

WOMEN

Page 8 The Guardian Thursday, Sept. 16, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

For us the hours of this day were laced engagingly with the happy voices of children at play. A brief holiday from respective schools gave granddaughter and Gage an opportunity to feel again the warmth of sunlight on their shoulders as they went to this or that intriguing interest of play.

They with Mack played busily in the clay of a reaped piece of the corn-patch, building a highway, fashioning on it a causeway along which blithely a collection of tiny vehicles were moved. Then wearying of this mostly-masculine interest the other two joined her in an excursion along the fields to return later with much treasure-trove: blossoms of escaped garden-violets, with tiny pansy-shaped flowers, yellow of butter and eggs (the common toadflax) the slender-stemmed, shaggy Leontodon Autumnalis and others of September's bright garland.

In the woodlands on the hilltops about, Autumn had her vanguard of artists at work, touching to carmine and scarlet the maples, gilding the birches, bronzing the wild cherries that only short months ago it seems were crowned beautifully with the white of spring blossoms.

And once more with the blue and gold of the season back to us a last reaping was made at this farm before the binder moved out to Alderlea to reap that "field across the creek" there.

"What did we do?" Gage repeated our question this evening for mid-afternoon had taken the children from us, as well as the harvesters. "We drank at the spring there

—and was it good!" he smiled remembering. "And we haunted along the stream there to see how many poplars the beavers had chewed down. What sharp teeth they must have! And they bite clean . . . you'd be sure they used an axe. Once, "he lowered his voice," we sat on a log, quiet as mice to see if we could catch a sight of them. But I guess we didn't wait long enough.

If a fellow just had plenty of time," he sighed. "It is, we think, a cry of the present: "No time!" But we found time to join a "passel" of other housewives of this district on an excursion to town to see the current showing of The Robe . . . We were interested in having the main characters we had come to know fairly well in the book take on substance and voices and move along the picture. "The grandeur that was Rome," the charm of Capri, the stark beauty of Biblical place-names—we gained more intimate knowledge of these. We accepted with a reservation which allowed us to view only so far, the cruel and ghastly scenes . . . And as always were ashamed for man's inhumanity to a Man—the wearer of The Robe.

The world has come far in many a way since that dark day when men cast lots for a Garmot on a hilltop. Even so, it is still as it was then peopled by a cruel, heartless, mostly un-Christian crowd? Or do we not see the influence of The Robe's magic shine forth "bright as the day" in many a high and lowly and often unsuspected place of earth?

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

MARY HAWORTH'S MAIL

Fights Continual Despondency

DEAR MARY HAWORTH: I hardly know how to begin. Since the birth of our third child, now two years old, I have been quite depressed—so confused at times I can hardly think. I am 31 and Ned is 32; we have been married nine years.

Most of the time I feel sick one way or another. In the last few weeks my eyes feel so peculiar. I have severe headaches but not too frequently; and at times I feel I am losing my balance. My physician says there is nothing wrong physically and, in the beginning, I thought I had a guilt complex.

I talked to my pastor, who helped me considerably—as I had felt I was being punished for smoking. I try to keep occupied, and my faith in God has kept me going, but now I feel I am getting worse. If I knew what was wrong, I could help myself.

Says Divorce Wouldn't Help

Once I consulted the local psychiatrist, who said my feelings and thoughts are all due to resentment of Ned, and there was nothing I could do. My greatest fear is that I may do some harm to my children—and I know I love them. Without them I wouldn't have the will to go on. I just can't understand why I feel so violent inside.

My childhood was very insecure and possibly this depression started then. It wasn't until after I married that I realized how much I had resented my

mother. But now I am older I can appreciate how hard it was for her to raise me alone.

My husband is quite independent, indifferent at times and hard to understand. I know that I love him and I think he cares about me; but I don't think you could ever really feel close to him. Mostly I feel that he doesn't really need anyone. He is a good father and provider, and I don't think a divorce would solve anything. You are my last hope. Please advise me.

T. S.

Strain Brings On Depression

DEAR T. S.: Evidently your life thus far has been one continuous strain—a struggle against fear and a striving for security. And too much of that sort of tension, unrelieved, can lead to emotional depression such as you report.

Moreover, in this melancholy state, the body lists towards general "letdown" too—and becomes susceptible to a flock of debilitating ailments, non-specific and vaguely felt at first. In this condition the patient is likely to feel at a loss (as you do), not knowing where to begin, to clarify his distress to physician, pastor or psychiatrist, so that clear-cut course of treatment may be devised, to restore health.

As for your latest symptoms—severe headaches, visual disturbances and dizziness—they are probably a by-product of neurotic tension, says a doctor with whom I've checked. But just to be sure, to double-check other possibilities—as might call for emergency surgery—he suggests you get a thorough diagnosis by a neurologist. This type of specialist may be located through your local medical society; or through your pastor, probably. You might show this article to second your request for further guidance.

