Women's realm

The Experts Say

By Kay Red

Egg-plant, a mystery vegetable to many Canadian housewives, makes a distinctive supper-dish these autumn days.

Home economists of the Consumer Section, Canadian Department of Agriculture, describe it as the "aristocrat of vegetables and offer an easy-to-make recipe for eggplant casserole.

To make: Dice and pre-cook eggplant for five minutes, then place in casserold. Add a can of heated cream of mushroom soup to which a little chopped onion has been added. Sprinkle with grated cheese. For extra flavour, tomato slices can be arranged on top of the cheese. Then the whole is topped with buttered crumbs.

Bake in a moderate oven of 350 degrees Fahrenheit until tender (about 30 minutes).

Another suggestion from the Department: Cut the eggplant in half lengthwise, scoop out a portion of the centre and fill the shell with a tasty stuffing such as creamed meat or vegetables. Bake in a moderately hot oven of 375 degrees Fahrenheit until eggplant is tender (about 30 minutes).

For frying: Peel and cut eggplant into half-inch slices. Dip into egg and crumbs and saute in a small amount of fat until tender and brown—this takes approximately eight minutes.

Suggestions for Fish

The Fisheries Department offers this recipe for salmon salad: one pound canned salmon; one cup celery, coarsely sliced; one-third cup thin cucumber slices; three-quarters cup mayonnaise; four teaspoons vinegar; two to three teaspoons prepared horseradish; eight drops Worcestershire sauce; two tablespoons chopped green pepper; one-half teaspoon finely chopped onion; six to eight large, ripe, firm tomatoes; crisp salad greens.

Have all salad ingredients cold. Remove skin from salmon but don't drain. Crush bones, separate salmon into bite-size pieces. Add celery and cucumber. Combine mayonnaise with next five ingredients and pour over top. Toss lightly with fork. Remove stem end from each tomato. Cut into six sections leaving intact at the bottom.

Place tomato on greens, gently spread sections apart, sprinkle with salt, heap salad lightly into centre. Serve with additional mayonnaise if desired. Yield: six to eight servings.

A fisheries department publication says Canada's Fisheries Research Board is making additional use of the voluntary fish-tasting panel in Vancouver. The latter originally was formed to evaluate the results of experiments on the freezing versus icing of fish stowed aboard a fishing vessel. On one occasion it was used when a cannery desired to ascertain the taste appeal of its new type of canned smoked fish.

Eggs

The Poultry Products Institute of Canada recommends that wise housewives compare prices when buying eggs. Grade A Peewee, Small and Medium-size eggs should be plentiful for the next two or three months, it says. And if the price differential between them and Grade A Large is sufficient than it would be more economical to buy the smaller eggs.

Cook's Corner

TOMATO CREAM SOUP

(With instructions for canning). (Cut this recipe by four to make it for one meal for 6.)

Ten well-packed cups well-washed but not peeled tomatoes, ¼ cup minced onion, 1 teaspoon celery seed or 4 chopped stalks celery, 1½ tablespoons sugar, 1 bay leaf, 2 whole cloves, ½ teaspoon baking soda, 1 cup butter or margarine, ¾ cup flour, 2½ tablespoons salt, ¼ teaspoon pepper, 8 cups milk or 4 cups water and 4 cups evaporated milk.

Cook together the tomatoes, onion, celery seed or stalks, 1 tablespoon of the salt, the sugar, bay leaf and clove for 15 minutes. Strain, then add the soda. Meanwhile melt the butter in top of double boiler, stir in flour, the remaining 1½ tablespoons salt and the pepper and blend. Stir in the milk or milk and water and continue stirring until thick. When ready to serve have both mixtures hot, and pour the tomato mixture into the milk mixture stirring.

To Can Tomato Cream Soup: Follow all the above steps, but omit the milk, using only one half the quantity of water instead. Bottle boiling hot in sterile jars and seal. When ready to use dilute the soup by adding the soup to an equal quantity (or less) of milk (or dilute cream or evaporated). Do not pour the milk into the tomato mixture, or it may curdle.

ELLEN'S DIARY

By an Island Farmer's Wife

Leaving a Monday clothes-line strangely bare this sunny and breeze-tickled morning, we put on our "other" gown and came with Jeanie to the city to a spell of shopping there . . . After the lads were in school, and so that they might not return somewhat lonely to this empty place, resolving to be back in time to pick them up when their classes were over for the day.

Gage and his engaging young classmates have graduated by this to the second book of the series for that Grade. And as they did too, we suspect, the first Test he "wrote" proved to bring him neat honors. "You'll never guess!" he said, appearing all smiles at the doorway that afternoon from school. "But" his eyes were questioning, "would you know what a one and two 0's stand for?" "Not a hundred!" we exclaimed. "Yes" he nodded, quickly opening the book to display the magical number, "there it is!" Then in a grave grown-up voice "Won't Mother be pleased! That" he added, "is what Jamie said when he saw it."

