

WOMEN

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LET'S EAT

Bride And Grandmother Bake Their Own Bread

By Ida Bailey Allen

Mrs. Elizabeth Ann Ridley, "going on ninety," has been baking bread regularly each week for her family for seventy years! "It's been the custom in my family for generations. They like homemade bread and I feel it's good for them. I don't measure the ingredients, except the milk, any more," she confided to me. "But then I've had considerable practice!"

MEASURES CAREFULLY

The second homemaker is a wide, Irene Rosenberg Grau, dis-

a floured board or pastry cloth. Knead by folding the dough over on itself toward you and pushing forward with the heels of the hands. Turn 1/4 round. Repeat the pull-and-push rhythm. As you knead, sprinkle just enough flour on the board to keep the dough from sticking. Knead 8 min. or until smooth and elastic. Place in an oiled bowl; brush lightly with melted shortening. Cover with waxed paper; let rise in a warm place, free from draft, until doubled in size, about 1 hr. and 20 min. Punch down the dough



Fragrant homemade bread should be served with a flourish.

tinguished young pianist. She bakes bread for her young musician husband also "because he likes it."

"But I measure very carefully," she smiled. "I'm just learning to cook."

Irene enjoys kneading the dough with her supple pianist's hands. They both love the aroma of the baking bread (don't we all!), and can scarcely wait to cut the warm, fragrant loaf.

Here is the recipe used by both these homemakers:

Home-Made White Bread (3 1/2 lbs): To 1 c. tepid water, add 1 pkg. granular dry yeast or crumble in 1 cake compressed yeast. Let stand 5 min. Stir to dissolve.

Meanwhile, scald 1 c. milk. Stir in 2 tsp. sugar, 2 tsp. salt and 2 1/2 tsp. shortening. Cool until tepid. Add to the yeast.

Beat in 3 c. sifted enriched flour. When smooth, add 3 additional c. sifted enriched flour. Stir until the dough does not stick to the sides of the bowl. Turn out on

MARY HAWORTH'S MAIL

Disapproves Of Bride Being Member Of Band

DEAR MARY HAWORTH: My daughter was married last June, soon after being graduated from High School. Her husband is a junior in college, where she is a freshman this year — on a scholarship given her for outstanding grades and extra-curricular activity.

Since entering college, Ann was chosen one of the top performers with the university band — hence the problem. She is carrying a light schedule of studies, but does all her housework and laundry, in addition to some wage earning. Her favorite chore, the one she most enjoys, is marching with the band at school games.

However, her husband wants her to give up the band chore and, because she refuses, he says she loves it more than she loves him. (That's all she told me). When we were there recently he wouldn't go to the game because she was performing, and the tension between them was noticeable. It seemed juvenile to me, but I kept my thoughts to myself.

MOTHER FAVORS GIRL

I would like to help them both as neither can do good work if there is a mental block, so to speak. I gave up all my clubs years ago, because my husband griped at my activities. Now I feel dull and uninteresting, and although I could re-join them, I have lost incentive. To me, outside interests are a must!

I am wondering if there is a course on family life at their university, that might give them a better slant on things. My daughter doesn't mind her husband's going to poker parties or fraternity meetings. She is happy for him to have some outside activity; he works too.

The band takes her away from home only for Saturday afternoon games. The band will be making two trips out of town, and Ed can always go too — either with his boss, or in his own car. I hate to see their marriage get off to a bad start, and would appreciate your advice.

LACKS SENSE

DEAR G.Y.: It is difficult to inject saving doses of good taste and good sense into the thinking of a person who hasn't an innate grasp of such things. And, as I see this hassle, Ann is offending against good sense and good taste, in carrying with the band — on parade and game days — when her bridegroom husband deprecates the spectacle.

I grant you there may be no harm per se, in that kind of frolicking. If Ann were a single girl, she might perform with the band as a lark, loving the chore, and as a wife, and particularly a bride, she certainly should have her husband's full consent, before making a public show of herself, in circus-type garb, as it were.

To be frank — and let's face it — Ann's chore with the band (blue pencilled at your request) really consists in flaunting herself to holiday crowds in a show-off routine, scantily clad. Therefore it seems to me quite understandable that a husband who really cares about her, in a protective cherishing way, mindful of the cynicism of the unconcerned, would be profoundly chagrined by, and immovably opposed to, such a display.

IN JEOPARDY

It is easy to argue that Ed is just being jealous or narrow. And that narrow persons are never happy and others can't please them. And that outside interests are "musts" in keeping a marriage healthy, etc. All of which could be true. But even so, anybody with adult understanding of the psychology of marriage, and anybody with a smidgen of moral awareness, will sympathize with Ed's shamed indignation in this particular matter.

The oneness of marriage has to do with the privacy and exclusiveness of interpersonal relatedness. And the individual person is an



ENGLISH ENSEMBLE

This wool jersey two-piece ensemble is popular in England. The body-fitting dress is worn under a matching jacket which hugs the top of the hips and buttons across the waist and shoulder line. Jacket is edged with phantom beaver. (CP Photo)

ELLEN'S DIARY

By An Island Farmer's Wife

On these fields, as at Rob's at last harvest of the fields. Two women there were, a little boy, a black dog, a companionable mam-ma-cat, and for our convenience a mare and farm-cart along the opened drills. And in the farm-lane at times, James bringing to us or taking away the other in the flow which gathered the roots to a cellar or barn-floor of the place.

