

WOMEN

Page 8 The Guardian Thursday, May 12, 1955

Country-Fresh Rhubarb In A Gelatin Dessert

By Ida Bailey Allen

"The supermarket did not have many fresh fruits today, Madame, except a few high-priced specialties. It is still a little too soon in many sections for strawberries and other early fruits to be reasonable in price. So I bought 4 pounds of rhubarb, which is plentiful, also 3 pounds of bananas which are just right to use," said the Chef.

Fresh and Crisp

"The rhubarb looks country-fresh, with nice pink stalks that break with a crisp snap, and green leaves that show it was field grown. Although rhubarb has been used mostly for pie-making, I like it baked as a sauce, or stewed and combined with bananas into an enticing molded gelatin."

Rhubarb: Banana: Gel: Add 2 envelopes unflavored gelatin to 1 c. orange juice, and let stand 5 min. Then pour in 1½ c. boiling water drained from stewed or baked rhubarb. Cool, then refrigerate 30 min. or until beginning to thicken. Stir in 1 c. drained cooked rhubarb and 3 peeled sliced bananas. Turn into a lightly oiled ring mold. Refrigerate until firm, from 4 to 6 hrs. Unmold on a large serving plate. Fill the center with slightly sweetened sliced oranges and bananas. Garnish with whole grapes, serve with custard sauce.

serole at 860 degrees F. 12 servings.

SUNDAY DINNER

Shrimp Cocktail Saladettes
Chicken Fricassee on Crusty Biscuits
Baby Carrots
Rhubarb-Banana Gel
Custard Sauce
Coffee
Tea
Milk

Shrimp Cocktail Saladettes: Use 1 (7 oz.) can chilled shrimp, or 1 (10½ oz.) pkg thawed frozen cooked shrimp. Add ½ c. thin-sliced raw celery or small-diced cucumber, and 1 recipe shrimp cocktail cream sauce. For each serving put 5 or 6 shrimp in a nest of shredded lettuce. Top with the sauce.

Shrimp Cocktail Cream Sauce: Combine ¼ c. each mayonnaise and commercial sour cream. Add 1 tsp. lemon or lime juice, ½ c. celery salt, ½ tsp. Worcestershire and ¼ tsp. tabasco.

TOMORROW'S DINNER

Cottage Cheese Ball Saladettes
Fish-Sticks, Green Bean and Carrot Platter
Potato Chips
Deep Apple Pie
Coffee
Tea
Milk

THE CHEF SUGGESTS

A spring fruit compote consisting of stewed rhubarb in inch length, stewed prunes and pineapple chunks.

ELLEN'S DIARY

by an Island Farmer's Wife

"How did you enjoy the visitor of yesterday afternoon?" we asked Mack this morning. This was a lad of three, one of generations of folks of the name who have farmed fine acres down where the land is washed by the river. "Good!" Mack smiled. "But would you believe it? He doesn't know one thing yet about baseball—doesn't even know where first base is!"

Bats and baseballs are much in evidence at Alderlea these days, so much so that we and Jeanie at respective housecleanings stand to be delayed if we as much as cross the yard to the woodshed to pick up material to revive dying fires when the black dog's appearance gives warning that his masters are following from the fields.

"Is your housekeeper in danger of losing her position?" Jeanie laughed this afternoon when James stepped along the yard toward the supper hour with a masterful tread. Smoke was then issuing darkly from an old chimney, the dark of fresh kindling.

"Don't tell me the meal isn't on the table! This housecleaning!" he said "Or is it only an excuse? I guess" he commented "there's not another farmer in this community, no, not in all this county at this time of year, who must wait for his supper."

"There's at least one other!" Jeanie chuckled hurrying toward the House across the Lane as the tractor put-putted to the yard. "Or there will be if I don't stir myself!"

...
Jeanie was cleaning her living-

room today, decorating anew the walls in an avian blue. Ours lay mostly in re-touching, where a blue brush of wall had chanced to tint the white of ceiling in passing and vice versa until in some despair we at last put the brushes away and decided to leave well enough alone.

"How do you like it?" we queried then of James, hoping his inspection would last until we spread the supper-table and made the place more meal-like.

"Looks clean and nice" he replied. "But I see where you splattered."

"Some of the blue on the white?"

"Yes, I guess you should have your glasses changed. And in a place or two there's some white on the blue. Oh, you can touch it up later here and there can't you?"

"There's my first pansy of the season" our and others' kindly hostess of this evening offered of a fetching yellow blossom.

Crosses we have now at Alderlea, dainty of white or mauve blossoming lowly in, to us, unexpected places about the lawn and in the old flower-bed, making the day brighter while the daffodils and tulips await more sunshine.

