WOMEN

LET'S EAT

Delegates At The UN Like American Cooking

By IDA BAILEY ALLEN

WE walked up the sweeping steps to the esplanade of the United Nations Building. There were new plantings of rose bushes in the gardens, and sun dappled the East River.

The river's surface was calm, but as turbulent in its depths as the international currents in the imposing ultra-modern glass building that houses the United Nations.

Hundreds of Guests

In the huge reception lobby women were assembled in groups.

"They are going on guided tours of the building," explained our hostess, Mrs. Dorothy Lewis, Coordinator of American Broadcasts for the U. N.

"There is great interest right now, for the General Assembly has just opened again and delegates from all over the world are meeting. Let's see what's being served them for lunch."

Delegates' Dining Room

The delegates' dining room is spacious, with thick carpets and great picture windows looking out over a terrace to the East River. The snow-white napery, the large tables, the comfortable dining chairs, are all conducive to the relaxation that leads to good digestion, which should in turn lead to good temper.

"Sometimes an international dish is served," observed Mrs. Lewis "But as a rule the delegates eat American style, and like it."

The following menu is based on dishes popular in the delegates' dining room that day.

TOMORROW'S DINNER

Shrimp Cocktail Saladettes
Broiled Chopped Beef
Onion Sauce
Grated Potato Cakes
Broiled Tomatoes
Chocolate Fudge Layer Cake
Coffee Tea Milk

Shrimp Cocktail Saladettes: Combine 1 lb. coarse-diced cooked Shrimp and ¾ c. small diced celery or firm portion cucumber. Then add 1 recipe cocktail sauce mixed with an equal quantity mayonnaise; chill. Serve in lettuce nests.

Cocktail Sauce: Combine ¼ c. tomato ketchup, 2 tbsp. lemon juice, 2 tsp. horse-radish (optional), 4 drops tabasco, ½ tsp. Worcestershire and ½ tsp. celery salt.

Grated Potato Cakes: Wash, peel and grate 6 medium-sized raw white potatoes. Separate 2 eggs. Beat the yolks and add to the potatoes. Stir in 2 tbsp. fine dry bread crumbs, ¾ tsp. salt, and ⅛ tsp. powdered thyme (optional). Whip the egg whites stiff and fold in.

Drop by tablespoons on an oiled hot griddle. Brown, first on one side then the other. Allow about 10 min. altogether. Serve very hot.

ONION SAUCE FROM THE CHEF

Melt and slightly brown 3 tbsp. butter. Add 1½ c. fine-chopped onions; slow-saute until translucent and slightly browned. Stir in 1 tbsp. flour and cook 1 min. Gradually stir in 1¼ c. boiling water; add 2 crushed beef bouillon cubes, ½ tsp. worcestershire and 2 drops tabasco. Simmer 5 minutes.

Morning Smile

Prof.: "Are you sure this story is original?"

Student: "Certainly it is."

Prof.: "Heaven be praised! Then I have at last met Rudyard Kipling."

MARY HAWORTH'S MAIL

Divorcee Has Problems

DEAR MARY HAWORTH: I was divorced many years ago and my only child is now grown and responsibly occupied— a person of whom I am rightfully proud.

I am in love, and going with a divorced man — divorced about three years— whose wife really sold him down the river. I don't have to take his word for this; it is a rather well known fact. And I mention it as having a bearing on our relationship. He seems afraid to trust another woman; afraid to make a move toward marriage unless he can feel safe about the woman. And I can appreciate how he feels.

We are church going people of good standing in the community, and it is gratifying to have people tell him what a "good woman" I am. He often speaks to different people about me, and it is good to know they think well of me. The point is, we have drifted into an affair . . .

HER PATIENCE IS STRAINED

George talks constantly of marriage, but always with that same fear in his voice; although he says he can trust me. I try to be patient, as he says he will get around to marriage in his own time; but meanwhile my work suffers and I am very unhappy. I feel that if I can endure and be patient, things will work out; but it is hard to make myself interested in life when it seems I wait only to see him. How do grown people get into such messes?

