

Husbands At Home Do Little Cooking While Wives Away

(Ottawa Journal)

It's customary at this time of year to do a story on simple men and recipes for husbands left in the city by well-nourished, vacationing wives.

It is our humble opinion that these "grass-widowers" merely take their appetites to the best restaurants in town and that's that.

Information from a leading restaurant chain in Toronto indicates that these men don't even bother to get their own breakfast but wait until they get to town. However, eating "out" is an expensive habit that the average business girl cannot afford, to us offer the following simple recipes for her benefit.

Corn fritters: One No. 2-size can corn; one well beaten egg; one cup flour; one and a half teaspoons baking powder; one half teaspoon salt; one teaspoon sugar; milk. Sift flour, salt and baking powder together and add the corn finely chopped, the sugar and the egg well beaten. Add sufficient milk to make a good drop batter; fry in deep fat to a golden brown. The Bakery Foods Foundation suggest a corned beef sandwich for a quick and tasty lunch. Use ready-cooked, canned, corned beef hash. Toast rounds of rye bread on one side only. Heap the

corned beef hash on the untoasted side of each round, sprinkle with grated cheese and pop into a moderate oven for heating. Serve with tomato and Spanish onion slices.

Change From Salads

Although salads and cold plates of one kind and another are ideal for hot weather, too many of them can be just as bad as too few.

With this in mind, we offer "Gardeners' Kebab" from our Turkish cookbook. Ingredients: Two pounds of lamb; six tablespoons butter; two large carrots; four medium tomatoes (peeled); one pound pearl onions; one cup shelled green peas; salt; one pound red pepper (optional) and one teaspoon fresh dill.

Cut meat into one half-inch cubes and brown in melted butter. Scrape and cut carrots into one quarter-inch slices and add to meat.

Cover tightly and cook over low heat until meat is dry (about one hour). Then add peeled and seeded tomatoes, onion, peas, salt and ground red pepper if desired. Cover and cook for one half hour, adding a little water when needed (up to one cup) to keep it from scorching. When meat is tender, add freshly chopped dill, stir and serve.

The Stars Say --

By Genevieve Kemble

For Tomorrow

This is a day in which you should quickly cash in on your benefits. Things should have been working out to your advantage during the past few days, and the time is now ripe for harvesting. How you handle your affairs this day can have an important bearing on your future, especially where your business and personal relationships are concerned.

It is an excellent period in which to purchase things you have always wanted to own, but do not engage in any speculative ventures. Travel is under particularly beneficent aspect, and social affairs should be stimulating.

For the Birthday

If tomorrow is your birthday, the year ahead promises a new-found sense of security which should prove most exhilarating. Fast efforts should begin to bear

Morning Smile

Good Deed

"Do you realize, my dear, that you have never done anything to save your fellow-men any suffering?"

"Didn't I marry you?"

fruit during August, and if you are alert in seizing new opportunities which will come your way during the early fall months, you should be able to consolidate gains still further.

You may find yourself unexpectedly asked to take part in a community project within the next three months. If so, give it the benefit of all your innate wisdom and experience for, through this program, there is a possibility of making new contacts which will not only be valuable in the future, but which should immediately increase your prestige.

A child born on this day will be possessed of self-reliance, magnanimity, leadership ability.

ELLEN'S DIARY

By An Island Farmer's Wife

"Listen!" Jamie's hearing was attuned to catch some faint sound. He smiled and nodded. "You need not scold me like that," he commented. "No one's going to harm you, or your nest either. How can we?" he queried whimsically, "when we don't know where it is?" "It's a wren," he explained. "Every time I come by here she gets excited. She should know by this she's perfectly safe — I know her nest is somewhere about, but I never seem to have time to search for it. When you're driving cows like these," he offered, "well, it takes all my attention."

At his request, (How these children beg for elders of the Family to share their interests!), we were his company this evening along the farm-lane when accepting happily this chore which often falls to him, he herded the cows up the rise to their night-pasture. No cutting-bar of mower has yet disturbed the green of the hay-lands at this place, "in the road" though at Alderlea a beginning was made in a mowing of yesterday.

Now, too, the grain-fields lie prettily decked in deepening emerald. A tardy one of the herd moved into the pasture; Jamie checked the lumbering make sure that none were left without, then closed the gate securing it well against any untoward probabilities of the night; tested the strength of the fastening before he turned away, as might James and then, "Let's stop a minute to have a look at the new barn from here," he suggested.

How we enjoy such excursions along the fields with the children — or others — the Family and yet how bound it seems to house-wives to the chores of indoors! "But just close the door and forget them for the time," we recall a kindly and extremely wise old lady of the long ago advise with a twinkle. "They'll be there — dishes or cleaning or whatever it may be, when you get back — but the opportunity, or the day won't return. . . . and the children — how soon they'll grow up — reaches! And don't forget Ellen, more than the youngsters will stand to benefit from such outings!"

