

WOMEN

Page 8 The Guardian Thursday, February 3, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

"Pretty frosty tonight!" James commented on our sleigh-ride last night reaching over to tuck the robe better about us, and then turning higher the furry collar of his coat.

"I shouldn't wonder if we'd catch a dose of cold out of this. The Doctor always said that a night of white frost like this was an unhealthy one to be abroad in."

The mare trotted briskly, easing her pace when she occasionally came to intersecting trails to allow James to keep or turn her to that we should follow. How beautiful the farmlands were, reaching away into mysterious nooks and shadows of the night! We could fancy it was one of those from the winters when our hearts were young and warm, if it were not for the lights of modern use and living which glowed here and there along the countryside, or sparkled as far as the horizon's rim.

"Old ones like us would be better at home and in bed, Ellen!" James offered once into the silence, adding "The mare too—wouldn't she be just as well in the stable enjoying her rest?"

"She's in good health" we replied, "and not what one might call over-worked."

"But that's the trouble, Ellen—she's not hardened up to any driving. I do hope she won't come to any harm on account of this. I'd, well, feel badly if she should happen to . . ."

We, one whom he has been

heard to declare "never grow up" smiled into the night. The truck of the farm a busy and respected machine and useful when the roads permit; the tractor too of much seasonal value . . . what were they but impersonal inanimate things, in James' mind? But how exceedingly winsome, though in comparison only of passing worth, the Nell-mare and her foal will be to him and the Family when we see them in a beloved summer-pasture.

And now having crossed the line of boundary of farms, we were moving along smartly on that of a neighbour, dipping down presently to a bridge of brook, rising to cross a bit later, the bewitching brook known as the Lynwood. And then past two neighboring farm-houses, one brightly lit, the other dark and settled into its dreams, the intimate quiet fields left behind, we entered a busy road. There cars moved blithely, throwing their beams ahead to dissolve for a moment the dim magic and grace of the night.

"Why, we're nearly there, Ellen!" James said. "After all, it's really no distance from Alderlea by the fields—but quite a little by the road."

In no time, the mare was left comfortable in a friendly stable near by. And "Come then, Ellen" James smiled, "let's go now and see this new school they—all built."

Until tomorrow Diaries
Good-night

LET'S EAT

Ways To Serve Fruit

By IDA BAILEY ALLEN

The Chef hung up the phone. "That was an interesting call from a young homemaker who would like to explain in your column the difference between fruit cocktail, fruit cup and fruit salad. She wants to know if they are one and the same thing."

"That's a good question, Chef. Many persons do not realize that they are three very different fruit combinations."

Fruit Cocktails:

These contain small pieces of harmonizing but different fruits preferably fresh or half thawed frozen fruit, with 1/2 the amount of fruit juice. Often this is white grape juice, orange juice, ginger ale, or grenadine; sometimes it is bottled passion fruit or papaya juice for exotic flavor.

Canned fruit is sometimes used in which case there is added a little fresh or frozen lemon or lime juice to cut the sweetness and step up the flavor.

Fruit cocktails should be frosty cold. Because they are used as appetizers they should never be sweet. Fruit cocktails are often misnamed fruit salads. This is because of incorrect labeling on the part of some canned fruit processors.

Fruit Salads

A fruit salad is entirely different from a fruit cocktail. It is a real salad, arranged on crisp lettuce, and if not made entirely of fresh fruit, it should contain comparatively little canned fruit, as it is usually too sweet for salad service.

The salad is attractively garnished with strawberries, cherries, blueberries, or other colorful fruits, with whole nuts, or grated fresh coconut. It is served for luncheon or supper, and sometimes at formal teas, usually with dainty finger sandwiches. If used at dinner, it serves as the dessert course.

Oil Doesn't Absorb

In my opinion, neither mayon-

naise nor French dressing harmonizes with fruit salads, because the oil is too heavy to be absorbed by the fruit. I like cream cheese or cultured sour cream mixed with honey or lemon juice to taste or for a change, equal parts of honey and lemon juice. And best of all, is the new nut-butter dressing from our test kitchen.

Cashew Nut Dressing: Blend 1/3 c. cashew nut-butter with 3 tbs. honey, 3 tbs. orange juice and 1 1/2 tbs. lemon juice.

Fruit Cups

The fruit cup is composed of bite sized pieces or sections of well chilled assorted fresh fruit, attractively arranged in large sherbet glasses. No sugar is added. Plain they are served as the first course at any meal. Topped with fruit sherbet they should be used only for dessert.

