

# WOMEN

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## LET'S EAT

### Garlic Wins Approval

By Ida Bailey Allen

"In spite of the strong flavor of garlic, Madame," said the Chef, "foods seasoned with it can be used in polite society if home-makers know the trick of making garlic socially acceptable."

#### Remove the Garlic

"Use peeled garlic sections cut in halves to season, but remove garlic before serving the seasoned food. It is not the flavor essence which soon is dissipated, but rather, pieces of garlic which, when eaten, continue to give off odors.

"For example, 'Garlic Bread' topped with bits of actual garlic lingers for hours. But make it with garlic butter and you can have a subtle flavor with no unpleasant aftermath."

**Garlic Rye Bread:** Cut 1 peeled large section garlic in halves; let stand at least 1 hr. in ½ c. butter at room temperature. Remove garlic.

Cover sliced caraway seed rye bread with spread enough for 20 slices. Cut in halves. Place 5 thin slices together on squares of aluminum foil. Fold over like an envelope; heat 15 min. in hot oven. 400 degrees F.

#### TOMORROW'S BUFFET DINNER

Grapefruit  
Cheese-Ham Savory  
Zarros and Asparagus  
Garlic Bread

Lettuce and Tomato Salad  
Strawberry Cakes  
Coffee Tea Milk

**Cheese-Ham Savory:** Small dice contents 1 chilled (12 oz.) can minced ham. Fry lightly in 2 tbs. butter.

Pour 3½ c. heated milk over 2 c. soft enriched bread crumbs. Add ¼ tsp. baking soda, 1 tsp. salt, ¼ tsp. paprika, ¼ tsp. pepper and ½ tsp. monosodium glutamate.

Beat 3 eggs light; mix with ½ lb. grated sharp American cheese and 1 minced green pepper. Stir into milk mixture. Add ham.

Transfer to oiled oblong baking dish about 8" x 14" that can go to table. Bake about 40 min. in moderate oven, 350 degrees F., until savory is puffy, browned, and firm in center.

**Strawberry Cakes:** Make up 1 pkg. white or yellow cake mix. Spoon into shallow cup cake pans. 23 filling them, and bake.

Wash, dry, hull and slice 1½ c. strawberries. Separate 3 eggs. Beat yolks light with 1½ c. powdered sugar. Add strawberries. Whip and fold in 3 egg whites.

Spread on top of baked cup cakes. Return to slow oven, 325 degrees F., bake 12 min., or until meringue is pale brown.

#### TRICK OF THE CHEF

Add snipped fresh dill to the dressing for lettuce and tomato salad.

## MARY HAWORTH'S MAIL

### Young Wife Faces Difficulties With Her Father-In-Law

DEAR MARY HAWORTH: My trouble is my relationship with my father-in-law. He is essentially a wonderful guy and everyone likes him. It was hard for us to get close, as every time I would begin to feel natural around him he would want to sit near me and make passes.

When I try to move away or keep my distance he is hurt, and we are further apart in understanding than before. I should have let him know bluntly in the beginning just where I stood; but I am the shy type, more or less, and I didn't think of the proper words to put him right, without feeling guilty and making bad feelings in the family.

This has been going on for more than two years and I don't think I am a prude. I don't mind a fatherly hug and kiss, but something improper is implicit in his attitude. I have hesitated to tell my husband, because of troubling him; and he probably feels that is near 50 and I believe he just hates to face getting old. I don't blame him too much for his mistakes with me, since I hadn't the courage to take my stand at first. Can you give me some idea how to say, tactfully, that I still want to be a daughter to him—but certainly not in the way he seems to expect. Or would you tell my husband and try to figure things out with him? S. P.

#### Roots Of Man's Misperceptions

DEAR S. P.: Your father-in-law's sly lecherous attitude towards you is downright morbid; but it seems he is so far off the beam of decent principles, governing the behavior of men and women, that he doesn't know that. He is selfish, ignorant and animalistic in pandering to his appetites. Possibly he has a sort of physical magnetism that sparks his reputation of being charming—or "wonderful," as you say he is.

Since he is more slave of his feelings than master of his moods, he is reaching instinctively, in a predatory way, to a flattery confused sort of sex appeal and desire to please, that characterizes your personality especially in the company of men, I gather. He strongly senses, without thinking about it rationally, that you are emotionally receptive to him—that is, you'd like him to like you. He also senses (unthinkingly) your childish lack of inner authority in dealing with him—the father figure—and blindly moves to take advantage of your weakness in this respect.