"Walk to the back field!" we remember the surprised tones of a mother speaking to her little lad, one evening when a spring was laid to her, or girlhood years. "How can I? Do you think I have nothing to do but prout with you?" and besides, of all places! Why there's nothing to be seen there — nothing but a bit of bush with a brook running through a corner of it!"

"And the spring," he reminded her. "Oh yes — but," she laughed, "you can get a drink of water at the pump, can't you?"

"Nothing but a bit of bush!" No fascinating wood paths; no violets or oak fern or trilliums for young hands to gather? No lovely tree or shrub — or what ours call with an admiring smile, "wild animals" — squirrels and rabbits, friendly fellows; no birds — not so much as a sight of glamorous pheasant or partridge?

"A brook, . . . and a spring. 'What most of all thought me back home after all my years away?' a returned son of The Island smiled a bit over our query one day. "Naturally," he replied, "I wanted to see my kin — and friends I had known in the long ago. I was . . . curious too, to see the old place, the little bed-room I knew, the parlor — there are few parlors nowadays, Ellen! — and all about. And especially I — my wife teased me about this, because as travelers we've been and seen pretty well 'all over' . . . but I did want to see the little brook of the old farm, where I spent so many happy hours as a boy, trouting, sailing boats, paddling. And all these years I'd been longing for a taste of water from the spring."

"From here," Jamie offered, "we can get a good view of the barn. What," he asked, "do you think of the first rafter?" We eyed it, against the quiet of the silver-blue sky. "There never was any better, was there?" we smiled. Jamie nodded his approval. "I think they'll make a nice roof," he said.

Nice as was this day which now so quietly "steals away. . . . Until tomorrow — Diary — Good-night

Better English

By D. C. Williams

1. What is wrong with this sentence? "We were just going to open the meeting when the two last men arrived."
2. What is the correct pronunciation of "intaglio"?
3. Which one of these words is misspelled? Abdominal, arseal, diagonal, ephemeral.
4. What does the word "initiative" (noun) mean?
5. What is a word beginning with co that means "abundance"?

ANSWERS
1. Say, "We were just about to open the meeting when the last two men arrived." 2. Pronounce in-tal-yo, i as in in, a as in at, o as in no, accent second syllable. 3. Abdominal. 4. An introductory step. "I am willing to take the initiative in this matter." 5. Copiousness.

How Can I!!!

By Anne Ashley

Q. How can I avoid getting/slacks out of shape when hanging them up to dry after washing?
A. Turn the slacks inside out

Barbara Ann Scott "Stars" in New Role



Canada's famed figure-skating champ is holding down a different type of job for the summer, and is "loving every minute of it." Since the first of June, Barbara Ann Scott has been baby-sitting in London, Ont., and is very happy about the job, since one of her two charges, Elizabeth, seen above with her, is her godchild. Away from her theatrical career for the summer, Barbara Ann volunteered to hold the fort at the residence of Dr. George Edward Hall, president of the University of Western Ontario, while he and his wife went off to the coronation and a tour of Europe. When the Halls are back from their holiday in August, it will be time for Barbara Ann to go "back to work" in Chicago for six weeks of solid rehearsals. After that there will be the big opening in Indianapolis, a tour through Omaha and the American West, into Chicago for three weeks commencing Christmas night, and next to New York and the big Broadway billing.

DOROTHY DIX'S COLUMN-

A Tightwad Husband

He Even Insists On Being Consulted Before Wife Spends Own Earnings

DEAR MISS DIX: My husband and I both work and during thirteen months of marriage have paid up \$2,000 worth of furniture bills. Now I feel I'd like to buy some clothes before we begin saving again. I am by no means extravagant, and Carl knows it. I do like to look nice at business, though. The trouble is that Carl feels I should consult him before I buy anything. He says he has the right to know where every penny goes and the fact that I work doesn't give me the right to buy what I please.

MARY E.
SOPHOMORIC SCROOGE

ANSWER: When serious money problems are so evident after little more than a year of marriage, the outlook for a happy future looks rather dim. Being married to a tightwad is bad enough, but having as a husband a man who is tight with his wife's earnings is just about intolerable.

If you have the intelligence to hold a good job, you certainly are smart enough to manage your own money. At the very least, you should have the privy-ilege of budgeting some of it for clothes, as a necessary business expense. Arguing with a miser is futile, and you might as well face the fact that the disease is a progressive one. The story of Scrooge is rarely repeated in reality. The more money you pour into Carl's hands, the more he'll want.

Your only salvation from a most unpleasant situation is to insist, and firmly, that a definite portion of your salary is to be spent as YOU see fit. Since you realize thoroughly the necessity of saving, there is no indication that you'll squander whatever you manage. Do your best to nip Carl's parsimony in the bud, before it spreads from his pocketbook to his soul.

DEAR MISS DIX: I have been keeping company with a man for three years, and all that stands between us and marriage is the fact that his seven sisters—all married, and well-off—refuse to assist in the financial care of their mother. She owns a small house, but has no income. My friend would have to bear the entire burden.

