

Some Extra-Special Pancake Recipes For Shrove Tuesday

Today is Shrove Tuesday — long associated with feasting and merrymaking as the last day before Lent begins. Shrove Tuesday although really a day intended for confession and shriving of sins, has come to be almost synonymous with Pancake Day in many parts of the world.

In some places there are pancake races, a custom which is said to have begun when a housewife who had overslept ran to church still in her apron, flipping a pancake in the pan which she carried as she ran. The race really takes the form of a contest to see who can flip her pancakes highest.

To others, Shrove Tuesday means football, an exaggerated form of football, leading through brooks, woods and over meadows, and ending with a glorious feast of pancakes for the winners.

In Westminster School in London, "Tossing the Pancake" is an annual event, when the cook is ushered into the school room with great solemnity. He twirls a pancake around, then lets it fly, and the lad who catches it, or manages at least to grab the largest piece, is rewarded with a prize of money. Samuel Pepys in an entry in his famous diary in the year 1660, mentions the great excitement and feasting which took place on Shrove Tuesday, and from Poor Robin's Almanack of 1684 comes

the following description of the ringing of the pancake bell and the activities which immediately followed:

"But hark I hear the pancake bell, And fritters make a gallant smell; The cooks are baking, frying, boiling, Stewing, mincing, cutting, broiling, Carving, gormandising, roasting, Carbonading, cracking, slashing, toasting."

Here is a recipe for Shrove-tide pancakes which can be served as a dessert, a particularly good idea if you're not fond of them as a main dish.

1½ cups sifted all-purpose flour
½ teaspoon salt
1 teaspoon grated lemon rind
6 eggs, separated
1½ cups milk

Mix flour, salt, lemon rind, Beat egg yolks thoroughly and add with the milk to the dry ingredients. Beat batter until smooth. Fold in the stiffly beaten egg whites. Grease hot griddle or skillet with a little butter. Pour on a very thin layer of batter, making cakes about five inches in diameter. Bake until delicately browned on one side — about a minute; turn and bake on the other side. Spread each pancake with jelly, or sprinkle with powdered sugar, roll up while hot and serve with sauce of lemon. This recipe yields approximately 12 pancakes.

Continued on page 12

A Country Garden

By Mrs. Gordon MacMillan

A HAWTHORN BERRY

How sweet a thought, How strange a deed, To house such glory in a seed— A berry, shining rufously, Like scarlet coral in the sea, A berry, rounder than a ring, So round, it harbours everything; So red, that all the blood of men Could never paint it so again. And, as I hold it in my hand, A fragrance steals across the land: Rich, on the wintry heaven, I see A white, immortal hawthorn-tree. —Mary Webb

Red berries are fewer on the Berry shrubs and the Roses because of the deep snows this winter and the need of food for the birds. This morning we watched from the window as several partridge ate their breakfast a few feet from the dwelling.

It makes us feel good to have a wild-life sanctuary so near and we remember these little round birds from the summer days when they were very small running round, and up and down the lanes. Now all escaped the strange gunners who came so near the home but now when they are hungry they are being fed.

I have been reading about flowers in the far past and it is so interesting.

In the Far Past

Our gardens are gay with flowers from mats of fragrant Thyme to bands of lordly Lilies, they charm us with their color, scent and beauty, and thrill us with their infinite variety. But we seldom pause to wonder how it is that they have been brought to us from their wild homes all over the world, or to imagine why it is they came to be grown in our gardens.

The story of how all the different varieties is as diversified as the flowers themselves. A few are simply European wildflowers that have been grown and loved for many hundreds of years, wildflowers whose every slight variation has been cherished and encouraged until with the passing centuries, they have been gradually developed into present day favorites that we all love so well.

Some are the results of strange and perilous journeys to the remotest corners of the earth, having

Continued on page 12



BEAMING DUO—Movie queen Elizabeth Taylor clasps hands with her husband-to-be, Michael Wilding, shortly after arriving at a London airport. It was the second trip to the altar for the 19-year-old star and also for the 39-year-old British actor.