How this fellow, presently in our care, continues to follow the example of his five year older brother! At mealtime, when undecided about some dish — a glance across to Jamie's plate . . . takes or leaves accordingly: "Is Jamie wearing a sweater today? Then I am—or not" according to circumstances prevailing. While we often admire this imitation which after all is a sincere sort of approval, we notice its inconvenience when Jamie sits down to read his lesson aloud while just around the corner of our apron the younger chap loudly is into his!

• • •

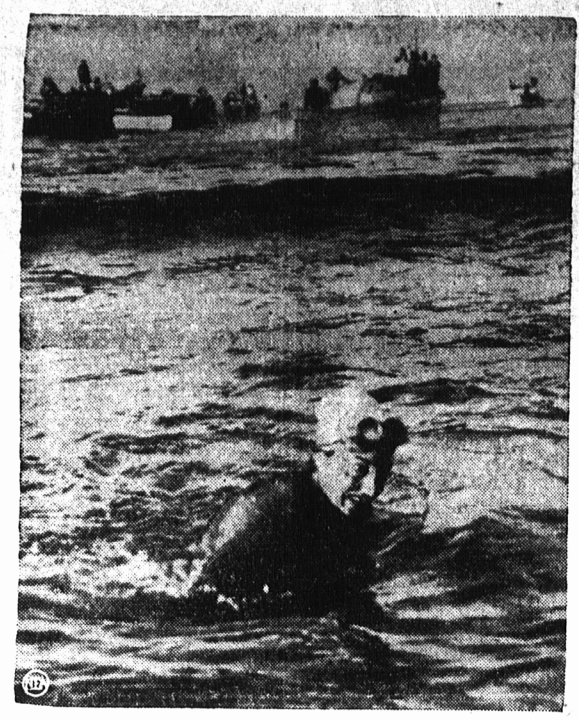
Granddaughter's other Grandmother, a present guest of Jeanie's, took over the care of Alderlea in her absence, where today Mr. D., the younger farmer and his brisk assistant continued the carpentry . . . erecting stalls in the new addition of barn-shed which is the horse-stable now, and going on to other finishings there. James shook off temporarily every care to come with us—or rather did we not all accompany Rob in his truck to the city?

And now as we neared its outskirts — coming in from the west, James set his hat at a more fetching angle, reached in a pocket, withdrew a worn and frayed wallet, separated from its brethren (or would it not be the sisters since polls have it that femininity are by and large its spenders?) a folded piece of money and remarked: "Here, Ellen . . . And see that you don't waste it buying toys and trifles!" Jeanie laughed: Rob chuckled and James said, "I mean it!"

And then before we knew it the hours had slipped away, and we were back to the farmlands again . . . back from the confusion of city, to the peace and stillness of home. — "And is that all you bought, Ellen?" James queried a short time ago when supper past, we, as is our custom after such an outing, kept the Family about while we displayed our various buyings. "Why, you were in town long enough to buy out . . ." mentioning the name of a sizable store there.

"Yes" Rob smiled, "I'd say she had the time, but from what I saw, I wouldn't say she had the money!" And Jeanie whispered, "Haven't you forgotten something? Haven't you" she teased, "kept 'the good wine'? Now show him!" she urged. "What else is there?" James was all attention. "Not . . . now don't tell me she brought home another . . . " But,

Until tomorrow - - -Diary - - - Good-night . . .



CONQUERS CHANNEL — Florence Chadwick, 33, a San Diego, Calif., stenographer, reaches a beach near San Pedro, Calif., after swimming the 21-mile Catalina channel in 13 hours and 47 minutes. The only woman ever to swim the channel, Miss Chadwick broke the official record for the swim, held by Canada's George Young, who swam the channel in 15 hours and 40 minutes in 1927.

DOROTHY DIX'S COLUMN—

Frying Pan To Fire

Attempts To Escape Have Led Girl To Worse Conditions

DEAR MISS DIX: All through my childhood I was lonely and unhappy. Left motherless, I was brought up by a strict grandmother who wouldn't allow me to have friends, go to parties or dances, or indulge in any other activities of my age group.