Everyone Has Breaking Point

As you know, there is a folk saying about the straw that breaks the camel's back—meaning there are limits to strength beyond which a feather's weight will crush. And I gather your limit was taxed by the production of a third child. The additional responsibility, the chores thus multiplied, plus the proportionate cut in time for yourself, constitute the breaking-point factor in your life history, I gather. Your first resentments are essentially lonely life with Ned probably wouldn't have got you down had motherhood been easier. It is the continuing experience of



GINGER SNAPS

1 cup lard
1 cup molasses
1 cup brown sugar
2 cups flour
2 teaspoons soda
1 tablespoon vinegar
1 egg
1 tablespoon each ginger, cinnamon and allspice.
2½ cups flour
¼ cup corn starch
Boil lard, sugar and molasses together. Add while hot 2 cups flour. Dissolve soda in vinegar and add. When cool, stir in egg, sift spices, corn starch and enough flour to make stiff dough and roll.

—Mrs. Wm. Smith,
Bloomfield Station W. I.

Runt Chick Adopted By Ducklings

BURY ST. EDMUNDS, Eng. (Reuters)—Farmer John Thomas' runt chick has adopted the aquatic habits of ducks.

Twelve weeks ago when the farmer's broody hen hatched out a batch of chicks the runt had a hard time. His healthy brothers and sisters resented him and threatened to peck him to death.

To protect the runt, farmer Thomas put him in with a pair of gentle ducklings.

The runt liked the ducklings so well he followed them everywhere—even into the water.

Now when his rugged brothers and sisters take out after him, the runt takes to the water. Lacking webbed feet, he tires quickly swimming, but then he always is about to "hitch" a ride on the back of one of his duckling friends.

Household Hint

Before you begin to wipe off the surface of your telephone with a cloth wrung thoroughly out of soapy water, stretch a rubber band across the two prongs on which the receiver rests. This will prevent its giving a busy signal if anyone calls your number while you are cleaning the phone.

Morning Smile

A Hollywood film star sent her visiting cards to her former husband's new bride.

"I'm sending them by air mail," she wired, catishly. "Trust they don't arrive too late to be of use to you."

a rocky way, making demands beyond your strength, that gives you situational neurosis, as described—a feeling of being trapped, and keeping the lid on volcanic anger. Above all you need rest at present—at least a month for loafing, staying abed or walking outdoors, as you choose, while somebody else, a dependable person, looks after the house and children. When you are better rested, consider the possibility of getting work outside the home, and hiring a caretaker for the children, or putting them in day nursery school. Get help from the Family Service Agency or similar welfare center in your community, in taking the steps outlined. Any agency worth its salt will respond to your need of backing through this crisis.

M. H.
Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

The Toast of Canada



The toast of Canada after her historic conquest of Lake Ontario, Little Marilyn Bell poses in the new English convertible, one of the hundreds of gifts, totalling over \$60,000, which have been showered on the plucky 16-year-old. Some 150,000 admirers jammed the CNE waterfront and grandstand at Toronto for a victory celebration the night after her epic swim.

LET'S EAT

Use Low-Cost Meats, And Serve Generously

By IDA BAILEY ALLEN

"IT is a sad sight, in this land of plenty," said the Chef. "For the family to see a tiny roast of prime beef on a huge platter, and watch father count noses as he carves."

Too-Expensive Cut

"But we must remember, Chef, that it is too expensive for most families to buy enough prime roast beef for generous servings. It is far better to use a large enough quantity of a less expensive cut, such as brisket, round or rump from the grass-fed high-protein lean beef so plentiful on the market. Carefully cooked and seasoned, it can be even more tasty than most roast beef.

"Your Pot Roast Bouquetiere is especially good, Chef, and unusual, because you cook the beef first, and brown it afterwards to give a crispy exterior."

Pot Roast Bouquetiere: Into a heavy 4-qt. kettle, pour 2½ qts. boiling water. Add 3 tsp. salt, 4 sliced, peeled large carrots, 2 sliced, peeled medium-sized turnips, 4 chopped, peeled large onions, ½ c. chopped celery, 2 bouillon cubes, 1 (8-oz.) can tomato sauce and 1 tsp. paprika; add 3 bay leaves, 1 small dried red pepper, 1 section cut-up garlic and ½ tsp. whole cloves, all tied together in a bit of cheesecloth.

Bring to a boil. Then put in 4-5 lb. rolled pot roast of beef, any cut. Cover closely; simmer about 3 hrs., or until fork-tender.

