on it for a fruit or vegetable garnish around the bird. Raw cranberry and apple relish in precooked unpeeled apple cups might be used or the cups may be filled with cranberry sauce or red currant jelly. As for the vegetable it should be one that is easy to serve, such as broccoli, Brussels sprouts, turnip cups filled with peas or green beans, green pepper filled with corn kernels or browned or parsley-buttered potatoes.

TO ROAST A GOOSE
To roast a goose, the Consumer Section recommends a 325 deg. F. oven in which it will take three to four hours to cook either an eight



LUCIA BRIDE

Anita Lindroos, 27-year-old Ottawa secretary of Finnish-Swedish descent, wore crown of seven lighted candles at a Lucia Day pre-

Christmas festival in Ottawa. She was the Lucia Bride at the ceremony which originated in Sweden and is observed annually to mark

the end of the darkest night of the year. (CP Photo)

European Maids Substitute For Conveniences Abroad

By FRED ZUSY

ROME (AP)—Are you tiring of doing household work? Can't afford help—or find it? Your sisters living abroad have no such trouble.

Here almost any employed North American can afford a servant to cook, clean, shop, wash, iron and lend a hand with junior.

You'll have to get along without such things as supermarkets, electric dishwashers, automatic garbage disposals and probably washing machines. The servant takes their place, often working 16 hours a day and rarely asking more than an afternoon off a week.

\$2.50 TO START

An Associated Press survey of 10 European and Mediterranean countries showed you can hire household help for an average of \$25 to \$30 a month. The lowest cost is in Spain and Egypt where local families with a monthly income of \$50 to \$60 have servants. Spanish maids start at 100 pesetas, or \$2.50 a month. In Egypt a boy or girl from the country works for one Egyptian pound a month. That's \$2.80. Even in more expensive Italy, some Italian families pay only \$13 monthly.

The figures might be a little deceiving. Plus the average \$25 to \$30 monthly, you provide the servant a bedroom and food, although in Italy the servant is usually expected not to eat any of the employers' meat, even leftovers. In some countries, if your maid is sick, you pay her doctor and hospital bills.

Servants cost the most—up to \$60 a month—in the northern European countries. There the average European housewife is in much the same fix as most North American women.

YUGOSLAVIA RELENTS

But there is always the putzfrau, or charwoman. In Germany, most middle class families (incomes of under \$240 a month) have a putzfrau come in to do the heavy cleaning once a week, usually on Fridays. She gets 25 cents an hour. Fulltime maids in Germany run from \$24 to \$31 a month. A cleaning woman gets 35 to 40 cents an hour in England. In France it's 45 cents an hour; in Italy, 25 cents an hour.

Even in Communist Yugoslavia—which banned maids as a capitalist evil after the war—household servants are popular again. Communist leaders themselves broke the ice. Most Yugoslav families with an income of more than \$180 a month have a maid. The cost is \$25 to \$30 a month.

Some people have figured out an angle. For example, there's the retired RAF wing commander and his wife, a university graduate, who hired out as butler and ladies' maid to a rich American family in 1947. They lived in luxury and in less than 10 years between their savings and what they made following their employer's stock market tips they were able to retire.

IT MAY BE YOUR LIVER

If life's not worth living it may be your liver! It's a fact! It takes up to two pints of liver bile a day to keep your digestive tract in top shape! If your liver bile is not flowing freely your food may not digest... gas bloats up your stomach... you feel constipated and all the fun and sparkle go out of life. That's when you need mild gentle Carter's Little Liver Pills. These famous vegetable pills help stimulate the flow of liver bile. Soon your sluggish liver starts functioning properly and you feel that happy days are here again! Don't ever stay sick. Always keep Carter's Little Liver Pills on hand.

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Wife Preservers

So much fuss on a dark fabric, use a thin slice of soap. It will make a neat, visible line that can be washed or brushed off when the ironing is finished.

COOK'S CORNER



TINZEL TARTS

2 level cups of flour
2 tps. baking powder
1 cup shortening or butter
1 cup brown sugar
Mix like pastry.
Add:
1 egg and vanilla

Roll out thick, cut with small cookie cutter and put in the bottom of tart tins (like a pastry tart). Put a little jam in each tart shape and bake in moderate oven 375 degrees. This mixture can also be used as a baking dough.



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Enriched Bread Is Cheapest, Most Effective Insurance

By THE CANADIAN PRESS

TORONTO (CP)—Although many Canadians are unaware of it, bread is now one of our most effective and cheapest life insurance policies.

Corinne Trerice, a Toronto nutritionist, says the enriched loaf, introduced to Canada on a nationwide basis three years ago, strikes a forceful blow at malnutrition. She said the health authorities who recommended bread enrichment consider it of no less importance than control of food contamination.

NUTRITIONAL VALUE

Its best feature, apart from increased nutritional value, is that it is not expensive.

Miss Trerice says the householder can identify enriched bread only by the label on the wrapper for its appearance, flavor and texture is no different from the un-enriched.

Nutritionally, however, it adds iron and calcium to the diet.

In Newfoundland, where it was first introduced in 1944, bread enrichment is compulsory. In Canada's other nine provinces it is optional but health authorities estimate 90 per cent of the bakeries use enriched flour for bread, rolls, muffins and fancy breads, miss Trerice said.

Most bread, all-purpose and pastry flours sold in packages are also enriched.

DRESSED BAKED FISH

Here is a delectable recipe using enriched bread: ¼ cup melted butter; ¼ cup chopped onion; 1-3 cup chopped celery; 4 cups toasted ½-inch enriched bread cubes; 1 cup diced fresh grapefruit section; 1 tablespoon minced parsley; 1 teaspoon salt; ½ teaspoon poultry seasoning; ¼ teaspoon pepper; ¼ cup grapefruit juice; 6 fresh fillets. Melt butter. Add onion and celery and saute until tender. Pour over toasted enriched bread cubes, grapefruit sections and seasonings. Add grapefruit juice and mix lightly, but well. Cut each fillet in half, lengthwise.



Specially formulated for babies! Breaks up phlegm—causes wheezing.

ANNE ADAMS PATTERNS

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