

WOMEN

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LET'S EAT

You Can Cook Dinner A Day Ahead of Time

By Ma Bailey Allen

"All the cooked foods for tomorrow's dinner can be prepared on Friday and refrigerated, ready to oven-heat on Saturday," observed the Chef. "A glance at this menu will show how."

TOMORROW'S DINNER

- Cole Slaw
- Boston Brown Bread
- Boston Baked Beans
- Cold Sliced Ham
- Tomato-Celery Escallop
- Baked Applesauce
- Whipped Topping
- Sponge Cake
- Coffee
- Tea
- Milk

"A good menu, Chef. The cabbage for the cole slaw can be shredded and refrigerated in a polyethylene bag. The Boston brown bread may come in a can or from the bakers. A double quantity of beans may be baked enough for tomorrow, and also for Sunday breakfast in the New England tradition. The ham can be cooked and tomato-celery escallop prepared ready to bake. The applesauce can be baked in the same oven with the beans."

"And my favorite sponge cake can be baked at the same time, Madame, as it needs the same

oven temperature."

Baked Applesauce: Turn the contents of 2 lb. cans sliced pie apples into a casserole. Add 1/2 c. brown sugar, 1 tbs. lemon juice, 1/2 tsp. cinnamon, 1 tbs. butter and 1/2 c. water. Cover. Bake 1 hr. in a slow oven, 325-350 degrees F., or until red. Chill before serving.

THE CHEF'S FAVORITE SPONGE CAKE

Lightly oil and flour a (9") tube cake pan. Separate 4 large eggs. Beat the yolks light; add 1 c. granulated sugar, the grated rind and juice 1/2 lemon, and 1/3 tsp. salt. Stir and beat until creamy and the grains of sugar cannot be felt against the bowl.

Beat the egg whites stiff. Then sift together 1 c. already-sifted enriched flour and 1 tsp. baking powder. Add a tablespoonful of the first mixture; then add a big spoonful of the beaten egg whites. Continue until both flour and whipped whites are folded in.

Spoon into the prepared pan. Cover with aluminum foil or piece of brown paper; bake 15 min. in a preheated moderate oven, 325 degrees F. Remove the foil; continue to bake 30 min. at 350 degrees F. Cool 5 min. in the pan. Sift confectioner's sugar over the top.

KEEP IN TRIM

Oo-La-La... Curves Are Back

Paris has spoken... curves are now back. The flat look is now passe. According to the latest fashion edict, styles are to hug the waist and fit snugly around the neckline, but elsewhere the line is to be free and flowing. Well, now, we can all breathe easier...

The flat look which had its brief day served to swing curves away from the exaggerated bosom which had gone about as far Westward as curves could go. The flat look was the other extreme. The fashion pendulum is now back to lovely normal — happy day.

Any design that veers too far from nature's original harmonious arrangement of body proportions of bust, waist and hips throws the silhouette out of balance. It's symmetry that makes a beautiful figure. On body proportions, here is the balanced line up: The waist should measure eight inches smaller than the bust circumference, and hips should exceed the bust by one or two inches.

Some fashion models, of course, have had span waists that measure 10 or 12 inches less than the bust, and slithery hips that measure smaller than the bust circumference. Those proportions are ultra streamlined and not truly lovely. And for all their high pay, models do not look as if they ate regularly. Perhaps with curves in full fashion again, even the models will round out.

One fashion improvement leads

to another... posture will now be back to natural. This is indeed a blessing. The flat look had a devastating effect... head thrust forward, chest depressed, shoulders rounded... reminiscent of the dreadful Debutante slump.

But let's not swing too far in the other direction. With the accent on curves, there is a tendency to throw shoulders back, chest out. That makes for tension. The uplift action should be centered through the middle muscles.

