Women's realm

Ladies Don't Forget To Serve Onions As A Dinner Vegetable

(From Consumer Section, Marketing Service, Canada Department of Agriculture)

Not many of us would speak of an onion as, "the rose among roots, the poetic soul of the salad bowl", but Robert Louis Stevenson did and he was by no means the first to mention onions in a poem. We read that onions were considered a great delicacy and were much enjoyed in Ancient Egypt. But for some reason, they are not as generany used today. This is an especially good winter to use onions, for there is an abundant supply of onions of good quality, and they are low in price.

The home economists of the Consumer Section, Canada Department of Agriculture, have some good suggestions for using onions. They remind us that while we use onions as seasonings and in salads and sandwiches, we sometimes forget that they are vegetables and that they can be used in many ways. They may be served either alone or in combination with another vegetable — tomatoes and onions are very good together, and so are string beans. Most families would like onions in a cheese sauce with crispy bits of bacon sprinkled on top. And who doesn't like onions baked to golden browness around a roast of beef, lamb or pork — they are just as good cooked that way with poultry, too.

But before you cook the onions, you have to buy them. There are three main types of Canadian grown onions, sold in the stores — the Yellow Globe (or more commonly called Yellow Cooking Onions) the large Spanish-type onion and the Red Cooking Onion. There are more of the yellow than of the others, but they are all worth trying. When shopping for onions, look for those that are hard and that have bright, clean skin. Do not buy onions that are moist or soggy and that have sprouts. Onions can be stored in a cold, dry, well ventilated cupboard. If a part of an onion is left over, it can be kept in the refrigerator if it is well wrapped in foil or waxed paper. When it comes to cooking onions, they should be cooked only until tender, not soft, for overcooking causes an unpleasant odour and an undesirable colour.

Stuffing Suggestions

If you haven't served stuffed onions at your house recently, that would be a good suggestion for lunch or dinner very soon. The home economists of the Consumer Section, Canada Department of Agriculture say that to make stuffed onions, you first cook the onions, fairly large ones, (one for each serving) in boiling salted water, covered of course. Boil for 20 minutes or until the onions are tender, but not soft. Or cook in the pressure cooker. Then remove and chop a part of the center, leaving the outside rings as a shell. Add the chopped onion to the stuffing and fill the shells. Put the onions in a shallow baking pan and bake in a moderately hot oven of 375° F, for 30 minutes.

The home economists have some very good suggestions for the stuffing too. They say that it may be a savoury bread one or it may be a mixture of other vegetables and bread crumbs. A mixture of kernel corn with the bread crumbs; and bread crumbs, canned tomatoes and any kind of chopped meat make a very tasty filling. Left-overs can very easily be used as a stuffing for onions, too. Baked beans seasoned with chili sauce go well in baked onions. Your family will never know they are getting left-over macaroni and dheese if you use it as a stuffing for onions.

Onions and Potatoes

Since onions and potatoes are plentiful and very low in price this year, the home economists of the Consumer Section, Canada Department of Agriculture have suggestions for using them together. Potato and Onion Puff made from an equal quantity of potatoes and onions is an excellent topping for meat pies or casseroles.

You make the Puff by cooking the potatoes and onions together, then mashing them. Season with salt and pepper and beat until fluffy. Pile lightly on the meat pie or casserole and bake in a moderately hot over, 375°F, until it is golden brown.

For extra flavour, sprinkle the puff with grated cheese or paprika. A good potato scallop with a generous amount of onions is very good during cold weather. The home economists also suggest Potato and Onion Pancakes.

Potato and Onion Pancakes

2 cups grated raw potatoes
¾ cup grated raw onions
2 eggs
2 tablespoons flour
¼ teaspoon baking powder
1 teaspoon salt
⅛ teaspoon pepper

Combine the potatoes, onions, and eggs. Blend well together. Sift the flour, baking powder, salt and pepper together and add to the potato and onion mixture. Again, blend well together. Drop by spoonful to a hot griddle or lightly greased frying pan. Cook until brown on one side (about four minutes). Turn and cook until brown on the other side. This recipe makes 24 medium pancakes which would serve six as a main dish, for lunch or supper.

