

WOMEN

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LET'S EAT

Recipe For Gingerbread Using A Homemade Mix

By Ida Bailey Allen

At a press party of the executives of the International Food Show, I overheard these homely words: "It tasted marvelous. My children loved it!" I picked up my ears. A new recipe?

The speaker was a smart-looking young matron. I edged a little closer.

READY TO USE

"Now I'm about to start this season's TV show," she continued. "I have to cut cooking time and still give the family good food. Her idea of making up your own mixes and freezing them ready to use is a whizz!"

"Here's Ida herself," she nudged our host.

"Oh, Ida Bailey Allen!" exclaimed the young woman. "As a busy homemaker I'd like to thank you. Have you put the gingerbread mix in your column yet? It will help so many career homemakers like me. Won't you please?"

Who could resist Elizabeth Rae Lamont's winning smile? So here's the recipe.

Homemade Gingerbread Mix: For 4 loaves, sift together 3 c. sifted-enriched flour, 2 c. sugar, 2 tsp. baking soda, 3 tsp. powdered ginger, 4 tsp. ground cinnamon, 1 tsp. cloves and 1 tsp. salt.

With a pastry blender, chop in 2 c. lard or shortening (any kind that can stand indefinitely at room temperature). When the mixture looks like corn meal, transfer to canister; cover and keep in a cool place or freeze until used.

Gingerbread from **Homemade** or

Mix: Beat 1 egg, add 1/4 c. unsifted molasses, 3 c. homemade gingerbread mix and 3/4 c. hot water. Stir until smooth. Pour into an oiled 8" square pan. Bake 30 min. in a moderate oven. 350 deg. F.

TOMORROW'S DINNER

Green Pea-Celery Saladettes: Minute Chopped Beef Steaks Baked Potatoes Steam-Fried Onions Mashed Turnip Butterscotch Pudding Coffee Tea Milk

Green Pea-Celery Saladettes: Combine 1/2 c. drained canned green peas, 1 tsp. grated onion and 1 c. thin-sliced crisp celery. Stir in 1/2 c. French dressing, 1/4 tsp. powdered dried mint (optional), and 2 tsp. mayonnaise. Chill. Serve in nests of lettuce or chery.

Steam-Fried Onions: In a large frying pan, measure 2 tsp. butter or margarine and 1 c. water. When boiling add 4 c. thin-sliced peeled onion, 1/2 tsp. salt and 1/4 tsp. pap. Simmer until the water evaporates.

Lower the heat; slow-fry in the fat remaining in the pan until the onion is pale brown.

BAKED POTATO TRICKS FROM THE CHEF

Slice the top lengthwise from a baked potato. Loosen the pulp with a fork. Season with salt, pepper, butter, or add 1 tsp. commercial bacon, or add 1 tsp. commercial sour cream. Brown under the broiler.

KEEP IN TRIM

Way To Cure Wrinkles

By Ida Jean Kain

"What causes wrinkles to form around the mouth... could a partial plate be the cause?" a reader asks. Since this is a frequent inquiry, I talked it over with a dental authority.

Fine lines and wrinkles on the upper lip may be caused by setting of the dentures. The correction is to have dentures refitted so as to restore normal stretch to the muscles around the mouth.

A common cause of wrinkles, and one that is apt to be overlooked, is loss of back and side teeth. When teeth are not replaced, the tendency is to do all the chewing on the side that has the full complement of teeth.

What happens is that the muscles on one side of the face do double duty and keep fully toned, but the muscles on the unused side lose tone. This leads to a facial droop, and alas, wrinkles result.

When teeth are lost on both sides of the face and not replaced, the cheeks tend to sink in, the corners of the mouth sag, and flabbiness may develop in cheeks and jowls form. So often this results in the face appearing thin and drawn.

Dieters sometimes complain that reducing makes their face too thin. Since there is comparatively little fat stored on the face, the trouble

may be lack of tone in the muscles of the face due to missing teeth.

There are frequent requests for facial exercises. The best exercise is the routine kind that comes with proper chewing. Chewing stimulates the muscles of the face.

Looks aside, however, there is a far more significant reason for being able to chew properly, and that is nutrition. Far too often, older folks slip into poor food habits and sometimes fall back on a diet so limited as to result in malnutrition. All life long, the protective foods are needed in normal amounts, for without them body repairs are shoddy.