And the spell of May is over the farmlands: greening the fields, painting them in emerald between pieces of woodland which today we saw James stop to regard. And in the near pasture by day and in sheepfold at night, come the strangers of lambskins

MARY HAWORTH'S MAIL

Spiritual Therapy Inspires Writer To Share Experience

DEAR MARY HAWORTH: I wish to share my experience of spiritual therapy with your many readers — especially T. Y., your correspondent of March 7, who is emotionally depressed. She has a guilty conscience about a brief fling with her elderly boss when her husband was hospitalized a year ago.

I offer the following truths, tested and proved, though space permits only a brief outline.

1. God's guidance, forgiveness and his great perfect love are readily available to all — a gift inconceivable to those who don't know Him, which means we who cut ourselves off from Him. The first step, then, is to turn to God — who knows our need before we ask. But we must ASK, from the depths of our being; and then know that He hears — and that the answer is on the way.

2. Don't outline the answer, or otherwise limit God's channels of working for and through us. Our growth depends upon our willingness to be led by Him, our disposition to surrender all that prevents our receiving His blessings. This meekness of spirit is accomplished through prayer, and effective prayer must be studied and practised.

Seek God First; All Good Follows

3. Regardless of its seeming origin, any deep problem that defies human solution has one basic cause, namely separation from God; and the remedy is right relationship with God. This is the turning point; all else follows. Begin to establish this relationship by talking to your pastor, or some other competent spiritual adviser.

4. It is a great mistake to try to correct your human relationships first, and then work towards a right relationship with God. This is just the reverse of how to do it. Seek ye first the kingdom of God, then He will transform your life, until all is in perfect alignment. "Trust in the Lord with all thine heart, and lean not to thine own understanding; in all thy ways acknowledge Him (i.e., look to Him in faith) and He will make plain thy paths." (Proverbs 3:5).

5. Study Glenn Clark's book "Be Thou Made Whole" (Macalaster Park), a complete course in spiritual therapy. It allows for psychological counselling if needed. But a word of caution here, it is necessary to face conflicts honestly, and helpful at times to know their origin, but it is more important to avoid getting immersed in them. Don't accept them (in the thinking of patient or counsellor) as permanent forces in life, or they will be difficult indeed to heal.

Suggested Aids To Daily Prayer

6. Don't search in any human relationship for what may have been given or denied in childhood. Keep close to God; ask Him to lead you to those who can help; then give thanks to Him. Spiritual therapy should precede and accompany any other type of treatment; it will be a safeguard, guiding and blessing all concerned.

7. Establish a daily devotional, and adhere to the plan of study that is right for you. A good study guide is The Manual of Prayer, an interdenominational periodical distributed without charge by The Prayer Tower at 1571 Grand Avenue, St. Paul 5, Minnesota — and subsidized by free will offerings. The Fellowship Messenger (same address) performs a similar service, and I particularly recommend the recent February-

with new and quivering beats. And life on the farm is good... and the days too short, too short. Until tomorrow — ... Diary ... Good-night

Colorful Bath Fixtures

By ELEANOR ROSS

It probably takes less money to dress up the bathroom than any other room in the house, and the effort is so rewarding. Even the youngsters will go willingly into the soapsuds, if you provide them with an attractive, colorful setting.

A Stern Duty

Happily, we're getting away from the idea that cleanliness is a stern duty, something that has to be faced and tolerated — like it or not. In a pretty bathroom, with a decorative shower curtain, gay and colorful towels, a lush bath mat and pretty brushes, bathing can be a joy, a recreation, a rest cure or even a tonic.

If you intend doing over your bathroom, you'll find that builders and fixture supply houses recommend colored fixtures, which are selling like the proverbial hot cakes. The latest models are made in lovely shades of blue, green, pink, yellow, tan and gray.

For a Small Space

For the second or small bathroom, where space is at a premium, there's a triangular-shaped sink and vanity combination, which is also made in pretty colors. Some of them have foot-space beneath, so that a woman can sit comfortably when applying make-up or fixing her hair. In other types, the dressing table is adjacent to the storage cabinet unit which houses the basin.

March issue to T. Y.

The way of spiritual adventure and growth isn't an easy road at first. There will still be problems and difficult choices; and many things to give up, but the rewards are great and permanent. It is inevitable that later we shall pass along to others what has been given us; for it is experience that prepares us to show others the way.

Other Guides To Devotion.

DEAR F. L.: Thanks for your contribution. I haven't read Glenn Clark's book "Be Thou Made Whole," although I know the Manual of Prayer and agree with you that it provides excellent fare for daily meditation and thanksgiving.