Muriel Nissen

At 17, in order to escape this domination, I married the first boy I met. Needless to say, it was a sad mistake. My husband was cruel, irresponsible and wholly without principle. He never made a home for us and, after a few years, I was forced to leave him, taking my two children. Having no other place to go, I returned to my grandmother where conditions were as before. Now, however, they are aggravated by the presence of the children She gives all the orders. She is constantly hagging and finding fault. Her interference is causing me to lose control over the children. I want to go to work; she says I am not capable of taking care of myself. I can't continue like this, under the thumb of a dominating woman. I need help before I make any more foolish mistakes. DESSIE

ANSWER: Up to this point, your children have never known peace

Continued on page 11

That Body Of Yours

By James W. Barton, M.D.

THERAPEUTIC DERMATITIS — OVERTREATMENT OF SKIN CONDITIONS

So many of us think of the skin as simply a covering for all the other tissues of the body, forgetting that the skin is an organ of the body, just as are the heart, liver, lungs and other organs. It controls body temperature, breathes and removes wastes. It is because we think of the skin as just a covering that when any skin irritation or inflammation occurs, many think that some simple form of treatment must be given. If the irritation or inflammation lasts more than a day or two, they think further treatment is necessary and it is this "further" treatment that often causes more irritation or inflammation, and a skin ailment, that should last only a few hours or days, persists for weeks or months. When this prolongation of symptoms occurs due to this extra therapy (treatment) it is then called therapeutic dermatitis — inflammation of the derma or skin — overtreatment dermatitis.

In New England Journal of Medicine, Boston, Dr. C. G. Lane states that overtreatment of the skin is becoming a major probem as comparatively few such conditions are due to the first or original irritant, that is, those substances that would produce an eruption when coming in contact with the skin, but are generally due to sensitization (allergy).

In one series of cases of therapeutic dermatitis that was reviewed before the discovery of penicillin, 70 per cent were caused by the sulfa drugs, 10 per cent by mercury, and the other 20 per cent by unknown substances. In another series, 35 per cent were caused by sulfa drugs. This is the reason that the sulfa drugs are not applied as much directly to the skin as formerly. Sulfa drugs, like penicillin, may be useful in preventing skin ailments but not in curing them.

"The majority of cases of "athletes foot" (ringworm of the feet) are complicated by substances applied to remedy the first or original condition. Whereas the normal skin withstands ordinary chemical contacts, a skin stripped of its protective layers, particularly a skin already inflamed by chemical agents, is easily irritated." Therapeutic dermatitis often results also when chemicals are applied for small scratches, cuts, or burns, because of the natural eagerness to prevent infection.

The thought then is that overtreatment of a skin irritation or inflammation is the commonest cause of prolonging these skin conditions.

The highest mountain in Australia is Mount Kesciusko, 7,328 feet, in New South Wales.

(CP Photo)

Anne Adams Patterns

TO SIZE 48!

Slimming step-in with a Paris slant — bodice buttons on the bias! Perfect for print, have the collar and cuffs in contrast color crepe to point up the figure-praising lines of this style. Deep pleat in skirt for easy walking!

Pattern 4542: Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48. Size 36 takes 3¾ yards 35-inch fabric; ⅝ yard contrast.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Better English

By W. G. Williams

1. What is wrong with this sentence? "By some means or another, we shall attend the meeting."
2. What is the correct pronunciation of "meringue"?
3. Which one of these words is misspelled? Suet, fuel, fued, rueful.
4. What does the word "anterior" mean?
5. What is a word beginning with fle that means "easily bent"?

ANSWERS

1. Say, "By some means or other," or, "By one means or another." 2. Pronounce me-rang, e as in her, last syllable as rang, accent last syllable. 3. Feud. 4. Before in time; prior. "Intellect is the power anterior to all action." 5. Flexible.

Morning Smile

Now Be Quiet

A museum contained an immense collection of Indian relics. One giddy feminine member in a party of tourists pointed to a large decorated skull in one of the show cases, and asked the guide if he knew whose skull it was.

The guide evidently tired of answering an endless chain of foolish questions replied: "That is the skull of the Emperor Montezuma.

"And," persisted the tourist pointing to a smaller skull in an adjoining case, "who was that?"

"That, madam," replied the guide with a perfectly straight face, "is the skull of Montezuma when he was a little boy."

Modern Etiquette

By Roberta Lee

Q. When no ashtrays have been provided at a dinner table after completion of the meal, is it all right for a guest to light up anyway and deposit his ashes on one of the used dishes?

A. Never! It is much better to refrain from smoking rather than to use a hostess' good dish for an ashtray A thoughtful hostess, however, will always provide ashtrays for her guests.