Here's a streamlining secret never to be overlooked. The figure-controlling muscles are in the middle. The clue to the line of pull is this: these muscles originate in the pelvic girdle and attach to the top of the ribcage near the wishbone. Start the uplift with the lower abdominal muscles and pull up-and-in through the entire midsection. With this control, the chest is automatically raised to normal position, with the shoulders

in line and beautifully at ease. May this fashion in figure and posture never go out of style!



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One fashion improvement leads

For Children's Stomach Upsets

For quick, happy relief, give Children's Own Tablets, designed for youngsters from 2 to 15. Speedily help soothe sore upset stomach, clear out bowels, gently yet thoroughly, loosen easily swallowed. Made by the makers of Baby's Own Tablets — your assurance of a reliable product. Be sure to get a package today at your drugist!

Children's Own TABLETS

For SALADS and pickling

KENT VINEGARS

MARY HAWORTH'S MAIL

Mairon Is Stymied And Depressed By Her Interest In Doctor

DEAR MARY HAWORTH: I never thought this kind of problem would strike home to me. John and I have been married nearly two years, and like most couples we have had spats, but even so we felt our marriage was secure. We are in our early twenties and we love each other and our baby, who was born last summer.

The doctor who delivered the baby was recommended by a friend, and I admired him from the first, but only as a doctor. I thought then. As time went by and I saw him more often, I realized that my interest in him was personal; and I often felt that he was similarly interested in me, though trying to hide it, as I did too. He, too, is married and has children; and is quite respectable. He has been in practice several years and is probably 10 years my senior.

I thought that after the baby was born and I saw less of Dr. Blank, that I would soon forget him, but I haven't. Nor can I convince myself it is only a crush, such as many women get on doctors, probably in gratitude for care and medical interest. He is constantly in my mind, and my husband senses that something is wrong; but I can't tell him what, as I don't want to hurt him.

I do believe I am in love with Dr. Blank, but where can I lead? Even if I were sure of his feeling for me, there would seem to be no solution, as I disapprove of divorce and wouldn't want to break up two homes. I tell myself it is wrong, then feel more intensely about him. Is there something terribly wrong with me emotionally? I am often in tears (when the baby and I are alone) trying to find a solution. Please help me to see what should be done. A. R.

Suffers Mostly From Ignorance

DEAR A. R.: You ask, is something terribly wrong with you emotionally? Something is wrong, yes; but not "terribly" wrong. You are suffering mostly from ignorance in the field of human relations; and I would prescribe a thoughtful reading of Dr. Alexander Magoun's book "Love and Marriage" (Harpers) as a great help in becoming passably well educated about what ails you.

Pay particular attention to the first chapter, titled "The Nature of Love." I think you could read and re-read it for weeks, with increasing profit every time. Sensibly, the author reminds: "Most of us do not correctly feel what is going on within ourselves or anyone else... Not knowing what we are really feeling, it is no wonder that we are successfully duped by the various counters in line and beautifully at ease. May this fashion in figure and posture never go out of style!"

HOUSEHOLD HINT

Do you wear the same pair of shoes every day? If shoes air for a day between wearings, accumulated perspiration, which tends to rot linings and leathers, will not wear them out so fast. You will find a daily change of shoes is economical and may double their life.

terfeit emotions which masquerade as love."

He says "there are many false emotions which mislead us, all of them difficult to recognize at first; most of them brutally unmasked by time. Among them are: Mistaking romance (which stresses glamor and adventure rather than character) for love. A parasitic dependence upon another person because of being needed. Compulsive desire to feel oneself. A man intent upon conquest of a woman to mother him. A woman determined not to be an old maid, or in search of a meal ticket. Either or both craving the rapturous feeling of reassurance which comes when an individual is treated as another person. In fact, that which in glorious fantasy he believes himself to be."

She Craves Reassurance

He continues the list of counterfeits miscalled love: "Living life vicariously through another person because of inability to be oneself. A man intent upon conquest of a woman to mother him. A woman determined not to be an old maid, or in search of a meal ticket. Either or both craving the rapturous feeling of reassurance which comes when an individual is treated as another person. In fact, that which in glorious fantasy he believes himself to be."