In addition may I suggest "Instructions in the Life of Prayer," a pamphlet distributed by The Forward Movement Publications at 412 Sycamore Street, Cincinnati 2, Ohio. Also "Confidence in God"—words of encouragement taken from the notes, instructions and letters of Rev. Daniel Conidine, S. J., and published by the Passionist Fathers at Monastery Place, Union City, N. J.

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

Sectional Pieces
Prefabricated lavatories now come in sections. Some cabinet units have concealed soiled-clothes hampers and medicine trays, with lock and key, to protect small children against the harmful results of normal curiosity. All in all, designers, manufacturers and builders are working hard to make the bathroom as handsome and convenient as possible, so that cleanliness becomes more enticing than ever.

Wise Move

Apart from this, spending money on the bathroom is a shrewd investment. When a house is up for sale, attractive colorful bathrooms, like good closet space, have an irresistible sales appeal, and are often the sales clincher.

Cook's Corner



WASHINGTON PIE

1 c. white sugar
1 egg and yolk of other egg
¼ c. butter or ¼ c. shortening and 1 dessertspoon extra
1 c. milk
Pinch salt
3 tsp. baking powder
½ c. flour or little more
1 tsp. lemon
Cream butter and sugar, then eggs well beaten. Add milk, then flour and baking powder sifted together, also flavoring. Bake in pie tins in moderate oven.

APPLE SNOW FILLING

1 large apple or 2 small apples peeled and grated, add ¼ cup of white sugar and 1 egg white. Beat all together until stands in peaks and put between and on top of pie.

PINEAPPLE UPSIDE-DOWN MUFFINS

6 tbs. butter
½ cup brown sugar packed firmly
¼ cup chopped walnuts
¼ cup crushed pineapple
3 cups biscuit mix
¼ cup sugar
1 cup milk
2 eggs
Method — Melt butter, brush a little over bottom and sides of 18 medium size muffin cups. Mix brown sugar, nuts, drained pineapple into remaining fat and

KEEP IN TRIM

How To Stay Beautifully Slim

By Ida Jean Kain

Overweights who have reduced successfully are asking for a plan that is equally effective for keeping desirable weight. Fine! That's the most satisfying part of a figure program.

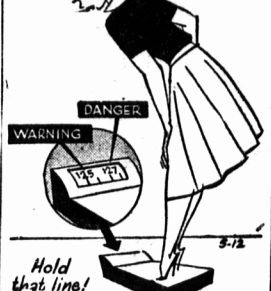
Here is the weighing plan. Slip out the insulating that covers the figures on your scales. Mark on the scales a cautionary yellow line, mark a red danger line. Any morning the pointer on the scales touches that yellow line, start trimming calories in sweets, starches and fats. Be resolute and you'll never go above the danger mark.

Now for the nutrition technique of which weight can be controlled. Calories are the key. Some fifty years ago when calories were established as an accurate measure of the fuel value of food, reducing became an exact science. When calories are cut below requirements, nature is forced to draw on stored fat for part of the body's energy needs and the pointer on the scales goes down accordingly. Nutrition knowledge makes it possible to adjust calories below requirements, yet include all the protective nutrients in normal amounts so that body tissues are kept in a fine state of repair. Truly, science has taken all the guess work out of reducing.

Once you have reached normal weight, there is no need to force nature to draw on stored fat and calories can match your requirements. The average woman uses approximately 2000 calories daily. Be realistic. Even though you are busy all day, if it's not active physical work, your calorie requirements are not as high as "average." Let the pointer on the scales be your guide, for that is the highest authority.

Your best bet is to keep your protective food habits — that is, continue to make the protective foods the backbone of the daily menus. The TAKE YOUR CHOICE DIET is planned not only for reducing menus, but as a pattern by which you can plan meals that keep your weight normal.

This protective plan of eating helps you to stay young and to add many years to the best years. When you realize the rewards



Hold that line!

that come from making the right choice of food and controlling weight, it's obviously sheer folly to slip back into the old fattening food habits.

Having lost the excess pounds on the protective pattern, you have a healthy hold on the food habits. Increase calories any way you please — by adding some favorite foods or by having larger servings of some of the favorites already included in the diet pattern. But watch the yellow mark — it's dangerous to go through the yellow!

MORNING SMILE

Friend—He's a nice little horse (I saw him myself) and the dealer says I may have him for a song. Would you advise me to buy him? Man—That depends upon your eye for a horse and his ear for music.

Words Of The Wise

The heart has reasons of which reason has no knowledge. —(Pascal).