TOMORROW'S DINNER

Hot or Chilled Tomato Juice
Chicken Fricassee on Blacout
Squares
Diced Turnips
Green Peas with Celery
Fruit Cup
Drop Nut Cookies
Coffee
Tea
Milk

Drop Nut Cookies: Stir 1/2 c. butter until creamy. Blend in 1 c. sifted brown sugar, 1/2 tsp. vanilla and 3 well-beaten eggs. Add 1/2 c. milk.

Sift together 1 c. already-sifted enriched flour, 1 tsp. salt and 2 tsp. baking powder. Mix in 1/2 c. chopped pecans, filberts or walnuts.

Drop by teaspoonsful onto an oiled cookie sheet. Allow 1 1/2 in. space between for spreading. Top each cookie with half a nutmeat.

Bake 12-15 min. in a moderate oven, 375 degrees F.

TRICK OF THE CHEF

To make biscuit squares, prepare baking powder biscuit dough as usual. Pat into a 7" x 11" oiled biscuit pan and bake 20 min. in a hot oven, 425 degrees F. Cut in squares.

Changes Across Canada In Educational Usage Noted

FIRST OF FOUR STORIES

By THE CANADIAN PRESS

Dick and Jane call the signals in Canadian schools.

They are the boy and girl to whose pattern provinces from coast to coast are shaping educational systems. Their degrees of ability and the place they will take in the community when schooling is over, more and more are being recognized as major factors in the education process.

The stereotyped curriculum, followed without deviation by the clever and the ordinary, the future doctor or accountant, scientist or farmer, is being replaced by a diversified study plan designed to meet individual needs and desires.

COUNTRY-WIDE SURVEY

A Canadian Press survey indicates that growing concern for the student as a person is probably the major change in education in the Dominion in the last 20 years.

The change has not followed a parallel course in all provinces and rural schools still follow in large measure the old pattern of the three Rs, without frills. But even in the country education has more to offer the student.

The trend might be more noticeable were it not for the fact that the school population increased after the war and there is still a teacher and classroom shortage.

Dr. F. E. MacDiarmid, director and chief superintendent of education for New Brunswick, was speaking for his own province but his words were applicable to most of Canada when he told The Canadian Press:

"Twenty years ago a high school course for the most part was designed to prepare students for universities. At the present time the high school course not only prepares students for universities but courses are given in general shop work, home economics, agriculture and commercial subjects.

"In other words it now is considered the responsibility of the schools to educate all our young people in order that they may obtain employment in the fields of their choice. There has been a definite trend towards catering to the needs and abilities of all classes of students."

NEWFOUNDLAND

From coast to coast these features of progress in education stand out:

In Newfoundland there is greater pupil participation with emphasis on learning by doing. New courses have been introduced although there has been little change in the basic educational structure. More work is done on English, languages, mathematics, civics, hygiene, homecraft, art, music, wood-work and gardening. With increased university facilities greater emphasis is placed on grooming students for college.

PRINCE EDWARD ISLAND

In primary grades an attempt has been made to make reading and number work more understandable, interesting and concrete. The problem of separating clever and ordinary students is receiving consideration in urban centres. The emphasis continues on preparation for university but there is a trend towards providing varied high school courses for students not planning a professional career.

NEW BRUNSWICK

Department of education policy is to give equal emphasis to preparation for university and to vocational training.

MARY HAWORTH'S MAIL

Visitor Believes American Women Lost Femininity

DEAR MARY HAWORTH: As a visitor to this wonderful country, I am struck by one great and puzzling aspect, namely, the constant vying of American women to turn themselves into men. The "little boy" fashions, the mannish shaggy coiffures, the aggressive attitude of the female towards all people, are instances of what I mean.

This whole peculiar attitude was succinctly summed up in a letter you published November 18. On that date, a poor deluded woman wrote to say that the male embryo derives from an incomplete cell—ergo, it stands to reason, she claims, that women are better than men. What utter nonsense!

I see clearly why tens of thousands of American men married European girls—and why these marriages are so successful. These girls gave up family, good homes and friends, sometimes wealth—perhaps forever—to come to this new country with the man of their choice. An unselfish attitude that I can't imagine the women of America even contemplating.

Pays Compliment To American Man

Advanced education is the explanation sometimes offered for the "emancipated" American female. I disagree. In Europe we have the best educational system in the world, and the woman takes full advantage of it. But when the wife can resign from her job, she does so gracefully, thank-fully. She doesn't regard her home as a prison, or her husband as the jailer. I can see why so many American marriages fall so dimly; the fault lies mostly with the women.

The American woman resents and is wholeheartedly jealous of the European woman, especially the English—and she should be. She has lost the art of being a woman. Through everything—war, bombing, starvation rations—the European woman has kept her femininity and will never lose it.

Continued on page 9

aration for university and to train students for employment after high school graduation. Vocational departments in urban and regional schools provide a training ground for students with different future desires. The curriculum has changed in keeping with demands of society and students are found to be more mature on graduation and more willing to accept responsibility. Physical education, art, music and visual aids form part of the instruction program.