Would it help if I told George this furtive lovemaking must cease? I think he might be sensible on that score; and I am not afraid of losing him—but do you believe this is the way to hasten marriage? It seems his wife caused him to feel inadequate sexually, and he is afraid he won't please me, which poses a problem. If I suddenly prohibit lovemaking, he is sure to feel again the old sense of failure she instigated . . . Please let me hear from you. R. Y.

DARKNESS CAN'T PRODUCE LIGHT

DEAR R. Y.: In your long letter, here cut in half, you say speaking of the affair, "I wonder all the time how to manage things—. You mean, what tactics to employ, so as to achieve marriage, security and happiness as fruits of the relationship. Your forlorn expectancy in this regard is comparable to hoping that darkness may somehow produce light— which it cannot do.

Light comes into being from sources of light. It is the antithesis of darkness. For example "God is Light," St. John tells us, "and in Him is no darkness at all."

Your exchange with George is dreary and confused, sad and sorry, largely because the character of the relationship is wrong. Each of you, with a solitiary sense of desperate urgency, of personal neediness, is ignoring principle (the overall term for the laws of life), in an attempt to get something for self, from the associate, by unprincipled salesmanship. Moreover, each of you has a conviction of wrong doing about his own and the other's behavior — a conviction privately felt, if not mutually aired.

START AFRESH ON RIGHT PATH

You are barking up the wrong tree in looking to each other for peace of soul. That is a personal achievement, always. The only way to fetch yourselves around in the direction of happiness, is to face up to your accusing conscience (each of you) and square your action with Christian ethics. If you can do this, the errors of the past will dissolve like mists— whereupon, if you truly care for each other, your companionship will thrive on a higher plane of mutual appreciation. You will be freed from slavish degrading longings.

Regrettably, you and George are dishonestly passing the buck to his erstwhile wife, for your latter-day failure with each other. You talk as if she were to blame for his weakness, which now baffles you; and for your mistakes in relation to him. As I see the picture, George's furtive preoccupation with fears of being sexually inadequate is a by-product of his lurking shame at being so little of a man— in terms of reliability—in the roles of husband and suitor.

Assuming you could maneuver George into marriage on the basis of the present drift, I daresay both of you would be bitterly dissatisfied in the aftermath. To spare yourself increasing distress, you must reverse your course, and start afresh on the righteous path.

M. H.

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

Newly Weds

Shown above are Mr. and Mrs. George Halliwell of Montreal, Que., during their recent visit on their honeymoon trip to P. E. I., to the groom's former home in Tryon. Mrs. Halliwell was formerly Betsey Ann Potter, of Westmount, Que. Mr. Halliwell is the son of Mr. and Mrs. Arthur Halliwell, of Tryon, P. E. I. He is a graduate of Prince of Wales College and Acadia University, and is now teaching in Montreal.

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During the recent visit of Mr. and Mrs. Halliwell to Tryon, following their marriage in Westmount, Que., the happy couple were tendered an envelope shower by their many friends in Tryon and surrounding districts.

The shower was held at the home of the groom's sister, Mrs. Claude Vessey. The house was beautifully decorated with glads and other fall flowers.

The shower proved to be also somewhat of a reunion for the Halliwell family, for Mr. and Mrs. Harrison Leard, the groom's other sister and her husband were present also, and his two nephews and their wives, Mr. and Mrs. Wyman Waddell, and Mr. and Mrs. Melvin Waddell, as well as his father and mother.

The couple received other beautiful gifts as well as the envelopes, showing with what deep regard they are held in the community.

Mr. and Mrs. Halliwell will reside in Montreal where George is on the city school staff.

Banana Shake

1. Slice into a bowl 1 large ripe banana.
2. Add 1 tablespoon sugar.
3. Beat with rotary beater until smooth.
4. Beat in 1 cup ice cold water.
5. Sprinkle over top ½ cup skim milk powder and beat until all lumps disappear.

Makes 2 servings.