DOROTHY DIX'S COLUMN—

Allergic To Work Man Takes It Easy While Wife Slaves To Support Family

DEAR MISS DIX: How can a lazy man be made to work? A friend of mine is married to a man who works a week or two and lays around for a month or more. There is plenty of work to be had but he's always looking for something "out of season," so he has an excuse for not doing it. He has three small children. The wife has a small income and has to support the family. He is perfectly healthy, but is tired from sitting around doing nothing. He could help clean the house, but it is too much "man" for that. His wife has to worry, even works out a little when she can get a baby-sitter. I think she should get a job and let him take care of the children and do the housework. Maybe he'd wake up.



Muriel Nissen

A PLUMB DISGUSTED FRIEND
ANSWER: Your indignation is readily understandable; one of the really revolting sights in life is to see a healthy man taking life easy while his wife works her fingers to the bone bringing home the bread. No man with the slightest vestige of self-respect could watch his wife struggling to carry on at home, caring for babies, then going out to work for a few dollars to provide him with the necessities of life.

HAS NO DECENCY
What appeals can one make to such a person? He has no decency, no love for his wife or children, nothing but a vast selfish ego, so pervasive that it shuts out all other human emotions. Nothing means anything to him but his own comfort; an easy chair to lol in all day, food prepared and all but fed to him. If his long-suffering wife is satisfied to cater to his sloth and gluttony, there is absolutely nothing her family and friends can do about it.

Supporting such a husband is a luxury; if a wife feels entitled to the indulgence, such is her responsibility. Of course her placid acceptance of the double role of bread-winner and homemaker strips her of respect, too. No self-respecting woman would allow herself to be so imposed upon, nor would she deprive her children of the things they need to pamper their lazy father. The money handed out to him for personal spending alone would mean the difference between necessities and comforts for her youngsters.

Perhaps your friend will get fed up with her parasite husband one of these days and take matters into her own hands. She can make him get out and work if she has the determination, but if her backbone has been replaced by a complacent streak, the best intentions of her well-wishers will be to no avail. With stubbornness as her only defense, she'll battle the world to keep her husband in ease and comfort—if that's the way she wants it. Her price will be the ultimate respect of her children; when they realize what an inadequate pair they picked for parents, they'll set out pretty fast to get for themselves the things denied them by a bad home environment.

DEAR MISS DIX: Next year I am to be married to a man who has been in the Army four months. For the past month I haven't heard from him at all, and he isn't overseas. I haven't accepted any dates since he's been away but am wondering if he is being equally true.

UNDECIDED
ANSWER: Since your fiancé is still in this country, and hasn't written you for a month, you have grave cause to doubt his sincerity. Don't begin going out with other boys until you have written him to that effect; let him know that his silence makes you doubt his continued interest, and since you don't want to wait around forever, you're going to go out with other boys. If he still ignores your letters, better consider the engagement terminated.

DEAR MISS DIX: I am a young divorcee of 23. I was married for a year, and have been divorced five months. I am very unhappy, and though young men ask me to go out, I'm only more miserable when I accept their invitations. Do you think I should force myself to go out with them, or stay home with my feelings?

RUTH
ANSWER: Your divorce, apparently, was a great emotional shock and only time will heal your wounded feelings and restore your normal balance. Forcing yourself to go out with other men just to try to forget is no good. You make yourself and your companion both miserable. Staying home alone is not good for you either. Why not stop marking time and get busy with a new project? Take a course in something you like to do, or acquire a new talent, such as painting, ceramics, sewing, knitting, or any work that requires concentration and effort. Merely attending lectures won't do the trick; your mind has too much chance to wander. You need something to keep you very busy. A little social service work will also help.

That Body Of Yours

By James W. Barton, M.D.

OVERWEIGHT SHORTENS LIFE

A healthy, middle-aged man is surprised when he applies for life insurance, to be told that the company cannot insure him because he is overweight or, if accepted, he must pay a higher premium rate than one of normal weight. Having been of normal weight for years and free from aches or pains, he is surprised to learn that this new extra poundage to which he has given no thought is considered a serious matter by the life insurance company.

I often write about overweight and the strictness of insurance companies in refusing to insure overweight men and women. In the Statistical Bulletin of the Metropolitan Life Insurance Company, we read that overweight people suffer a materially higher death rate than those of normal weight.