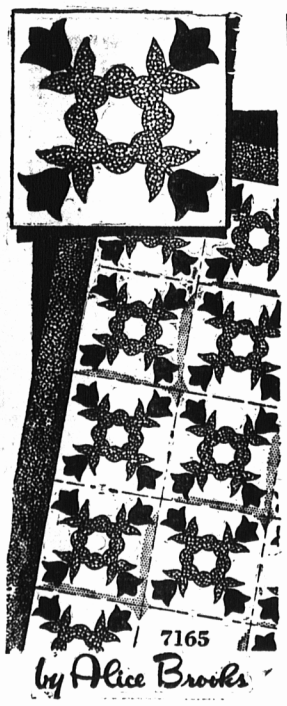
Q Should toothpicks be placed on the dinner table?

A. Most certainly not! Since it is not good form to be seen using a toothpick in public, they do not have any place on the table.

Q. Is it proper for a divorcee to have bridesmaid attendants at her second wedding?

A. No; her wedding must be as simple as possible, and she should have just one attendant.

Alice Brooks Designs



MAKE AN HEIRLOOM!

Look at the colorful wreath-and-clip applique design! Have you ever seen such a beautiful quilt? Use three colors, or vari-colored scraps on a solid background — you'll be proud of your handiwork.

Pattern 7165 has easy-to-follow directions, pattern pieces.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, and Pattern Number.

Household ScrapBook

By Roberta Lee

Silver Polish

To make silver polish, stir ¼-pound of Paris white into one pint of boiling water. When cold, add two tablespoonfuls of ammonia. Prepare a day before using and keep the bottle well corked. Shake thoroughly each time before applying. Apply to the entire surface of the article to be cleaned. Let dry on, and then rub first with a soft cloth and afterward polish with a bit of the chamois.

White Marks

It is said that white marks on polished furniture can be removed by using a cloth dampened with essence of peppermint or cedar oil. The oil will not harm the most highly-polished surface.

Sponges

Place the sponge in milk, allow it to remain for at least twelve hours, then rinse in cold water and it will be sweet and clean.

How Can I ! ! !

By Anne Ashley

Q. How can I remove grease spots from rugs or carpets?

A. Mix one tablespoon of fuller's earth with the same quantity of lump magnesia, and make into a stiff paste with boiling water. Spread this while hot over the grease spots and allow to remain until dry. Then sweep with a whisk broom, and the grease stains will have disappeared.

Q. How can I keep the toothbrush in a sanitary condition?

A. A sanitary habit to form is to soak the toothbrush for two hours each week in borax water, or in any good mouth wash.

Q. How can I clean felt?

A. Felt material may be cleaned very nicely by rubbing it lightly the wrong direction of the material with fine steel wool.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE auguries put the accent on quick and telling action should there be opportunity for very aggressive measures in static and discouraging situations, long perplexing, seemingly hopeless. Under the stimulus of new contacts with important, wise and willing persons, possibly elders or old established institutions, splendid progress may be made. Be ready with sound and workable ideas and propositions, well-formulated and constructive, to meet possible opposition by tact.

For the Birthday

Those whose birthday it is may count on a year of opportunity for putting over cherished plans and hopes with initiative, sound propositions, backed by tact, good grace and skill aimed at placating opposition from large organizations or influential persons. These are to be convinced and won over by sound tactics, astute and workable suggestions, with readiness to see the other's point of view. Old persons or organizations are ready to co-operate in sound, ambitious propositions Smother petty irritabilities for most harmonious results.

A child born on this day is splendidly endowed with mentality, creative abilities and sound aspirations for a successful and harmonious career.

LADIES' SUITS — OVERCOATS —

FALL AND WINTER MODELS NOW ON DISPLAY

$24.50 to $48.00

Colourful and Stylish

JACK CAMERON

139 Kent St. Charlottetown

KING COLE TEA

ALWAYS at flavour peak!

All across Canada women say only Shadow Wave HOME PERMANENT gives such

NATURALLY WAVY HAIR with NO NEUTRALIZER-NO RINSE

Read What These Delighted Users Say

"Thanks for introducing the best home permanent I ever used. I did it myself in a half an hour and am so pleased with the results, I thought I should let you know."

Mrs. J. W. Connor
Medicine Hat, Alberta

"I gave my little girl a Shadow Wave; it turned out perfectly, and she did not mind it at all as it did not take half as long as the other wave sets."

K. Barber
Toronto, Ontario

WAVES AND NEUTRALIZES IN ONE APPLICATION

1. Use with any plastic curlers—or the new French style.
End papers attached to use again and again. So soft you can sleep on them!

2. Apply lotion . . . no timing just let dry.
The only lotion that waves and neutralizes without timing or rinsing. Takes less time than any other home permanent.

3. Brush out just like naturally wavy hair.
When dry, simply remove curlers—brush out and your set becomes a lovely, lasting wave.

SHADOW WAVE HOME PERMANENT

Refill ONLY $1.50
Use with any plastic curler.
$2.85 Complete Kit including curlers