

WOMEN

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LET'S EAT

Cheese Adds Protein Plus Flavor to Menu

By IDA BAILEY ALLEN

"Do you approve of cheese for dessert, Madame? In France, we often serve it, with apples or pears and crusty French bread. We always use a soft cheese that can be spread on the bread, such as Camembert, fromage de Brie or Port de Salut.

A Perfect Final

"Cheese with fruit would certainly be a perfect finale to a vegetable meal or a dinner otherwise short in protein. Chef. It would supply the needed complete balance."
"And a little cheese goes a long way, Madame. It is what you call concentrated nourishment, isn't it? I understand it takes more than a gallon of milk to make one pound of American cheese. So 2 ounces of cheese for each person would furnish a very good amount of protein."

MONDAY DINNER

Red Bean Soup
Choice of Casserole of Lamb or Vegetable Casserole
Baked Potatoes Fried Turnip
Tea Biscuits
Cheese and Red Apple Tray or Winter Squash Custard Pudding
Coffee Tea Milk
Vegetable Casserole: Peel and slice 1 small eggplant, skin on. Cut in 1/2" slices; brown lightly in 3 tbs.

butter or margarine. Chop enough onions, carrots, and celery to make 1 c. each. Mince 1 green pepper.

Put a layer of the eggplant in an oiled baking dish. Spread over a layer of the other vegetables and sprinkle with 1 tbs. converted or brown rice. Repeat, making 3 layers. Pour over about 4 c. water to cover, in which 1/2 tsp. salt, 1/2 tsp. pepper, 1/2 tsp. monosodium glutamate and 4 vegetable bouillon cubes have been dissolved. Cover; bake slowly in a moderate oven, 350 degrees F., about 1 hr. or until vegetables and rice are tender.

Winter Squash Custard Pudding: Beat 3 eggs in a deep baking dish. Add 1/2 c. scalded milk, 1 c. fine stale bread crumbs, 1 c. light brown sugar, the grated rind of 1 medium-sized lemon, and 1/2 c. sifted, cooked, or frozen and thawed, winter squash. Let stand 20 min. Sprinkle top with 1/2 c. coarse bread crumbs mixed with 1/2 c. chopped nuts, any kind. Set in a baking pan and surround with boiling water. Bake in a moderate oven, 375 degrees F., until firm in the center and brown on top, about 50 min. Serve warm or cold with melted tart jelly sauce, a whipped topping, or a la mode with ice cream.

TRICK OF THE CHEF

Add 1/2 tsp. thyme when making vegetable casserole.

New Room Settings

By ELEANOR ROSS

Color is king at an exhibition of seven model rooms, one set of schemes being done in a muted, but subtle, set of colors, the other using much to sharp, brilliant accents.

All the backgrounds are either beige or white, the beige usually a creamy pale tone. This is seen in a bedroom which has floor covering and spreads in the same subdued but beautiful tone. Here the accent is a deep, rich purple, used in velvet to upholster a long settee and a small stool.

The purple appears again in the print draperies, and novel draperies they are, too. At either side of the window is a tall two-panel screen covered with the print, and

so placed as to simulate straight draperies.

The Italian Provincial furniture is handsome fruitwood. Dull brass circles are set into headboards and used for rings serving as drawer pulls.

A living-dining room has beige grass paper for wall covering, and beige for the textured carpeting as well as for the rich silk window draperies. A creamy beige is used for couch and easy chair upholstery. The dining chair seats are done in purple.

Two influences, the Italian and the Oriental, pervade another showing.

One of the most handsome rooms in the five-room group is a dining room furnished with an Italian interpretation of French Directoire. The room takes its color scheme from some exquisite Italian paintings used in the room. The walls are done in a most unusual bluish pink, and taken from the picture, too, is the soft yet lively lilac blue of the rug, draperies and chair seats.

Fruitwood Furniture

Table and chairs are in fruitwood, and there is a fruitwood sideboard that is unusually high, with good, straight lines, brass-trimmed. There is a living room that strikes an interesting Oriental note, the room built around two bridal chests used in lieu of end tables at either end of an impressive sofa. These are of tangerine-colored leather, trimmed with intricate, cut brass locks and hardware. They are the equivalent of our hope chests, and they once belonged to 18th century Chinese brides.

A dull antique gold color with an Oriental flavor is the background for walls and fabrics.

Wife Preservers

When you buy eggs, put them in the refrigerator as soon as possible and keep them there until you use them.

Perfection ICE CREAM CONES ALL FLAVORS

MARY HAWORTH'S MAIL

Woman Spends Her Time In Unkind Gossip

DEAR MARY HAWORTH: In our family we have a woman devoted to misery. She absorbs sob drama on radio, TV and in the news. She reads paper-back novels and spends hours at telephone gossip. She says unkind things about people; hurt feelings and spreads ill will.