When done, remove the meat to a slightly oiled baking pan. Surround with 12 quartered peeled medium-sized potatoes. Remove the bag of spices; spoon the residue of vegetables and liquid over and around the meat. Bake 45 min. in moderate oven 350-375 degrees F., or until the meat browns and the potatoes are tender.

SUNDAY DINNER

Fresh Tomato Relish on Lettuce
Beef Pot Roast Bouquetiere
Panned Potatoes
Corn on the Cob
Spanish Cream with Whipped Topping

Coffee Tea Milk
Fresh Tomato Relish: Combine 3 c. diced skinned fresh tomatoes, ¼ c. fine-chopped onion, ½ c. fine-chopped green peppers, 1 tsp. cider vinegar, ½ tsp. salt, ¼ tsp. black pepper and 1 tsp. sugar. Chill at least 3 hrs.

Spanish Cream: (Repeated by Request) Measure 3 c. milk into a double boiler top. Add 1½ envelopes unflavored gelatin. Let stand 5 min. Scald over hot water until bubbles form around the edge.

Separate 3 eggs. Beat the whites stiff, and the yolks until creamy. To the yolks, add ½ c. sugar, ½

cup salt, and ¼ tsp. vanilla. Stir into the hot milk; cook and stir until it coats the spoon. Fold into the egg whites.

Transfer to 1 large, or 6 individual molds previously rinsed with cold water. Refrigerate 4 hrs., or until firm. Unmold; serve with whipped topping, or sweetened stewed red plums.

Vegetable Platters

Say "vegetable meal" to most persons, and they look disappointed. But present a big lustrous-looking vegetable platter, garnished with a reasonable amount of substantial protein food such as small Swedish meat balls, minced left-over beef in gravy on toast, rabbit on toast, codfish cakes, or fishburgers and the situation is entirely different.

Here is a vegetable platter made up of seasonal and abundant vegetables that can be served with any of these proteins.

Vegetable Platter: Cook separately 1 medium-sized cauliflower; 2 lbs. green limas; 2½ c. thin-sliced carrots, and 1 lb. green beans cut in 1-in. lengths. Season each with drawn-butter sauce.

Arrange as follows: Put the cauliflower in the center of the platter; top with soft bread crumbs browned in butter. Surround with a row of green limas; then with one of carrots, and last add the cut green beans.

Season with a clear drawn-butter sauce, the base a combination of vegetable cooking liquids.

Drawn-Butter Sauce for Vegetables: Strain 1½ c. liquid drained from cooking vegetables. Bring to a boil. Stir in 1½ tsp. cornstarch blended with 1 tsp. cold water, and boil 3 min. Then 1 tsp. at a time, beat in ¼ c. butter or margarine. Season to taste with salt, pepper and a dash of tabasco, if desired.

Cornstarch as a thickening produces a clear sauce that brightens and heightens the colors of the vegetables.

TOMORROW'S DINNER

Clam Chowder
Fishburger and Vegetable Platter
Lettuce with Tomato Mayonnaise
Plum Betty

Coffee Tea Milk

Fishburgers: Put 1½ lbs. fish fillets through the food chopper. Combine ¼ c. soft white bread crumbs and ¼ c. milk. Heat and stir until smooth. Add to the fish. Beat and add 1 egg, 1 tsp. minced parsley, 2 tsp. minced onion, ½ tsp. Worcestershire sauce and ¼ tsp. salt.

Form into flat round cakes containing 1 generous tbsp. each. Dust with flour. Slow-fry in shortening. Serve as a border to a vegetable platter, or on half-toasted buns with chili sauce.

TOMATO MAYONNAISE FROM THE CHEF

Combine 1 c. mayonnaise, 1 c. fine-chopped fresh peeled tomatoes, ½ tsp. salt, ¼ tsp. ground black pepper and 2 dashes tabasco.

Clean, Freshen Refrigerator with SODA

Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odour. Recommended by leading refrigerator manufacturers.



COW BRAND BAKING SODA
PURE BICARBONATE OF SODA

Make All Four of these Thrilling oven treats with One Basic Dough!



Versatility begins at home—with Active Dry Yeast! One quick dough, thinly rolled, comes out four delectable desserts! Raised oh-h so tender n' light with amazing Fleischmann's Active Dry Yeast! When you bake at home, get festive results with Fleischmann's. Never fails. Keep a month's supply on hand.