This last, I think, puts the finger on your weakness for the doctor. It just happens that he is the most significant outside contact you've had since being married. You were greatly soothed and gratified by his able professional courtesies, which made you feel cherished and safe. You long to have such reassurance always, therefore daydream of how life would be as the doctor's true love — which fans the bootless infatuation that interferes with your real life at home.

For first-hand help in understanding yourself and getting to the bottom of your latterday depression, you might apply to the county mental health clinic, affiliated with the big university in the town through which you write. There are psychiatrists and a psychologist on the staff. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of The Guardian, Charlotte-

MORNING SMILE

Mrs. Cox, visiting the cinema, could only find two gangway seats, one behind the other. Wishing to sit with her sister, she cautiously surveyed the youth in the next seat. Finally she leaned over and whispered: "I beg your pardon, but are you alone?"

Without even turning his head, but twisting his mouth and shielding it with his hand, he muttered: "Cut it out; my aunt's with me."

Cook's Corner



GRAHAM WAFER PIE

24 or 28 graham wafers
1/2 cup white sugar
1/2 lb. butter
Crumble and mix together 2 small or 1 large package cream cheese.
1 egg
1 tsp. salt
1 tsp. vanilla
Small bottle Maraschino cherries and half the liquid

Use three-quarters first mixture to line plate. Bake 10 minutes at 350 degrees. Add filling, sprinkle with remaining crumbs. Bake 15 minutes. Put in frig and chill well.

Words Of The Wise

God made both tears and laughter, and both for kind purposes: for as laughter enables mirth and surprise to breathe freely, so tears enable sorrow to vent itself patiently. — (Leigh Hunt.)

Grand

TO THE BOTTOM OF THE JAR!

Barbour's STABILIZED PEANUT BUTTER

ELLEN'S DIARY

by an Island Farmer's Wife

Our house-cleaning endeavours took us this afternoon to the sitting-room and the dining-room adjoining. In this old house where, for the most part, the furniture and fixings belong to that period which James refers to as "before-you-came, Ellen" it is easy for us at the cleaning to think we are back to days that have gone.

So, nice old scenes came back to us this afternoon, faces, words out of the strange archives of the mind. This cane-bottomed chair was one James' mother preferred to use, a straight-backed, comfortable seat when she entertained visiting kin and friends... Maybe the Minister from one of the other of the Churches of the community, who came by black-clad and buggy, or in a season of ministerial visits on this road, on foot.

And all work indoors, and if James chanced to be within calling distance without, ceased, while we listened to a Chapter of the Word, and prayer made mostly on behalf of the household. There was time too usually to comment on last Sunday's discourse and discuss it might be some bewildering scriptural verse, or article of belief.

And we "James' wife", young then, leading a respectful ear to elders who had seen and known much more of living and dying than had we, reflected with an uneasy chuckle in the words of Mark Twain: "Most people are bothered by those passages of Scripture they do not understand but I have always noticed that the passages that bother me are those I DO understand!"

Reflecting too: "Let's not dwell too much on articles of dogma, so long as there is a God in it, Who fashioned the rolling fields and hills, Who gave earth and sea form and made two of every kind to be their creatures. And a Son Who came to earth on a mission

as was written — to take babes of children in His arms and bless them: Who ever healed and comforted and helped mankind — and taught His followers to forgive beyond reckoning and beyond remembering. Everything would be well decided in that day regardless of hard and fast rules and beliefs.

"Would you please take down Great-Grandfather's mustache cup from the shelf? I want to see it." Granddaughter had come in on noiseless feet to the dining room... "Wasn't it strange that when I was coming away from there tonight, Nanna said: 'You'll be over in the morning' she commented a bit puzzled to Jeanie at bedtime. 'Didn't she know that I would!'"