She finds fault constantly with everything, from a person's choice of mate to the decorating scheme of a house. In public she is rude and unpleasant, criticizing in a loud voice a strange woman's hat or weight. She is avidly interested in the private lives and personal habits of other folk—and most people drop her quickly when they find out her plying ways.

Every Thought Is Unpleasant

Mrs. X has a well furnished house, equipped with every convenience, and each new possession is put on display for guests to admire. She visits at her own convenience, without invitation, and when her children were small, she took them along and many a home was left in tatters. As a close relative, I come in for a good share of this woman's attention. I avoid her, as we couldn't have less in common; but she persists in telephone calls and visits. I don't want to be unkind but I have neither the time nor patience for her any more. Our meetings and conversations are almost always unpleasant and short of a direct insult, I wouldn't know how to discourage her. Your comment will be appreciated.

L. C.

Soul Stepped In Suffering

DEAR L. C.: This woman operates from a personal center of dreadful unhappiness. Her consciousness is steeped in a philosophy of "the world, the flesh and the devil," it seems. Mentally and emotionally, she dwells in a dog-eat-dog environment where she feels terribly insecure. Hence her compulsion to know all about everyone's inside story, so as to reckon what she has to fear from them—or how her lot compares to theirs.

As to what you ought to do about her, I think the overall answer is, be kind. In all probability you are a mild, courteous, long-suffering soul—hence your cornered tolerance of her pursuit, when actually you'd like to shut her out of your routine. In pestering you (from her viewpoint), Mrs. X is snatching at momentary respite from her chronic desolation of spirit, I think.

Because of your approachable disposition, she feels she can get close to you conversationally; in her moods of greatest loneliness; that you are less man, less threatening perhaps than most people, as she sees them. Unfortunately, her characteristic contribution to any interaction is negative—an outpouring of a rejecting attitude towards everybody and everything, that makes her presence very depressing.

The Antidote To Her Gloom

In dealing with Mrs. X, you need a continuous supply of spiritual ammunition, to be brought into play as an antidote to her deardness. This will be profoundly helpful to her and protective of you. For every unpleasant word she offers, you can return a winged thought, as it were. But for this you must prepare in advance, by daily reading calculated to make your mind a powerful transmitter of the good, the beautiful and the true. Try "God's Reach" by Glenn Clark (Macalister Park); or "The Sermon on the Mount" by Emmet Fox (Harper and Brothers); or "The Christian's Secret of a Happy Life" by Hannah Whitall Smith (Revel).

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

Morning Smile

A page-boy passed through the lounge of the exclusive hotel. "Young man," remonstrated the manager, sternly, "you should know that it is against the rules of this hotel for an employee to whistle while on duty." "I'm not whistling, sir," replied the boy. "I'm paging somebody's dog."

ELLEN'S DIARY

by an Island Farmer's Wife

And now the first "winterish" snow has fallen to settle lightly on roof and field. Gently the flakes drifted down, whitening the slopes, crowning the hilltops, powdering the evergreens, icing the fenceposts, altogether changing in no time the quiet grace of our fall surroundings into a bewitching fairyland of white.

"The snow gives the countryside a Christmasy appearance. It's pretty isn't it?" we said to Jamie at the window where, with him and Gage, we watched the first shadows of evening steal into our valley.

"I'd like it just like this for Christmas!" he nodded. "With only enough snow down to cover the fields lightly and make them all white and clean."

Gage sighed. "I wish it would always stay summer! Yes, I'd like that. I like it because then I can go barefoot. This putting on and off of socks and shoes and sweaters and jackets," he smiled "takes up to much time! I like to wade in the stream . . . and build bridges. And isn't it nice to drink at the spring on a hot day? The water is cold no matter how warm the day is." His face was wistful. "It's a good time of year isn't it? Birds singing, little nests full . . . and now they're all empty, every one! But winter's not bad when it comes. We're going to make a rink down in the fields, when it gets cold."

"There'll be coasting too and tobogganing," Jamie said. "The winter won't take too long slipping away, once it's here."

"She's not here yet!" Rob smiled coming in then. "If Granddaddy wants to get more of that stump-land cleared, there'll be plowing days still."

"That is the way Granddaddy likes to plow; with horses" Granddaughter smiled at the sight of plowmen at work yesterday following their teams in the fields. She is an old child, this Granddaughter of ours.

We overheard her conversation lat-

er with the two younger children, Gage and Mack.

"And why can't we fill the wood-box and bring in the kindling!" she commented with a touch of sternness, when we had offered the suggestion.

"Because it's too much like work!" Gage replied with a merry chuckle. "And besides we want to play!" Mack added. "Let's not do it for awhile yet anyway."