Overweights have asked for suggestions for special foods that can help them reduce but are in the process of having new dentures made. Use the assortment of trained vegetables on the market—whip in egg whites and bake a soufflé. Appetizing, low calorie soups can be prepared with strained vegetables and skim milk.

Back to the new teeth... dentists now recommend that to maintain normal stretch and tone in the muscles around the mouth, as soon as you become accustomed to a new plate, the dentures be left in overnight.

MARY HAWORTH'S MAIL

Sister Viciously Makes War On Brother's Fiancee

Dear Mary Haworth: My 17-year old daughter's boy friend left for overseas duty with the Army last April. A month later he sent her a diamond ring and they became engaged. They were very much in love.

Since then the boy's sister will call her Joyce... has done everything in her power to make my daughter miserable. For example, falsey accusing her; spitting at her, and trying to disrupt her friendships with other girls.

I kept telling Hope (my daughter) to ignore these attacks, so long as her conscience was clear.

This past week Hope's fiancee wrote to her, saying he had received a letter from his sister recently, and he didn't like what he read. I advised Hope to remove the engagement ring and give it to his sister—so that she would be satisfied. And to write to the boy, telling him that she had done so. Also to ask him to decide whom he believed and what he wanted.

CORRECT ADVICE?

Hope has an evening job and goes to school during the day and has bought several things for her trousseau, while also amassing a savings account. She hasn't dated or gone to school parties since Bud left in April. He is due back next spring.

I have advised Hope not to accept his ring (again) until she finishes school, and until he is home from the Army. Do you think I advised her correctly? It seems to me if he loves her he won't have faith in her. I pray I have counseled her wisely.

IS PSYCHOPATH

Dear S. Y.: As somebody once said, "You can't win a contest with a skunk." And I think that sums up the proposition of trying to get the best of Joyce's attitude towards Hope. There is something insidiously unwholesome about the inner life of a family that produces a character like Joyce—an obviously psychopathic personality.

The psychopathic personality is a nonconformist to rules of reason and decency, in close relationship. Such persons are emotionally crippled, in an obscure way that psychiatry recognizes but can't quite penetrate. Their enjoyment of life consists in trying to deface, degrade and destroy the dignity of certain other individuals—and the more or gentler these others are, the greater the psychopath's "kick" in harassing them.

Supposing your daughter Hope were to marry Bud—and my instinct says "Heaven forbid!" on the basis of your story—she would be putting herself in shooting range of Joyce's crackpot venom continuously thereafter. And though Bud and his parents and the balance of their kin might waken slowly to the senseless nature of Joyce's clawing, spitting, lying campaign, still that wouldn't make Joyce any

ELLEN'S DIARY

By An Island Farmer's Wife

Onward gently December leads now along paths of the old year that around a bend of way come to... a gate all white and shining? Or bars such as those which farm-children know, round and smooth and silver? Or is it an arched portal through which we catch a promising glimpse of the amber and rose of new sunrise? Or is there no barrier or boundary to mark the entrance to that trail we shall presently take? Only the little road of our own we shall continue to follow, that which has taken us up hill and down dale along many a year?

"Yes, a nice morning—and a great road!" the mailman returned our greeting at the mailbox as we shall presently take. "I hope will stay hard-frozen like it is, it's better than the thawing" he offered. He was driving the black

horse—and wagon and snug in his fur cap and coat seemed the very spirit of this time of year which looks into the heart of the Christmas season.

"Would you believe it, Ellen?" a farmwife such as we, who visited the other year with friends in a great city, said "they don't know their postman's name! No!" she nudged a little sadly. "And the curious thing about it to me was that they didn't seem to care whether or not they did. Now isn't that a queer way to live? I thought so at any rate. How can one be her brother's keeper if she doesn't know anything about him: where he lives and if he's married and how many children they have and something about his troubles and cares and all?" she queried soberly. "To my mind that's what makes life good."

This mailman who has carried and brought the mail throughout our years at Alderlea, is a member of every family along his route. He knows their joys and their sorrows—and the succeeding generations of their families by name. He sees spring break on our fields, brings summer, helps with our autumn shades, and brings winter to spread the farmhands with a coverlet of white.

"And how are your cares?" we asked meaningfully all along his lengthy route of travel.