BASIC PINWHEEL DOUGH
Scald 1½ cups milk
¾ cup granulated sugar
2½ teaspoons salt
¾ cup shortening
Remove from heat and cool to lukewarm. In the meantime, measure into a large bowl 1½ cups lukewarm water
1½ cups granulated sugar
and stir until sugar is dissolved. Sprinkle with contents of 3 envelopes Fleischmann's Active Dry Yeast
Stir in lukewarm milk mixture and 3 well-beaten eggs
Stir in 4½ cups once-sifted bread flour and beat until smooth and elastic; work in 4½ cups more (about) once-sifted bread flour
Turn out on lightly-floured board and knead dough lightly until smooth and elastic. Place in a greased bowl and grease top of dough. Cover and set dough in warm place, free from draft, and let rise until doubled in bulk. Turn out dough on lightly-floured board and knead lightly until smooth. Divide into 4 equal portions and finish as follows:

1. INDIVIDUAL CHELSEA TWIRLS
Cream ¼ cup butter or margarine and ¼ cup brown sugar; divide into 12 equal mounds; add pecans. Cream 2 tbsps. butter or margarine, 2 tbsps. cinnamon and ¼ cup orange juice and ¼ cup granulated sugar; cool. Spread half in greased 8-inch square pan. Roll out one portion of dough 16 by 10 inches, spread with rest of orange mixture, beginning at long side, roll up loosely; cut into 16 slices. Arrange in pan. Grease top. Cover and let rise until doubled. Bake at 350°, about 20 mins.

2. ORANGE WHIRLS
Soil together for 3 mins., stirring, ¼ cup butter or margarine, 1 tsp. grated orange rind, ¼ cup orange juice and ¼ cup granulated sugar; cool. Spread half in greased 8-inch square pan. Roll out one portion of dough 12 by 10 inches; spread with rest of orange mixture, beginning at long side, roll up loosely; cut into 16 slices. Arrange in pan. Grease top. Cover and let rise until doubled. Bake at 350°, about 20 mins.

3. DATE BIGHTS
Combine ¼ lb. cut-up dates, 1 cup water, ½ cup gran. sugar and 1 tsp. butter or margarine; boil gently, stirring often, until thick; cool. Roll out one portion of dough into 12-inch square; spread half with half of filling and roll up to centre. Turn dough over; spread remainder with filling and roll up to centre. Cut into 12 slices. Place, well apart, on greased pan. Grease top. Cover and let rise until doubled. Bake at 350°, 25 to 30 mins. Spread hot buns with icing.

4. JAM RING
Roll out one portion of dough 16 by 8 inches. Spread with ½ cup thick jam and ½ cup chopped nuts; beginning at long side, roll up loosely. Twist dough from end to end; form into ring on greased pan. Grease top. Cover and let rise until doubled. Bake at 350°, 25 to 30 mins. Spread hot ring with white icing; decorate top.

BIGGEST DESSERT NEWS IN YEARS!

new...light 'n fluffy

JELL-O INSTANT PUDDING

Ready to serve faster than any other pudding, regular or instant

New, JELL-O Instant Pudding has a wonderful light 'n fluffy texture... good, good, rich-flavored taste!

JELL-O Instant Pudding is made WITHOUT COOKING! WITHOUT CHILLING! Just mix with cold milk! Add JELL-O Instant to your supply of other JELL-O Puddings!

Makes 4 to 5 servings

Vanilla
Chocolate
Butterscotch
Caramel

Jell-O is a registered trade-mark owned in Canada by General Foods, Limited

SEPTEMBER SPECIALS

LADIES'

"Lady Anne" Knitted Suits, reg. \$39.95—now selling at . . \$29.95
Wool Sweaters — Pullovers and Cardigans . . . \$2.95 to \$10.95
Blouses — Cotton, Nylon, Wool Jersey etc. . . . \$1.00 to \$5.95
Skirts—Felt, Taffeta, Wool Plaid, Gabardine, etc. \$2.95 to \$8.95

CHILDREN'S

Dresses & Jumpers \$2.49 to \$5.95
Skirts \$1.95 to \$4.95
Blouses \$1.00 to \$2.95
Sweaters \$1.88 to \$2.95
Pajamas & Sleepers . . . \$1.49 up
Corduroy Overalls \$1.49 to \$2.95
Jeans \$1.00 to \$2.95
Slacks \$2.95 to \$5.95
Burberrys and All Weather Coats 10% Off

A new Shipment of Cotton House Dresses, Smocks, Coffee Coats and Dusters, just received

We also have a large selection of Ladies' Winter Coats, All Weather Coats, Suits, Dresses, Hats, Purses, Gloves, etc.

COME IN AND SELECT YOURS NOW!

Use our Lay-Away Plan. A deposit will hold any garment until needed

The GREENDAL Co. Ltd.

LADIES' STORE 150 GT. GEO. ST.

For Lovelier legs

Whisper NYLONS

Special offer

OVENWARE
DESSERT DISH
inside large VEL

Hurry! Get your ivory coloured Ovenware Dessert Dish in the special pack of large Vel. Start building your set of this smart ovenware today.

VEL cuts grease fast.