NOVA SCOTIA

Most emphasis in high school education lies in preparation for university but Halifax and Yarmouth have vocational high schools and eight or nine provincial high schools offer commercial courses and one has an agriculture course.

There have been no significant changes in curriculum in the last 20 years although many minor changes have been made. The complete course was revised in the period before 1935, placing education in the province on a modern basis.

QUEBEC

In English Protestant and Roman Catholic high schools a student may decide after second year on his vocation and then take the most suitable course. If he plans to work after graduation he may follow a commerce course; if he plans to enter university his choice is between arts and science. There are no high schools for French-speaking students but from elementary grades they may enter colleges or technical school preparing them for the type of work they plan to take up.

Schooling is well organized in the cities where there are facilities for separating backward from normal children; classroom and teacher facilities make rural education less satisfactory although many rural students are transported to ultra-modern consolidated schools.

Highlight of recent curriculum changes is the trend to text books more appealing to students. Many more books are in use with 300 different texts authorized from grades one to 12. Seventy per cent of these have been introduced since 1944.

New subjects include household science, agriculture, instrumental music, arts and crafts, biology, German, Spanish, manual training, stenography and typing. Protestant schools have introduced for students in grades eight to 12 a course in North American literature which education department officials believe is the only one of its kind in Canada.

ONTARIO

Enrolment in public and elite schools is increasing.

Continued on page 9

MORNING SMILE

"This crime," said the judge, summing up, "was carried out in an adroit and skilful manner."

Blushing, the prisoner interrupted: "Now, my lord, no flattery, please."

HOUSEHOLD HINT

Plenty of light on working surfaces helps to prevent accidents. It also contributes to greater efficiency.



CONST. AND MRS. DANIEL JOHN MATHESON

Wed in St. Luke's Church, Townside, Placentia, Newfoundland, are RCMP Const. and Mrs. Daniel John Matheson. The bride is the former Edith Blanch, daughter of Mr. and Mrs. Stephen Tucker of Placentia, and the groom is the son of Mr. and Mrs. William Matheson of Rose Valley, P. E. I. The ceremony was performed by Rev. George Camp. The newly-weds are residing in Nain, Labrador, where the groom is stationed.

Liven Old Furniture By Adding Accessories

By ELEANOR ROSS

Building an attractive room with furniture that has seen its best days, furniture that is not so worn, but just nondescript, is a question with which we are so often confronted, and our answer is always the same—accessories.

Distinctive Look
And these accessories do not have to bear a big price tag, but they must be distinctive, harmonious and pleasing. No doubt about it, one or two important accessories can give a commonplace piece of furniture real distinction and charm, just as a basic or simple dress or suit can be beautifully transformed by the magic of the right accessories.

SLICED BANANAS WITH SOFT CROCCOLATE CUSTARD

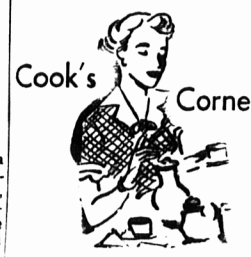
1/2 c. commercially prepared canned chocolate syrup
1 1/2 c. milk
1 egg, slightly beaten
1/4 tsp. vanilla
dash of salt
ripe bananas

Combine milk and chocolate syrup in double boiler and scald over hot water. Remove from heat and stir slowly into egg. Return to heat and cook over hot, not boiling water, stirring constantly until thickened. Place over cold water until thickened. Stir in salt and vanilla. Chill, then ready to serve spoon over sliced banana into individual dessert glasses. Serves 4 to 6.

SPAGHETTI WITH MEAT SAUCE

3 tbs. butter or drippings
1 chopped onion
1 can condensed tomato soup
1 c. chopped cooked meat
1/2 tsp. salt
1/4 tsp. pepper
2 c. cooked spaghetti

Cook the onion in the butter or drippings until it is a golden brown. Add the tomato soup, the meat and seasonings, and heat for about 5 minutes. Place the cooked and drained spaghetti in a serving dish and pour the sauce over it. Serve very hot.



ROLLED OAT ROLLS

To 2 c. rolled oats add 4 c. boiling water. Then add:
1 cup brown sugar
1/4 c. molasses
3 tsp. salt
2 tbs. melted shortening

Cool till lukewarm. Dissolve 1 oat cake in 1 c. lukewarm water. Add 9 c. white flour or more. Let rise till double in bulk. Shape into rolls and let rise again. Bake in moderate oven for 1 hr.

—An Albany Recipe.

finance to a room when used as a flower or foliage container. Any container, of course, should be carefully placed, and should be harmonious.