Wife Preservers



Fresh fish are purchasable, and should be used the day purchased. Wrap tightly in waxed paper and store in the coldest part of the refrigerator until time to cook.

Household Hint

Plastic dinnerware — is light, easy to handle and durable for outdoor dining in your own backyard or for taking on a picnic. Most of the pieces of molded plastic are now designed so they can be used for more than one purpose. For example, a vegetable bowl can double as a receptacle for bread, fruit, tidbits or flowers. New colors and textures are being introduced each year, and ware comes in many different attractive colors.

HOT ROLLS double-quick! with wonderful new fast-acting DRY YEAST!

PARKER HOUSE ROLLS

Measure into large bowl, ½ cup lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well. Scald 1 c. milk and stir in 5 tbs. granulated sugar, 2½ tps. salt; cool to lukewarm. Add to yeast mixture and stir in ¾ c. lukewarm water. Beat in 3 c. once-sifted bread flour; beat well. Beat in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough in bowl, grease top and let rise again until nearly doubled. Punch down dough and roll out to ¼" thickness. Cut into rounds with 3" cutter; brush with melted butter or shortening. Crease rounds deeply with dull side of knife, a little to one side of centre; fold larger half over smaller half and press along fold. Place, touching each other, on greased pan. Grease tops. Cover and let rise until doubled in bulk. Bake in hot oven, 400°, about 15 minutes.

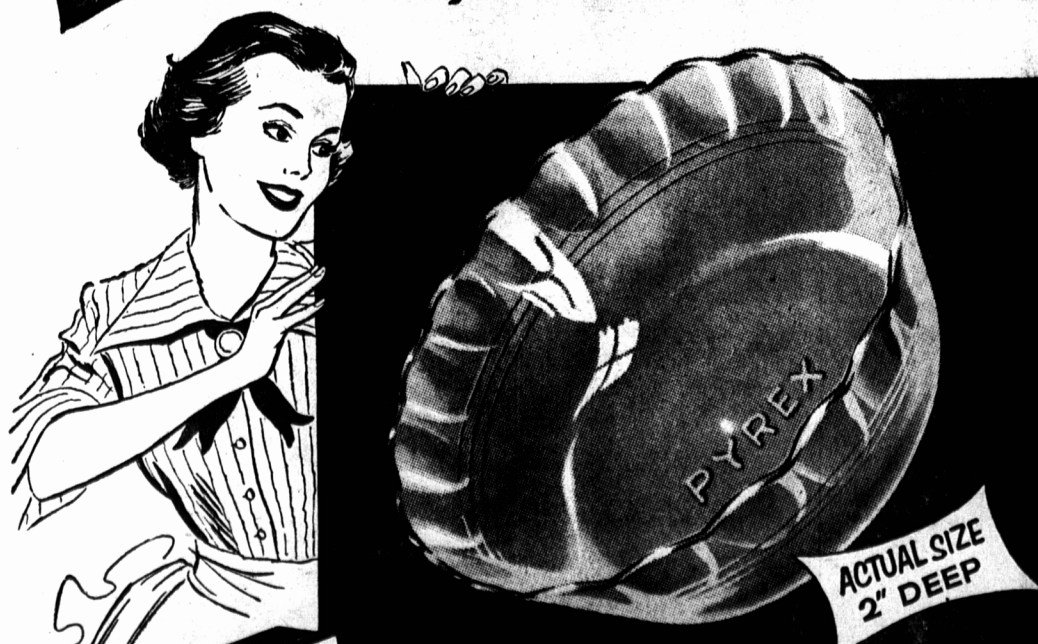


No more spoiled cakes of old-style yeast! This new Fleischmann's DRY YEAST keeps fresh in your pantry! And it's fast-acting. One envelope equals one cake of fresh yeast in any recipe.

Get a month's supply!

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FREE! CRYSTAL CLEAR PYREX BOWL VEL in every GIANT-SIZE VEL



ACTUAL SIZE 2" DEEP

You'll find so many uses for these practical and attractive Pyrex bowls. Mix, bake and serve, all in the same dish! Deep enough for generous, individual servings of bread puddings, fluffy custards, juicy meat pies, apple turnovers—all your favourite recipes.

These Crystal-clear Pyrex bowls with fancy, fluted edge will add a flair to all the food you serve. Collect a whole set! So pretty, so useful! Yours inside every giant size package of VEL—it's a gift you'll appreciate again and again, for years to come.

VEL CUTS GREASE FAST...

but the marvel of VEL needn't end in your dishpan. It's so mild for delicate fabrics and your lovely hands.



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