These pancakes are such a nice golden brown that they do not need a sauce. The home economists suggest serving them with sausages and a crispy salad.

Cook's Corner

CRANBERRY SALAD

2 cups cranberries
2 oranges
2 apples
1 cup sugar

Put the cranberries, oranges and apples through the food chopper. Mix well with the sugar. Let stand until sugar is dissolved. This is good served with meat.

—Windsor Smith,
Bedeque W. I.

Morning Smile

In a crowded street car a very thin lady who sat next to an extremely fat lady remarked: "They really should charge for weight."

The fat lady replied: "But if they did, dearie, they couldn't afford to stop for some people."

ELLEN'S DIARY

By An Island Farmer's Wife

These January days, with the joy and excitement of the beloved Season past, grants to this housewife increased spells of leisure. Sometimes it is true we must give it over to matters of mending-insistent, like one the morning brought us after a lad had hastily removed a jacket with words more merry than dismayed. "Wh-o-ops, there goes a button! but" now with a little show of concern "it's not much trouble to put back a button. is it? Only a stitch or two and it's done! But "with a serious air, "have you seen Jamie lately? Then you won't like it—his overalls are so torn. Across the knee and down a leg! You'll have to sew a whole day to mend that!"

Nevertheless there appears now those delightful spells for reading, for giving attention to the magazines and books, received from the Family in the Holiday season and put aside for just such an afternoon as was this one. How gay and colorful and interesting the Christmas numbers of the periodicals! How fascinating the books, pages as virgin-clean as the snow which now covers lightly the farm-fields. And how difficult for us to return from such fireside excursions to take up again the chores of our housework!

We watch glimpses of a similiar love of reading in Granddaughter—she of the neat, freckled nose and the long golden braids. Before the Christmas week had flown, she had read one of her sweetest and we suspect most memorable gifts: Anne of Green Gables, a present from her parents. We talked of it with her on a recent evening at The House across the Lane, comparing the book with the radio adaptation, the children and housewives of the Family had followed with such keen enjoyment throughout the late weeks, the story not then concluded. "Matthew died—did you know?" she confided. "Yes, suddenly. I was sorry—he was so nice."

• • •

So we read this afternoon when the house was still and all but deserted; when the fire crackled and the kettle sang; and the buff-hued cat on the couch stirred and stretched and yawned—and then cuddled down in content for another nap. And with a smile we fancied again a familiar voice call: "El-len, El-len! Where is that child! Oh, there you are stowed away with a book—and so many things waiting to be done! It's a queer housekeeper you will make, I'm thinking, unless you manage to change your ways."

And we heard again across the ...d years, the words of a remembered Minister of the Church at home: ". . . only thus, my friends, will you be assured of Heaven. And" with the tender smile of one who has "seen and known," "what a glor-r-ious place it will be; without trial or tribulation—fair as the morning, bright as the day . . . neither night nor sorrow—nor sinning." And again we could fancy our childhood reflection. That was all very well, but what about books? Without a wide selection of these and some quiet place of retreat for us, Heaven itself would be sadly incomplete.

The dog barks heralding the approach of a machine. How seasonal now would be the sound of brisk hoof-beats, the music of sleigh-bells, instead of only the tread of car-wheels!

Until tomorow - - - - Diary - - - - Good-night . . . . .

How Can I!!!

By Anne Ashley

Q. How can I remove soot from a carpet without smearing?

A. Do not attempt to sweep up soot from a carpet, or a smear is liable to result. Instead, cover it quickly with salt. Then sweep this up carefully and no smear will be left.

Q. How can I make a good appetizer?

A. Try freezing some pineapple juice to a sherbet and serving a spoonful of it in a glass of grapefruit or loganberry juice at the beginning of a meal.

Q. How can I remove the marks left on the skin by adhesive tape?

A. Try wiping with benzine or any cleaner of the benzine type.

Household Scrapbook

By Roberta Lee

Measuring

If the term "cup" is used in any cooking recipe, it means a half pint. Two cups, therefore, are equal to one pint, and four cups are one quart.