Don't Match Them Up
Avoid matching items, unless for lamps or ashtrays. The two by two selections that grace so many mantels or tables are generally uninspired. On the other hand, there should be a definite relationship, in harmony of design and size between similar pieces. Takes but a little thought, a little seeing with the mind's eye, to achieve beauty.

White Is Popular
When in doubt as to color, choose white, always beautiful, especially against dark walls. When draperies, rug and wall-paper are on the monotone side, then go in for a couple of really fine floral prints, rich in color, graceful in arrangement, and well framed.

A search through used goods stores, or old print and picture shops often will unearth some real beauties. And you just can't imagine what such pictures will do for an otherwise drab or plainly done room until they are installed. It's pure magic! Original containers for flowers and plants are another way of achieving individuality at a small outlay. An old pewter pitcher, an old, square soup tureen, a low white ironstone bowl—any such old items add signifi-

For the sake of GOOD TASTE!

Barbour's VANILLA EXTRACT

KEEP IN TRIM

Break A Fattening Food Habit

By Ida Joan Kahn

"I love bread and butter, potatoes and everything starchy. Is there any way to break the habit?"

Habit has tough fibers, and as Mark Twain advised, "Habit is not to be flung out the window, but must be coaxed down stairs a step at a time."

All right, let's begin coaxing the bread and butter habit down the stairs. Most bread eaters are two-fisted eaters—that is, they like to hold a piece of bread and butter in the left hand and a fork in the right. A forkful of good food is followed closely by a generous bite of good bread and butter, hot or cold. This can continue all through the meal. It's plain to see this practice doubles the calories.

To break the habit, eat the bread or the hot biscuit all by itself. It's surprising how that little trick will help you keep from eating more than your share of bread. And to check the reflex of reaching for another slice, serve your portion of bread and butter individually. When dining out, take the roll on your plate and request the waiter to remove the bread basket. If he's not around, don't take chances—take it over to another table.

Of course if you do not take any other starchy food, you can have two slices of bread with a meal. For example, with a hot roll, have only a half potato. Or if you choose to have a whole baked potato, then have only a thin slice of bread. The other vegetables should be from the non-starchy variety such as asparagus, string beans, tomatoes or cabbage, plus a salad. With lean meat and fruit for dessert, that's a reducing meal.

At breakfast, instead of eating all toast or doughnuts (starch again), substitute protein for part of the starch. It is more slimming to have an egg and a piece of toast than it is to have two pieces of toast, because an egg furnishes protein at breakfast, there is an energy carry-over. You won't get so hungry during the morning or be tempted to overeat at lunch.

How long does it take to break a habit. It takes only about three days to form a habit . . . but a



Double Calories

little longer to break one. However, if you will stay with the new rule, not permitting a single exception for six days, you are well on the way to forming a slimming habit.

Any fattening food habit can be broken in the same way.



Confidence

... in a better cup of tea!



MORSE'S

Selected ORANGE PEKOE TEA

Enjoy **McLARENS OLIVES** Everybody else does!

FAMILY FAVOURITES FOR 70 YEARS

A Wonderful New Instant Coffee

Not a powder! Not a grind! But millions of tiny "FLAVOR BUDS" of real coffee . . . ready to burst instantly into that famous MAXWELL HOUSE FLAVOR!

There's a delicious surprise for you in this new instant coffee discovery. It's quite unlike old-style "instants"—tastes so different . . . so rich . . . so full of flavor.

100% PURE COFFEE—NO FILLERS ADDED
It's all pure, roaster-fresh coffee—brewed for you in the spotless Maxwell House kitchens. The water is removed at the very peak of perfection—leaving the miracle "flavor buds". JUST ADD HOT WATER and you'll get gloriously rich coffee instantly. You'll never again want the fuss and muss of "brewing your own".

ASK FOR **Instant MAXWELL HOUSE Coffee**

ALICE BROOKS DESIGNS

SNAPPY-WRAP!
Wear this in, out and around the house—it's apron, jumper, or sundress! Belt cinches waist, opens flat for easy ironing. Tulip pocket applique—jiffy to do!

Pattern 7390: Small 10, 12; Medium 14, 16; Large 18, 20. Tissue pattern 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, PATTERN NUMBER and SIZE.

WONDERFUL! Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—NOW! You'll want to order every wonderful design it has!

BAKED HAM WITH GLAZED PINEAPPLE
1 slice ham, 1 inch thick prepared mustard
canned pineapple
1/4 c. brown sugar
6 cloves

If ham is salty, soak 1 hr. in lukewarm water. Most ham doesn't need this treatment. Drain, arrange in baking dish, spread with mustard (dry, hot mustard), pour on 1/2 c. pineapple syrup, sprinkle with sugar, and stock with cloves.

by Alice Brooks