Now, to bring the family relationship into proper alignment, you've first got to firmly grasp the fact that it is weakness on your part to be courting his approval at the expense of cheapening your dignity. You are a woman grown, with a matron's authority in your personal relations—and with positive behavior expected of you.

#### Past History Cast Shadows

You aren't this man's daughter and never will be literally; nor can you be figuratively either, as he dimly lacks the maturity to be a psychological father to anybody. If he were a real parent by acceptable standards of adult character, he wouldn't be making passes at his son's wife.

So forget your childish dream of getting filially close to him, and in disposing of the fantasy, ask yourself why it has clung to you. Look back to childhood and you'll probably recall unsolved emotional difficulties in relation to your dad, that handicap you in the present maneuvers, causing you to feel anxiously "in the wrong" whatever you do.

The situation doesn't call for exquisite tact. Better be instant, direct and emphatic in showing distaste for his folly. If he can't take the hint, speak to your husband and ask him to stand guard. If the father-in-law were 90, I might urge compassion; but such misconduct at 50 merits short treatment.

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



### Designing Women

Four women, each named Marie, are among the 17 members of the Association of Canadian Couturiers who are showing their original ballroom gowns at the Panorama of Canadian Fabric and Fashion in Montreal April 21-23. They are, from left to right, Marie Antoinette Rouillard of Montreal, Marie Christine of Calgary, Marie Paul and Marie France, both of Montreal.—(CP Photo).

### Two Styles Revived At Fashion Show

MONTREAL (CP)—Two style revivals were reflected in a fashion show of Canadian designs at a four-day fabric exhibition that opened in Montreal Wednesday night.

More than 100 companies are working with the Quebec section of the Textile Colourists and Chemists to show all phases of cloth production at the "Panorama of Canadian Fabric and Fashion."

#### No Dilemma

But a small bedroom need not be a decorating dilemma—some of the prettiest bedrooms we have admired have been on the smallish side, but ever so charmingly done and with an air of spaciousness, too. Of course, to do such a room does require planning and to avoid a cluttered effect, all furniture must be scaled proportionately. Even one too-large piece such as a favorite over-size chest will minimize the size of the room and throw the whole effect out of balance.

#### SIMPLICITY IN PARAMOUNT

The coat-dresses were, for the most part, sheaths that relied on simplicity for appeal. One in blue lined by Marie Antoinette Rouillard of Montreal featured an edging of white at the neckline and cuffs.

Brilliantly colored gros point was used at the hemline of an afternoon dress of brown drill and repeated at the pockets in a design by Jacques de Montjoye of Montreal.

Twenty-four of the garments were original designs and seven were manufactured garments to demonstrate the qualities of fibres produced by Canadian mills.

Laboratory equipment, manned by students from the Provincial Institute of Textiles at Hamilton and Ecole des Textiles de St. Hyacinthe, Que., tested the quality of fabrics.

### Cook's Corner



**WALNUT SQUARES**

¾ cup butter  
¾ cup brown sugar  
¾ cup flour  
Mix well and spread in pan. Top with:  
2 well beaten eggs  
1 cup brown sugar  
3 tbs. flour  
3 tbs. cocoa  
½ tsp. baking powder  
Salt and vanilla  
Mix together  
1 cup chopped nuts  
Spread on above mixture  
Cook. When cold add icing.  
2 cups icing sugar  
3 tbs. melted butter  
Enough hot water so as to spread vanilla.

#### SPICE CAKE

Pour 1 cup boiling water over ¾ cup chopped dates or raisins. 1 tsp. soda added. Simmer a few minutes, cool, then add:  
1 cup white sugar  
½ cup butter  
1½ tsp. baking powder  
1 tsp. cinnamon  
1 tsp. nutmeg  
1 cup chopped walnuts  
1¼ cups flour  
2 eggs.  
¼ tsp. ground cloves  
1 tsp. ginger  
Bake for 45 to 50 minutes at 350 degrees. Frost with maple icing.

### MORNING SMILE

First Employee—The company gave a dinner in honor of old J. B. last night.

Second Employee—Did he rise to the occasion?

First Employee—Yes, he rose all right—but boy, we thought he'd never sit down.

The hard-working Eskimo husky dog has an average life of only six or seven years.

Hindus from India established a number of kingdoms in Indonesia in the first centuries after Christ.