Silver

If a little milk is added to the water in which silver is washed it will help to keep the silver bright.

Chamois Gloves

Make a strong suds of white castile soap. Dissolve 1 teaspoonful borax in ½ pint hot water and add this to 1 quart of the suds. When cold, put gloves on hands and wash gently in the same manner as washing the hands. Rinse in the same way. When dry rub between the hands to soften.

Modern Etiquette

By Roberta Lee

Q. When it is necessary for a house guest to make a long-distance telephone call, how should this be handled?

A. The guest first, of course, asks the permission of the host or hostess to use the telephone. Then, after the call has been completed, the guest immediately calls the operator, asks for the charges, and then remits this amount to the host or hostess.

Q. Should a woman thank the waiter who holds her chair while she is being seated in a restaurant?

A. This is not necessary.

Q. When applesauce is served with pork, should it be eaten with a spoon or fork?

A. It is better to use the fork.

DOROTHY DIX'S COLUMN—

Worthless Ex-Mate

First Wife Of Thrice-Wed Husband Wonders If She Should Remarry Him

DEAR MISS DIX: I'll condense my story into as few words as possible, and hope you can make something out of it. I was married 20 years ago to a man who didn't work before or after our marriage. He drank, forged checks in his father's name, and I worked until our baby was born. Then he left us. I divorced him and continued working, brought up our daughter, who is now married. My ex-husband remarried, was divorced, remarried, and has been living in another city. Now, he is seeking a divorce again, is working steadily, and wants to come back to me. I have seen him a few times, when he has made wonderful promises for the future. His family is anxious for us to be together again; mine is very much opposed to it. My daughter says the decision is up to me. I have a good job, a nice home and car. My former husband has visited me several times, he was pleasant and said he wanted to make amends for all the wrong he did us. Do you think I should continue to date him now (before his divorce), and take him back later?

JOYCE W.

ANSWER: Only the Delphian Oracle could predict the workings of a man's mind, but the intentions of your ex-mate are so palpably evident that I don't see how anyone could be fooled by him—unless, of course, the desire to be hoodwinked is present. Here you have a man who has shirked all responsibility during his lifetime, which I judge would be about 45 years. He's done as he liked, has had his good times and, finally, has come to the end of his rope.

Perhaps he no longer appeals to women, perhaps people have just gotten wise to him and aren't handing out any more. At any rate, he learns that a cozy home is available with a wife he deserted, that the necessity of working no longer will plague him, and all this is his at the cost of a few flattering words, empty promises delivered smoothly. Wouldn't he be a fool to let it all go by without trying to get on the gravy train? His success is, apparently, easier than ever he dared dream. Such is the gullibility of some women. If only people would put such faith in God.

Your letter conveys every intention of taking your ex-husband back, and I hope it doesn't work out too badly for you. A comfortable home, absence of worry over financial matters, may keep him from straying again. If his company is recompense enough for supporting and worrying over him, I wish you luck.

DEAR MISS DIX: I have a very close friend and over a period of time she has repeatedly told me disparaging things that other people have said about me. She says it's because she feels it her duty to tell me. I hate to believe tales, but sometimes they are so convincing it's impossible to shrug them off.

B. V.

ANSWER: One of the outstanding blots on the face of this good earth of ours is the friend who does distasteful things "for your own good." She and her like should be shunned like the plague, silenced, forcibly if necessary, whenever they utter those false words. People who give them encouragement, by listening and acting upon their scurrilous gossip, are almost as bad. The lady (?) most certainly is not a friend.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

That Body Of Yours

By James W. Barton, M.D.