"Here's where the tea came out — the china bar is to hold the mustache away... to keep it from getting damp" she smiled. "How funny that must have been! 'Forget-me-not' she read from the side. 'It's getting blurred isn't it? It's a good many years, I guess since it was new' she nodded. 'I wonder where he bought it? In town it is likely.' 'He brought it home from California. He visited there — went with other Islanders in the days of a gold-rush there.'"

"Dear me — what a long trip! There'd be no planes then... It must have been interesting to live in the long ago" she added on a wistful note.

It was interesting at Alderlea today with many a sound about unheard, unthought of in those days, planes, tractors, cars, trucks, telephone, radio, and all else was silent, the automatic water-system in the cellar pumping away. Many a change in the interval? Aye, but it was a promise of ages past, a rainbow that in the evening spanned magically the hills.

Until tomorrow — — — Diary

Good-night

WIN FROM REDS
TARANTO, Italy. (Reuters) — Italy's Christian Democratic Labor Federation wrested control of the Italian navy shipyards here from the Communists Tuesday.

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Last few days to get silver dollars!

WE'LL SEND YOU A SHINY SILVER DOLLAR FOR EVERY 20 MONARCH PACKAGE ENDS YOU SEND IN BEFORE MIDNIGHT, MONDAY MAY 30th

NO LIMIT TO THE NUMBER OF SILVER DOLLARS YOU CAN HAVE!

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Thousands of silver dollars have been sent to users of Monarch products since this sensational Silver Dollars Pay-off began. Now there are only days left until the offer closes, so check your pantry again. If you have one or two Monarch packages on your shelf, why not get more so you can send in a parcel of 20 package ends (there are 2 ends on every package). We'll send you a shiny silver dollar for every 20 package ends from any of the Monarch products listed below. But be sure to send in package ends. Package fronts do not qualify.

Your parcel of package ends must be postmarked not later than midnight, Monday, May 30. So hurry now and send in for those extra silver dollars.

ATTENTION LADIES' CLUBS, CHURCH GROUPS, BOYS' AND GIRLS' GROUPS

Phone all your friends and members. There's still time to collect a pile of package ends that will bring your group a stack of silver dollars to spend in any way you like. But don't delay another day—Monarch Silver Dollars Pay-Off cannot be extended past the closing date of May 30, 1955.

This offer is open only to residents of Quebec Province and the Atlantic provinces. Expires at midnight, Monday, May 30th, 1955.

HOW TO SEND IN FOR SILVER DOLLARS!

Follow these simple steps to be sure of your share of silver dollars!

- 1 Cut off both package ends. (The portions circled in the drawing.)
- 2 From 10 packages, make a pile of 20 package ends. They all may be from the same product, or from different products, but all must be from the qualifying products—listed at lower right.
- 3 Secure each pile of 20 package ends with string or an elastic band.
- 4 Print in black letters on a plain sheet of paper YOUR NAME AND ADDRESS IN FULL—and be sure to enclose this with your mailing.
- 5 Either use an envelope or make a parcel and address it to: MONARCH SILVER DOLLARS PAY-OFF, BOX 98, POSTAL STATION "D", TORONTO 9, ONTARIO
- 6 IMPORTANT: Obviously with such a sensational offer as this, Monarch cannot accept delivery of any envelope or parcel that has not been stamped with sufficient postage. Therefore, this offer is made contingent on your entry having sufficient postage, and you are urged to have your entry checked for sufficient postage at a Post Office before mailing it.

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- MONARCH CHOCOLATE CAKE MIX
- MONARCH GOLDEN YELLOW CAKE MIX
- MONARCH FRUIT CAKE MIX
- MONARCH CHERRY FLOUR CAKE MIX
- MONARCH ANGEL FOOD CAKE MIX
- MONARCH TEA-MIX
- MONARCH PEanut BUTTER MIX
- MONARCH BREAD CRUMBS
- MONARCH RED BERRY CRUMBS
- MONARCH WHEATFLOUR
- MONARCH CORN MEAL
- MONARCH CRACKERS MIX

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