A recent study has just been completed on policy holders who were refused regular or standard life insurance but were given substandard insurance solely because they were overweight; they were first-class risks in other respects—that is, with regard to physical condition, medical history and occupation. The findings in this study are based upon the mortality experience or death rate of about 26,000 men and 25,000 women who were insured in the period 1925 to 1934 and traced to the anniversary of their insurance during 1950. The death rate was measured by the comparable experience among persons accepted for standard insurance. Among overweight men between the ages of 20 to 64 years at the time their insurance was issued, the death rate was 150 per cent (one and one-half times) that of men accepted for standard insurance (as they were of normal weight). The death rate for overweight women was also 150 per cent that of those of normal weight.

In both men and women, the death rate increased in proportion to the degree of overweight present. The above is the dark side of the picture but the bright or encouraging side is finding that reducing their weight improves the health outlook for overweight individuals. It was found that the record of policy holders who reduced their weight after taking substandard insurance showed that then they could take out standard insurance. Weight control appears to be the most practical means available at present of preventing or delaying the degenerative diseases of middle and later life that now outrank all other diseases as a cause of death.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A PARTICULARLY novel idea, an overwhelming intellectual, emotional or inspirational urge, might have power to change the course of the entire life. The climax could be radical, deep-rooted, far-reaching, with surprising reactions on the usual course of living. Intuitions, creative ability, originality, the keen grasp of unusual circumstances, could spur to breath-taking heights of accomplishment, progress, adventure, perhaps romantic as well as practical.

For the Birthday

Those whose birthday it is may anticipate a thrilling, dramatic and spectacular switch of the interests, contacts and achievements probably born of an inspirational drive, a brilliant idea, a dynamic urge to achieve the novel or experimental — all to a grand and glorious climax, with publicity, acclaim. Drastic change is imminent, perhaps physical, or if not, in the realm of the mind or emotions. Be ready, but not rash or erratic.

A child born on this day should be abundantly blessed with novel ideas, plans and creative ability, for a dramatic and notable career. death rate increased in proportion to the degree of overweight present. The above is the dark side of the picture but the bright or encouraging side is finding that reducing their weight improves the health outlook for overweight individuals. It was found that the record of policy holders who reduced their weight after taking substandard insurance showed that then they could take out standard insurance. Weight control appears to be the most practical means available at present of preventing or delaying the degenerative diseases of middle and later life that now outrank all other diseases as a cause of death.

Cook's Corner

BUTTERMILK PANCAKES

2 cups once-sifted pastry flour or 1½ cups once-sifted hard-wheat flour
1 teaspoon baking soda
½ teaspoon salt
1 2/3 cups buttermilk
2 tablespoons shortening, melted
Measure and sift together twice, then sift into a mixing bowl, the flour, baking soda and salt. Combine the buttermilk and melted shortening. Make a well in the flour mixture and gradually stir in the liquids, mixing to a smooth batter. Four rounds of batter into lightly greased frying pan (or use a great-less griddle). Fry until bubbles appear and begin to break on the surface of the pancakes, then turn and cook other sides.

Note: To bake batter as waffles, follow the instructions that came with waffle iron.

Morning Smile

Austerity

Latest story about Britain's shortages concerns a hostess, pouring tea, who said: "One lump or two?"

Confused Guest: "Forgive me I had quite a shock. For a moment I thought you were the coalman."

Modern Etiquette

By Roberta Lee

Q. Is a business man required to rise when a woman enters his office?
A. Not if she is an employee of his firm. However, he must stand to receive a woman visitor, and stand until she is seated. He stands again when she prepares to leave and usually goes with her to the door, opens it for her, and "bows her out."

Q. What form should a bride and bridesroom use when extending invitations to a reception in their new home, after their return from their honeymoon trip?
A. These invitations may be engraved and mailed—or they may be extended over the telephone.

Q. Is it always necessary that a chaperon be a married woman?
A. No; any woman of mature years may serve in this capacity?

ELLEN'S DIARY

By an Island Farmer's Wife

What do we do at Alderlea on such a day as this, with snowfall and gusty winds prevailing and an old-fashioned winter storm over the farm-lands? Do we find the hours drag? Do we worry over our isolation? . . . In the quiet of this night-hour the kettle sings; the kitten on the couch purrs a tuneless lullaby and James in his old armchair is into his reading.