### Mace & Orange Sweet Bread

Mix and sift 3 times, 2½ c. once-sifted pastry flour (or 2½ c. once-sifted all-purpose flour), 3¼ tps. Magic Baking Powder, ½ tsp. salt, ¼ tsp. ground mace. Cream ½ c. butter or margarine and blend in ¾ c. fine granulated sugar; beat in 1 well-beaten egg, 1 tsp. grated orange rind and ½ tsp. vanilla. Add dry ingredients to creamed mixture alternately with ¾ c. milk. Turn batter into a loaf pan (4½" x 8½") which has been greased and lined with greased paper. Bake in moderate oven, 350°, about 1 hour. Allow loaf to cool in pan. Spread sliced cold bread with butter or margarine for serving.



## KEEP IN TRIM

### How To "Grow" Younger

By Ida Joan Kala

Now that women have lost their most noticeable? In a word—fear of aging, they are looking younger longer. Actually, the fear of age is more aging than the years themselves. Any woman with a zest for living knows that the secret of staying young is to live fully. Early aging is the result of narrowing our mental horizons.

On the physical side, women who appear young were perhaps gifted by a strong constitution, or have lived happily in a nurturing environment, comparatively free from stress and strain. However, many resolute women have overcome inherited weaknesses or had the courage to change their environment. Such women, emotionally mature, hold their own beautifully on the age score. On the other hand, the woman who fails to grow out of the immaturities left over from childhood is prone to fear age.

Despite all this fine philosophy, however, it is only human to want to look a good ten years younger than our birthdays. Where are the physical signs of age most noticeable? In a word—posture. We do not bend with the years, only with years of poor posture. An erect posture at 40 can mean a young, straight posture that covers the chin and jaw. Gravity wins!

Worse, in tipping the chin down, the muscles on the front of the throat droop. Right under the chin is a thin sheet of muscle fiber, popularly termed the cosmetic muscle. Its role is to contract the skin of the throat and keep it snug and unlined. When the platysma and the big muscles of the throat lose tone, we take the years on the chin.

Poor head carriage brings on a third aging sign... the Dowager's Hump. Perched on the nape of the neck, it shouts "past 40."

The correct way to carry the head is squarely on the shoulders, with the tip of the chin held level. Our bump of self-esteem, smack on top of the head, too reflects our attitude toward living. Let's not slip into age head first.

## CLEARANCE (LAST SEASON'S) COTTON DRESSES

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## THE MISSES HOLMES and BRADLEY

## ELLEN'S DIARY

by an Island Farmer's Wife

Another season of trouting came to us at Alderlea with this morning. It was long awaited. We remembered that day which had brought last season's close. Autumn, quiet and always a bit sad was beginning to cast her spell over the farmlands when lads wound their lines, cleaned the fish-hooks of clinging bait and coming up the lane at Rob's put away their rods after a last spell of fishing.

A kingfisher, curiously camped perched on a line of wire by the lane-side with an attitude somewhat desolate; and the goldenrod and asters in their freshness, and the mournful chirping of the crickets only added to the regret felt over lovely months that had gone. For all at once, it seemed as if summer was indeed irrevocably past and the short days and chill of colder seasons had come.

Then busily the blue and gold and more colorful days passed—in the threshing, the harvesting of potatoes and roots, the plowing. And the wild geese were on their winter-way, threading the sombre sky with the dark of their flight. They bade us gather sticks for our winter-fires. There will be winds, they said, rough about the eaves; rain too and frost on the windows and the hill white of winter on the fields.

There were all of these. And from one morning when trickling streamlets were commencing to

hear the winter-white back to its own, with blithe hails the wild geese brought in spring on their wings to our valley. Spring! And at length, its advent putting a new charm along our farmlands, returning gayer seasons to us, the time of the trouting was here.

"Now where are you going so early?" we asked Mack when out of our dreaming we awoke suddenly to find him standing beside our wide old bed in the morning above the kitchen this morning.

"Don't you remember?" he smiled broadly. "We can go fishing today! We are going now—Mother and I. It's raining a little and the pond is red, but you never know, they just might bite." And he was off then nimbly down the stairs.

It was early then, so early the world about had not yet come astir. Jennie told of K later with no regrets over the fact that they had not been rewarded by so much as an encouraging nibble. "The morning was so still and lovely despite the light rain then falling. And what a time the birds, the robins and sparrows were having with their songs! I felt sorry for the lie-a-beds who were missing so much. . . . And no sign of other anglers about."

As it happened, mid-morning brought another to be disappointed over his lack of catch though he was not displeased at the time spent along his boyish fishing haunts.

This then was the opening of the trouting season at Alderlea, with presently a bleak wind and increasing rain to mark in memory the day. Other days there will be, pictured, perfect days for young and older to come to the fishin'.

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

### Words Of The Wise

Personality is to man what perfume is to a flower.—(Charles M. Schwab.)

## ANNE ADAMS PATTERNS

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