"What does the day look like, Ellen?" James asked this morning when as it happened we were first to the window.

"Not much sign of the sun," we offered.

"Any wind on the millpond?"

"Not a breath!"

"Has it settled? It was 'as red as the road' yesterday."

"Not yet."

"And that's not a good sign," he commented. "I guess the weather hasn't straightened away yet."

"Yet nice glimpses of sun we had this afternoon, briefly, but pale gold on the shoulders of the pair of farmwives, more and less pressed into service, to assist at saving our

indivisible blend of body and spirit. As with the body, so with the spirit, one might say. Thus when Ed sees his bride doing acrobatics in the spotlight, in defiance of his wishes, he is justified in wondering just how much for what kind of a marriage he has.

Ed has a problem in Ann's immaturity and childish greed for collegiate fun. And his hostile bafflement increases their difficulty. They are married greenhorns, ill-adjusted; consequently they are pulling apart, before they've had time to grow together. To find help for them, inquire of the Family and Children's Service in the town through which you write. Or consult the Community Mental Hygiene Clinic there.

Mary Haworth counsels only through her column not by mail or personal interview. Write to her, in care of this newspaper.

COOK'S CORNER



POTATO FULEFS

3 cups mashed potatoes
2 eggs, beaten
2 tbsps. flour
1 tsp. melted butter
Salt and pepper to taste
1/2 tsp. garlic powder or piece garlic, minced fine

Mix well. Drop on to well-greased pan, sprinkle with paprika and put in 325 oven for 12 minutes. Place under broiler until brown.

WEAK IN THE

Weak Backs Need Exercise

By Ida Jean Kahn

In this age of soft living, back strengthening exercises are sorely needed, for back troubles are on the increase. The corrective exercises given in today's column can safely be taken by anyone. They are given particularly for those of you who have asked for back strengthening exercises. However, if you are under a doctor's care, be sure to ask his permission before taking any exercise. In any acute stage of back trouble, exercise can do more harm than good.

The starting exercise corrects swayback and restores tone to the abdominal muscles. Weak abdominal muscles are a drag on the back. This exercise is given from a safety position, and the action is so simple as to seem ineffectual.

Position: Lying on back on floor, with knees bent, soles of feet flat on floor, arms down at sides.

Movement: Pull up and in firm ly, pressing the small of back flat

against the floor. To concentrate the action, bear in mind which muscles you aim to strengthen — the abdominals. As you hold the up-and-in-pull, breathe freely — the tendency will be to hold your breath. The exercise is to h-o-l-d the up — and in pull to a slow count of six — then release. Repeat the routine ten times, each time holding the contraction for the slow count of six.

The second exercise is taken from the same safety position, knees bent.

Movement: Keeping right knee bent, extend left leg about half way up, knee straight. Pull up and in firmly with abdominal muscles, then slowly lower leg to floor. Make this a controlled movement, with the control through the girdle muscles. Do not let gravity bring your leg down. Do this to a slow count of six, alternating legs, and make sure to contract with the abdominals each time. If you find yourself holding your breath,

count out loud s-l-o-w-l-y with lowering leg slowly.

The second half of the routine restores tone to the muscles of the buttocks which in turn help to keep the pelvic girdle properly centered and posture on the beam. Many, if not most, physically deuced back troubles come from faulty posture.

Position: Lying on floor, face downward, legs stretched straight down and together.

Movement: Tense the buttock muscles by a pinching motion and hold this contraction for a slow count of six. Release — contract strongly again — hold. Repeat ten times.

This simple routine, done regularly, morning and evening, is small enough concession to make in order to keep the back strong in spite of the soft life we lead.

HOUSEHOLD HINTS

Be sure you remove metal hanging or pleating pins before laundering washable draperies. This is a double safety measure, as it not only protects fingers from being pricked, but also removes a source of rust stains.

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Words Of The Wise

The only reward of virtue is virtue; the only way to have a true friend is to be a true friend.

—(Ralph Waldo Emerson)

SUCCESS W. I.

Mrs. Fred and Mrs. John Campbell entertained the members of Success W. I., Grahams Road at their home Tuesday evening Nov. 8. The President presided and the meeting opened with "O Canada" followed by the Creed. Twenty-one members answered Roll Call by paying annual dues.

Minutes of last annual and regular meeting read and approved. A vote of thanks was extended to Mr. Hugh Campbell for the splendid paper read at the School opening also to Mrs. Frances Murray for the Honor Roll dating back to 1875. Also decided that the Records of our new School be kept and Recorded. Proceeds from lunches sold at school opening amounted to \$15.00 and \$10.00 was donated for prizes at end of school term. Programme consisted of a reading on "Peace" by Mrs. John Campbell. Report of years work given by the Secretary-treasurer Mrs. Marshall Whitehead, \$755.35 being raised during the year.

The following officers were appointed: President, Mrs. Ray MacLeod. Re-elected: First Vice-President, Mrs. Hugh Campbell. Re-elected: Secretary, Mrs. Marshall Whitehead. Re-elected: Treasurer, Mrs. Fred Campbell. Red Cross, Mrs. J. M. Campbell.

Collection was \$3.50. The December meeting is to be held at the home of Mrs. Marshall Whitehead. Roll Call an exchange of Christmas gifts also a bazaar at next meeting. Programme, Mrs. Leola MacLeod with Christmas carols. Meeting adjourned after which lunch was served by committee in charge.

Woman Teaches Flying

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