SCHIZOPHRENIA — LIVING IN A DREAM STATE

Many of us in good physical and mental health may give little thought to those in poor mental health, perhaps thinking that our government takes good care of these unfortunates. It is true that our government spends more money and gives more accommodation to those in poor mental health than to all other types of illness and patients combined. However, there are private or national organizations of public spirited men and women who try to help them be more happy and contented. One of these organizations is the National Association for Mental Health Inc., 1790 Broadway, New York 19, N. Y. In a recent news release we learn that the Supreme Council, 33rd degree Scottish Rite, Northern Masonic Jurisdiction, has recently issued a grant of $75,000 to the National Association for Mental Health for schizophrenic research during the coming year. This Scottish Rite has given more than a million dollars to this fund durng the past 20 years.

In his book, "Office Psychiatry," Dr. L. G. Moench, Assistant Clinical Professor of Medicine, University of Utah School of Medicine, states that schizophrenia takes up more hospital beds than any other one disease and is still one of the most baffling.

One of the first signs of this most common form of mental disease is the failure of the growing boy or girl to mix well with others. "Excessive moralism, erratic irritability, or certain obsessions or compulsions, marked drop in energy output (mental and physical), vague weakness, fatigue, lassitude, are early signs."

These patients make a break with reality, refuse to face duties and responsibilities of everyday life. "The major break with reality may come at a time of facing new sexual, economic, or social responsibility. The stresses may come from the outside, from within, or may even be the result of an illness such as a poisoning from goitre." There are millions of individuals who live so close to the normal line that they are unnoticed and live in society without friction. "They may be obscure persons holding down small jobs or they may be important prominent persons, especially in literature, drama, interpretive dancing or painting."

The schizophrenic dislikes influence, dominance, coercion. He needs independence but seems unable to achieve independence (become his real self) without retreating into tantasy. In fantasy he is the only one who is right, all others are wrong. This is called living in a "dream" state.

Most cases of schizophrenia recover, but it may take a long time. Fortunately the newer forms of treatment bring about more rapid cures.

Better English

By D. G. Williams

1. What is wrong wth this sentence? "It sure is kind of you to leave me borrow your pencil."
2. What is the correct pronunciation of "facade"?
3. Which one of these words is misspelled? Anatomy, anachronism, analize, apathetic.
4. What does the word "obtrude" mean?
5. What is a word beginning with cy that means "disbelieving in the sincerity of human motives"?

ANSWERS

1. Say, "It surely is kind of you to let me borrow your pencil." 2. Pronounce fa-sad, both a's as in ah, accent second syllable. 3. Analyze. 4. To thust out; eject. "Those who know the least often obtrude the most suggestions." 5. Cynical.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

DECISIONS which you may be called upon to make today can be of great importance, so take your time in making them. Do nothing impulsively and analyze all situations carefully before taking action of any kind. Do not let worry prevent you from concentrating on your duties, however.

In financial dealings, be wary of strangers. Do not even discuss monetary matters with anyone unless he—or she—has already established a reputation for integrity and reliability. The evening hours are excellent for handling belated correspondence or indulging in relaxing hobbies.

For the Birthday

If tomorrow is your birthday, the months ahead promise much in the way of personal and professional gain if you are willing to take on new responsibilities. The indications are excellent for promotion and honor but you, yourself, must be on the alert for opportunities — especially those which should come your way after June 1.

By mid-fall, new business transactions should have been concluded satisfactorily and your financial status should be an exceptionally healthy one. There is a strong possibility that you will be aided in your ambitions by someone of influence whom you will meet in mid-summer. On the other hand the new contact could play an important part in your romantic life In any event, your horoscope promises a meeting with someone during that period who will be of the utmost importance to your future

A child born on this day will be imaginative, versatile and endowed with great personal charm.

Anne Adams Patterns

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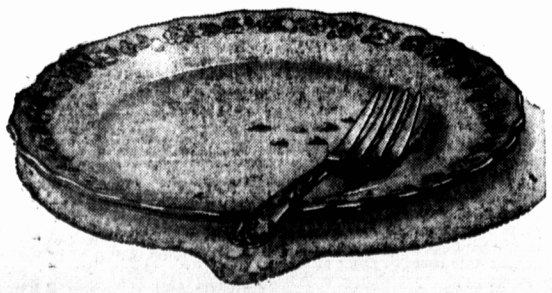

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