ELLEN'S DIARY

by an Island Farmer's Wife

A damp morning this new week brought in its train. Showers fell in crystal drops to wash clean the air, to bring needed refreshment to pastures and root crops; and to lay menace of dust which of late has made travelling on clay roads hazardous.

But it suspended all harvesting.

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Despite that thwarting of their plans, what a nice day our farmers had as they went to other waiting work of the farms. With a wider area now given over to pasture, there were haystacks at Alderlea to be fenced against encroachment of stock. There too was an aging line-fence to be repaired and at "the other farm" which is neighbor to this one, along its fields were also similiar works of repair. So that when the sunset brought James back to us, he declared that he and the younger farmer had been busier than if he said, they had been "putting in" like hours at the threshing though it was obviously satisfying to him to have all again secure and content along the farms.

At this place, a building once used to house sheaves but which having out-worn its usefulness was being dismantled was brought down with an echoing crash this morning, with the aid of the tractor. The sound so startled the horses grazing in content in the meadow beside, they raced away in fright but at length in the quiet returned to gaze like curious youngsters at the wreck.

What a fine time however the two little fellows, Gage, and Mack, his visitor, had later browsing among the debris—searching out treasures of old nails and setting aside bits and pieces of the wood to be used in projects of their own. So interesting it was to them they were loath to leave there to come indoors with the others to supper.

Between times, both here and at Alderlea, matters incidental to the arrival of the first of the Autumn litters in the piggeries must be taken care of, for commencing at week-end they came in more than one presentation since . . . We think of an era at Alderlea, with some longing, to again see James or the younger farmer bring in through the night to the lamp-lit old kitchen, baskets of the pink-young, stopping there to remove in the interest of survival, the sharp-milk-teeth before returning them stealthily to doze in more content beside their dam . . . Today there was an experimental robbing of Peter-to-pay-Paul measure taken, which took and gave to bring more uniformity to the number each mothered.

So in work and in weather the day has been varied. This morning-showers, the afternoon, clear and sunlit, the night? Ah, lovely! Out of the silver scarf of fog which draped thickly the farmlands after dusk, now the bright of starshine.

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

Household Hint

Nylon tricot sheets, while initially more expensive, wear well, wash and dry quickly and need no ironing.

Today's recipe for Sandwich Spread will prove economical to make at this time of the year. As it keeps well, it will be a welcome change during the winter months. This recipe was forwarded to us by Cherry Valley W. I.

SANDWICH SPREAD

1 pt. ground green tomatoes
3 red peppers (sweet) chopped

Sprinkle with 1 tablespoon salt and let stand a few minutes. Cover with vinegar: let boil 10 minutes.

Chop very fine ½ cup sweet pickles. Then beat 3 eggs and add:

1 cup sugar
2 tbs. mustard
2 tbs. flour
1 cup sour cream

Mix into first mixture and cook until thick. Bottle and cover with wax. Keeps well.

—Mrs. George D. Irving
Cherry Valley W. I.

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KEEP IN TRIM

Pounds Can't Defy Nature

By Ida Jean Kain

Reducing is three-fourths encouragement — and the encouragement lies in the reminder that it can be done even when the scales show no steady loss. So that is our morale builder for today . . .

These are questions frequently asked by puzzled dieters: Why do some dieters appear to gain weight the first week or so? Why do dieters fail to lose a single ounce for an aggravating number of days at the beginning of a diet? Why do others lose satisfactorily for a few weeks, then suddenly stop losing weight, strict diet to the countrary? Many overweights seem to be convinced that their fat has "hardened on" and is therefore impossible to get off. Others believe that in their particular case, for some unknown reason, the fat stubbornly defies every reducing effort.

No matter what the scales seem to indicate, excess pounds cannot continue to hold out against a low-calorie diet. Eventually they give way. The gremlin that plagues dieters is a phenomenon known as water swings. There's nothing abnormal about the retention of water.