"Oh pretty well, I think—a few colds, but nothing serious... How is Mack?" "Mack's better" how glad to be able to say it. "The doctor came and in no time we could see an improvement. Measles is a mean sickness." He nodded.

"Am I late?" for after all when one carries Her Majesty's Mail there is a schedule and mission to keep.

"No, you're in good time" And he was away, the old-time sounds of his going echoing in the stillness of the morning as he crossed the Public Bridge and climbed the hill on his way to meet "the town mail" at the corner-store.

And the day? We "sign and seal" it now—and turn a new leaf. Until tomorrow—Diary—Good-night

different. And who, in his right mind, wants (or would permit himself) to marry into that type of nightmare?

TOO SUSPICIOUS

And, as a further warning to Hope to beware, there is her fiancee's recent disclosure of his predisposition (1) to believe the worst, rather than the hope, and (2) to side with his family instantly, without judicious reflection, when destructive feelings are aimed at "outsiders."

As for your advice to Hope—1. I wouldn't have said give the ring to Joyce. Rather, take it off and put it aside, to be personally handed to Bud on his return. Or mailed to him if he wants it now.

2. When Bud wrote of hearing things about Hope that he didn't like, she might have answered briefly, with dignity, that her conscience is clear and her conduct impeccable. And if he cares to pursue the subject, let him investigate the source and motivation of the lies he has swallowed. Period.

You say: "It seems to me if Bud loves Hope he would have faith in her." The truth is, I emotional security, in relation to good people. He is steeped in distrust, uncertainty and instability—in a dog-eat-dog way of life.

At Hope's tender age (17), my advice to her is to postpone marriage at least five years, and give herself time to find a real help-met.

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

Words Of The Wise

Lazy people are always anxious to be doing something.—(Unknown)

HOUSEHOLD HINT

If you use your bathroom as an auxiliary laundry, as most housewives do, you can save its efficiency by installing hooks over the bathtub. A clothesline can then be put up easily and quickly on which to dry the bathroom wash.

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ELEANOR ROSS

No Place Like Home If Color Is Pleasing

Color plays an ever-increasing role in the home, not only for its decorative qualities but as a psychological aid in keeping the family happy and contented.

Nobody claims, of course, that a woman can necessarily keep a roving husband home nights simply by changing the color scheme in the living room! But one thing any homemaker ought to take seriously is the importance of keeping workers cheerful and stepping up productivity.

And in hospitals, too, new color schemes for wards and rooms are working miracles.

But to get back to the home: a family that doesn't enjoy staying home may be suffering from any one of a number of ailments.

ATTRACTIVE PLACE

Maybe home is not the clean, fresh-looking, attractive place it ought to be. Maybe the furniture isn't comfortable. Maybe temperaments clash. Be that as it may, mother has to start somewhere in her effort to diagnose the trouble.

If she knows that she's a good housekeeper, she can dismiss that point. Next, she had better take a look at the family living room to see what she can do to spruce it up. Nobody in her family is going to say "I'd enjoy staying home more often if the walls were blue instead of beige."

IMPORTANCE OF COLOR

People don't always realize their reactions to color, even though it is immensely important to their frame of mind. But most homemakers know pretty well what colors their families prefer. It's worth a lot of thought and a certain amount of money and effort, to try and surround people with colors they like.

There are so many paints, floor coverings, wallpapers and other decorative materials available today at moderate cost, which can be applied without outside help and that will lessen rather than increase household chores as they add color and charm to the home. If you haven't investigated all the new washable materials and the new and exquisite fabrics, you're in for a pleasant surprise. And chances

EASY TO CLEAN

Paints, papers and fabrics that are easy to keep clean, that can be washed with soap or detergent suds, are the ones that are best for everybody to live with, because they look clean and colorful. They make things easier for the homemaker since it takes so little time and effort to keep them looking their best.

If you have too many wandering feet in your family, try giving everybody a new color tonic and see if that doesn't make a difference. Youngsters are extremely proud when they can bring their friends into a warm, colorful, inviting and comfortable home.

COOK'S CORNER



APPLE CRISP

Put in deep baking dish:
1 qt. sliced apples
1/2 cup sugar sprinkled over top
1/4 cup water
1/4 tsp. cinnamon
Mix:
1/2 cup brown sugar
1 cup flour
3 tsp. butter
Mix until crumbly and spread over apples. Bake 30 min. until brown. Serve with whipped cream.

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