Without, the wind still lashes gustily about the house and blown snow sticks to the panes. Yet it is so cozy and pleasant within, we sometimes fancy it a foretaste of heaven we enjoy. Of it, we should ask no better.

James is doubtless trying to glean from his pages a sign of strengthening farm-markets. Even a flash in the pan would serve to encourage him, and most farmers, we are sure, to continue their husbandry as planned for the months and seedtime to come. "There's this about farming nowadays," James spoke of it at dinner. "We don't need to save for our retiring years. They are provided for. But if all the farmers raise only what will give them and their families a living meanwhile, how much or how well will that contribute to feed the world?"

"Just let prices drop below or barely covering costs of operation and what happens? The Dyed-in-the-wool, like myself, will potter away at it regardless, but the young folks, no matter how well they enjoy farm-life will drift away to the cities — and there'll be more vacant farms than before . . . good land lying idle . . . growing up in bush. But" he shrugged, "we'll leave it to time to straighten things out — and the old rule of supply and demand."

And how do we spend a day like this? The farmers hampered by the weather attended faithfully to their choring, keeping an eye to the supply of the stock to have it plentiful for the week in the event that the energy which runs in on a long thread of "silver" might suffer interruption in the storm. In spite of the inclemency, we saw stables being cleaned, and, in a clearer spell, loads being drawn to the field. And what of the women? Do they leave their out-of-door duties to the hands of the sterner sex? Not at Alderlea! We, at this house might be so inclined if we did not appreciate how busy our farmers are. And if James did not still cherish the belief that exercise in the open, preferably profitably employed, is beneficial and indeed a requirement of good health.

So, grateful that we inherited in full measure strength of heart and wind and leni from sturdy forebears, we brave the warring elements to effect our required labor . . . Clearing a path or verandah of snow—or blessing the wind of storm that blew it free; bringing in our kindling and wood. Coming with the children—for unless it is unusually stormy they too are out about — to view again the new lambs, to look in at the parcel of sheep, to admire granddaughters' favorite heifer. And return refreshed and the better for the outing.

James lowers his paper to listen now to the play of wind in the chimney. "It's the second day of this" he nods, as though the truth of this is just breaking. "If it continues much longer, Ellen, things will get serious. Roads drifted — folks just have to keep well . . . How about food, Ellen? Have we plenty flour? And yeast-cakes — you should always keep a number of them on hand in winter." He smiles. "Do you know what I have a notion for this very minute? A piece of raisin bread and a cup of tea!"

Until tomorrow — Diary — Good-night . . .

Anne Adams Patterns

SIZES TO 36

SLIMMER! SMARTER! This is the way to look — all day, every day. Your favorite casual is beautifully cut, with gracefully flared skirt and scalloped neckline. Perfect for a small print, or use one of the textured fabrics — they're very new for Spring!

Pattern R4941: Women's Sizes 34, 36, 38, 40, 42, 44, 46, 48, 50. Size 36 takes 3¾ yards 35-inch. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.

Better English

By V. C. Williams

1. What is wrong with this sentence? "She was very displeased to find that her rug was saturated by water."
2. What is the correct pronunciation of "gladiolus"?
3. Which one of these words is misspelled? Delineate, desultory, dexterous, derangement.
4. What does the word "hackneyed" mean?
5. What is a word beginning with "st" that means "dulness of intellect"?

ANSWERS
1. Say, "She was very much displeased to find that her rug was saturated with water." 2. Accent third syllable, not the second, sometimes heard. 3. Rerangement. 4. Commonplace; trite. "Such hackneyed phrases are tiresome." 5. Stolidity.

Household Scrapbook

By Roberta Lee

To Remove Cork

If you have no corkscrew a cork may be pulled by inserting two pieces of wire on opposite sides of the cork between the cork and the bottle. Then hold wires and twist as you pull. Two kitchen forks can be used for the same purpose, inserting one prong of each fork, instead of the wire.

Old Furs

Old furs will look like new if wet with a hair brush and brushed against the nap. Allow to dry in the air and then beat lightly. After they are dry, comb the hair out carefully into place.

Chamois Leather

Wash chamois leather in warm soapy water, to which a pinch of baking soda has been added.