Here's what happens: When fat leaves the cells to be used up in energy, the lost fat may be temporarily replaced by water. Sometimes the cells become so distended with water that the scales — instead of showing the looked-for loss — actually show a gain, be-

Hold on...you'll lose weight

cause water weights more than fat. Or sometimes the amount of water retained is equal to the weight of the fat lost, so that dieter's weight remains the same. Naturally the dieter is unhappy and disgruntled. But here's a promise — stay with the diet and eventually the stored water will be lost from the tissue, and then, ah bliss, weight drops dramatically.

The annoying part of water swings is that they're so unpredictable. Some overweights lose 5 pounds the first week and 4 pounds the second, and jubilantly expect to be slim in short order. What they don't understand is that part of the loss is in water. Even thought the sum total is good news on the scales, it's not all lost fat. Then after losing 10 pounds or so, the pace slows down to a mere pound a week. Worse, a period of no loss may follow, due to water storage at that stage.

The important thing to recognize is that water retention is always temporary. Eventually the water balance adjusts, and the pointer on the scales plunges. Water storage may continue for 10 days, or even for 21 days.

Regardless of what the scales show, stay with the diet. It's doubt that dampens enthusiasm. If you stay with a scientifically planned high protein, low calorie protective diet, you can get down to healthy normal weight. Never doubt that!

Herman N. Bundesen, M. D.

Health And Fashions

STYLES in women's dress are as changeable as the seasons. In fact, in recent times, not a year has gone by that some major change in women's styles has not occurred.

Whether dresses are short or long, tight or full, in all probability makes little difference in so far as health is concerned. However, adjusting the body contour to meet the demands of "style" is an entirely different matter.

Restrictions on normal functions of the various tissues and structures of the body, as occurs with the wearing of certain tight girdles, and closely bound brassieres, inevitably must lead to changes in the body tissues.

Circulation Impeded

First of all, such tight garments naturally interfere with circulation. Since all of the tissues of the body depend upon free and unrestricted circulation of the blood for their nourishment, the health of the tissues is bound to suffer in such instances.

I suppose that some of the ladies may criticize me when I say that the natural look is the most beautiful, because much of what is demanded by modern style either intensifies or minimizes many of the natural features which makes a woman attractive.

Sane Counsel

I have said many times, and it bears repeating—"Dress sanely not vainly." I know that all women want to conform to what modern style demands, but when style interferes with health, it is time to call a halt.

Tight, narrow shoes with excessively high heels, worn constantly, interfere with the normal function of the feet and often lead to deformity, sometimes even to crippling.

It is far better to bring the weight within normal limits by proper diet, under the direction of the physician, than to attempt to use various restrictive garments to adapt the body structure to fashion dictates.

QUESTION AND ANSWER

Mr. S. R.: My wife had a nervous breakdown after her last pregnancy. If she becomes pregnant again, is she likely to have another?

Answer: Once a woman has had a nervous breakdown following pregnancy, there is a greater chance of her having another.

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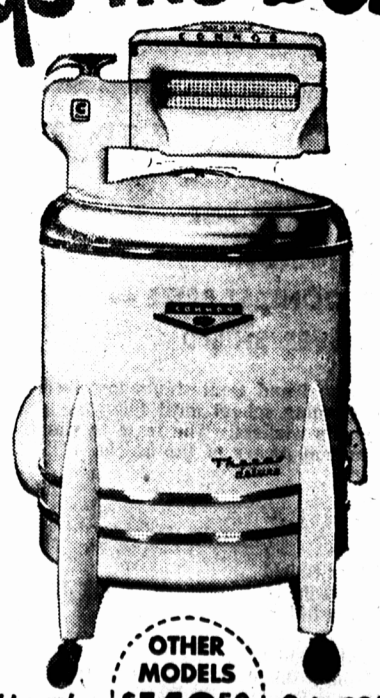

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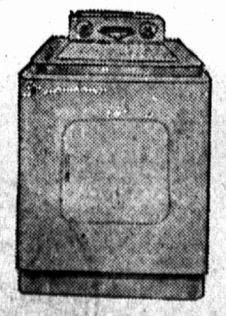

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