"Let's do it now" she said "and then if there is any time left, we can play." "Aw, we don't want to!"

"Well, if you want to be able to play games, Gage, you know very well, you will have to develop your muscles. And there's nothing better for that than work. You can't expect them to be strong, and supple if you don't use them" she explained.

"Oh well," he shrugged turning toward the woodshed, "I suppose if we have to, we may as well get busy . . . It's just work, work, work around here, and when it's not that it's, guess what?" he laughed.

"I know" Mack nodded, "It's lessons!"

Just work . . . and play! And a powdering of snow tonight bright and winsome along the heights and depths of this valley.

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

Moulded Salmon Salad

1/2 tbs. salt
1/2 tbs. sugar
1/2 tbs. flour
3/4 cup milk
1/4 cup vinegar
1 tsp. melted butter
1 egg
1 7-oz. can salmon or tuna
1 7-oz. gelatine soaked in 2 tbs. cold water
Mix dry ingredients, add butter, egg, milk and vinegar. Cook in double boiler. When thickened remove and add gelatine, which has been soaked. Then add salmon, 1 cup peas, 1/2 cup dried celery. Put in moulds and chill.

Herman N. Bundesen, M. D.

Perfect Cure For Children's Bad Tantrum

There's a perfect cure for temper tantrums. Just ignore them. It may be difficult to disregard a youngster who is lying on the floor kicking and wailing bitterly because he did not get his own way. But that is the best way to handle such a situation.

Don't Give In

Don't scold him or whip him, and above all, don't give in to him. A tantrum just isn't any fun or use to the child throwing it if no one pays any attention.

The same advice usually holds true for other tricks tried by children to enforce their demands.

For example, many a child has thrown fear into his parents and got what he wants by holding his breath. Even babies try it.

If your youngster uses this method, you don't have to snap him out of it by testing cold water in his face or by agreeing to his demands. He'll begin breathing again, don't worry about that.

Occasionally, youngsters have strong antagonistic feelings towards their parents. When your child screams "I hate you!" he actually means just that, although, fortunately, his bitterness usually lasts but a moment.

Feelings Better Expressed

Now, it is far better for your child to express his feelings this way than to bottle them up inside. If he is afraid of giving vent to his anger because of being punished, he may harbor resentments that eventually can lead to real and lasting hatred.

Again, the best thing to do in such a case is to ignore the outburst as much as possible. Try, if you can, to divert his attention quickly, or make light of the situation which caused his wrath. If these efforts fail, just walk away and leave him by himself until his temper cools.

Probably the most popular way youngsters have of gaining parental sympathy is by merely crying. It's not as hectic as a tantrum and not as exciting as breath-holding, but it's a lot easier and, in the end, usually more effective. It should not be, of course.

If you are convinced that what your child wanted was wrong, let him cry. And once you have decided to let him cry it out, don't change your mind. If you give in once, you'll give in again.

QUESTION AND ANSWER

Mr. Y. A.: Can a toxic goiter cause protrusion of only one eye?



COOK'S CORNER

PUMPKIN PIE

1 1/2 cups brown sugar
1/2 tsp. salt
1/2 tbs. flour
1/2 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. cloves
2 eggs (slightly beaten)
2 2/3 cups pumpkin
1 1/2 cups milk
1/2 cup cream or evaporated milk
Use plain pastry. This recipe makes 2 pies. Cook 20 minutes 450 degrees F., or cook 25 minutes 350 degrees F., or until firm and crust is brown.
—Mrs. Orrin MacDougald, McNeill's Mills W. I.

Household Hint

Laundry areas must always have good lighting. Install a metal reflector or shield with a minimum of two 25-watt tubes or a 50-watt bulb over the laundry tubs. Similar fixtures can be placed over the ironing apparatus. Natural light can supplement the artificial light, if the windows are strategically placed.

VANCOUVER, (CP) — Twenty big horn sheep, British Columbia's rarest animals, have been sent to Oregon where a United States federal project aims to preserve the species. The 20 were captured in the Cariboo area where hunting of the sheep is banned by Canadian laws.

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Let's make some Christmas candy—the easy way—with Shirriff's Flavouring Extracts and Pure Food Colourings.

Xmas FRUIT BALLS
Chop 1/2 lb. each of dates, figs; 1/2 cup raisins, 6 Maraschino Cherries, 1 cup nuts. Add 1 tsp. Shirriff's Maple Flavouring. Form into balls, roll in sugar and store in a cool place.

Xmas MINT WHIRLS
Beat one egg white 'til stiff; fold in 2 cups of powdered sugar. Add 1/4 teaspoon Shirriff's Pure Peppermint Flavouring Extract, and colour as you like with Shirriff's Pure Food Colourings. Drop off spoon—or swirl through a pastry tube.

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