ANSWER: All members of the family should, by agreement, contribute a definite amount of money each week, or month, to the motherly support. In a family so large, a division of the financial responsibility would incur no burden on any one member. It is certainly an ungrateful bunch of children who would be so neglectful of a mother.

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

and pin them to the line by the pockets.
Q. How can I chill a bottle of wine quickly and easily?
A. Wrap the bottle in a piece of flannel that's been dipped into cold water and not wring out. It will

bring the wine below the room temperature in jig time.
Q. How can I make sure that my decorative plates will stand safely on wall shelves?
A. Nail a flat-type curtain rod along the back of the shelf and stand the plates behind this.

Anne Adams Patterns

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How to handle the young male

One day, your 3rd-grader's still a baby; the next, he's suddenly all male, turns fresh, disobedient. Should you crack down, bring him into line . . . or will discipline hinder his development, make him a "Momma's boy"?

In August Reader's Digest, a parent who's known the pain — and joy — of raising a 7-year-old gives common-sense tips on how to guide your own child through this difficult age.

Get your August Reader's Digest today: 35 articles of lasting interest, condensed from leading magazines, current books.

That Body Of Yours

By James W. Barton, M.D.

ALCOHOLICS ANONYMOUS

Physicians who have studied the problem of alcoholism place the method of Alcoholics Anonymous as the one most successful in results.

While some physicians do not believe that alcoholism should be called a disease, most physicians feel that as the alcoholic is unable to stop drinking, there is something in his make-up that makes resolutions fail, as respect for himself, love of family, are not sufficient to prevent alcoholism. The alcoholic needs help.

The success of Alcoholics Anonymous is due to the fact that the alcoholic "wants" to stop drinking and that he recognizes the need for help outside himself.

The alcoholic must have a genuine desire to stop drinking and must have reached a point in his drinking career when the pain of not drinking becomes more powerful than the pleasure of alcohol escape.

In "Medical Clinics of North America", Dr. Curtis T. Prout, Assistant Professor of Psychiatry, Cornell University Medical College, after discussing drug and other methods of treating alcoholism, states: "Alcoholics Anonymous, the society of former excessive drinkers, have been convinced that, for them, drinking constitutes an unmanageable problem. The society has grown rapidly since its origin in 1935. Every member of A.A. is firmly impressed with the fact that alcoholism is an illness and that as an alcoholic he is a sick person." This puts the alcoholic in a class with other sick individuals who state that they are diabetics or arthritics.

The "program of recovery" from which Alcoholics Anonymous has evolved is known as the "Twelve Steps."

1. We admitted we were powerless over alcohol, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal

(Continued on page 3)

Household Scrapbook

By Roberta Lee

Adhesive Tape

The gummy residue left by adhesive tape on your skin or any other surface is easily removed with nail polish remover or cleaning fluid.

Easier on Hands

If you prefer some commercial brand of sand-soap — especially for removing paint — and it isn't kind to your skin, add a little petroleum jelly to the soap before you use it.

Rust on Tile

Rust stains on tile will usually yield to kerosene, if they're not too old. Cover the spots with kerosene, for a couple of hours, then wash the tile with soap and piping hot water.

Alice Brooks Designs

EASY! SEE DIAGRAM

Pinafore! Sundress! Pop daughter into this pretty little number for play and parties. Sewing — easy! Embroidery — a cinch. Quick, get this on your machine.

Pattern 7061: Children's Sizes 2, 4, 6, 8, 10. Tissue pattern, embroidery, transfer. State size. 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.

Modern Etiquette

By Roberta Lee

Q. Is it considered proper to mail wedding invitations to friends who live so far away that you know they will be unable to attend the wedding?

A. Certainly. Distance has nothing to do with thoughtfulness.

Q. What should a hostess do when she is entertaining a number of guests and one of them shows plainly that she is thoroughly bored?

A. Ignore it and devote all her attention to the others. A guest who is this rude, of course, should never be invited again.

Q. How should a girl introduce a man to her mother?

A. "Mother, this is Mr. Martin."

"Mother, this is Ralph Martin," if she knows the man well.

Cook's Corner

Jellied Vegetable Salad

Soak 1 1/4 tablespoons gelatin in 1/4 cup cold water 5 minutes then add to it 1 tablespoon sugar, 1/2 teaspoon salt, 1 cup boiling water and stir until dissolved. Add 1/2 cup mild vinegar, 1/2 teaspoon Worcestershire sauce, 1



7061 SIZES 2-10
by Alice Brooks

tablespoon each lemon juice and grated onion, 1/2 to 1 cup very finely shredded cabbage, 1 cup finely chopped celery, 1 chopped canned pimiento or 2 tablespoons chopped green pepper or 1 cup sliced stuffed olives, or cooked green peas. The vegetables will sink, so this must be stirred just as it begins to congeal, or vegetables may be added just when it begins to congeal. Pour into 1 large mold or 6 individual molds to chill until firm. Unmold on bed of lettuce or cress. For another meal this could be molded in a ring, and when turned out the center filled with tuna or crabmeat salad. When tomatoes are in season they could be hollowed out and filled with jelly before it congeals.



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