

# WOMEN

Page 8, The Guardian Thur., March 1, 1956

## KEEP IN TRIM

### Teen Snitches On Her Diet

By Ida Jean Kala

This being Monday, let's tackle a tough problem... how to encourage a teen-ager to want to reduce. Today's letter describes a typical problem.

"I'm writing again in regard to my daughter, age 15. She is 5' 3" and weighs 160 pounds. In three weeks she has lost only one pound. I'm afraid she is snitching a little behind my back. She says she is giving her around 1500 calories a day. I'm wondering if you would advise giving her some kind of appetite curber before meals. Perhaps I shouldn't get discouraged, but it does seem slow going."

Until the young lady takes a spirited interest in banishing the bulk, helping her to reduce is an uphill struggle. Take her to a fashion show. Watching the models glide along in sheath styles might spark her interest. Models are too thin, but they do have lovely postures and movie well.

To stimulate enthusiasm for exercise, a dancing class is perfect. Teen-agers love anything that has rhythm, and dancing exercises are always fun. Or you might exercise at home with the young lady to the music on the radio. If she starts toning up and losing inches, she will start to look slimmer and be more eager to carry on.

#### PROTEIN BEST

There is no harm in appetite curbers, the bulk supplying kind. However, unless a girl really wants to lose, she will eat the curber and too much food too.

The best food for controlling hunger is protein. A good breakfast will help her stay on her diet. She should start the day with an egg or two, plus a glass of skim milk or hot cocoa made with skim milk, a slice of toast and a sliced orange.

That satisfying breakfast will stand her in good stead at lunch time. If she has a carried lunch, make sure the sandwich has a thick filling of lean meat or chicken. Left over meat loaf makes a change. Wax wrap celery stalks and carrot sticks. Juicy fruit, such as a tangerine, plus a tart apple or pear fill the bill for dessert.

Encourage her to have an after school pick-up—an orange and cookie, a glass of milk or fruit.

Dinner: Soup made with skim milk; a generous serving of lean meat and green vegetables; potato salad; light dessert. Don't talk diet too much.

Other mothers who have had success with their overweight teenage daughters might like to pass along their systems. Let's hear from you.



### Pilot Of The Broken Wings

Mrs. Truus Janssen left a mid-some 200 to 400 allied airmen escapee from Holland during the war, his arrival for a visit in Wings', for her work in aiding Canada. Accompanied by Carl

Kupes, a nurse from Rotterdam she will visit her brother in Sunbury county, N. B. (CP Photo)

## CONFIDENTIALLY YOURS

—by Byrne Hope Sanders



MONTREAL, March 1st—Ten dollars for your recipe! ... It's exciting to bring you such good news! BORDEN'S will pay \$10 every week for the best recipe—or idea!—for using one of the famous BORDEN'S CHEESES. Send your favorite recipe—or a new trick in serving you've just dreamed up!—to me—as many as you like! I'll publish one each week, but for a limited time—so hurry!

EARN MONEY by sharing your cheese recipes! Maybe you'll win with a recipe for Borden's King Size Cheese Slices—twice as long as ordinary slices. (Cut what you need—and the rest stays fresh.) Melt them—for veggie or sauce—use them on grilled hamburgers—use them—any way you find is good! ... Or use Borden's Chateaux Cheese, perhaps with macaroni—rabbit—hot dogs—It spreads, melts, slices!

HAVE YOU A FAVORITE RECIPE made with Borden's Boursier Cheese—any one of the five scrumptious flavors—Chive, Relish, Pimento, Plain and Pineapple! ... For snacks or sandwiches of all kinds. And, of course, Borden's E-Zee Cheese—so handy, so tempting with its sharp, tangy flavor ... melts into cheese dishes so perfectly! Here's your chance to pick up \$10 easily! Good luck to you! Send your recipes to me at Confidentially Yours, 1411 Crescent Street, Montreal. Don't wait to do it! Send in as many as you like!

We're All Agreed ... there's no place like home—with a Budgie. And our home, especially. After staying with friends last weekend and being so amused by their little pet Budgie, we feel we should have one. So it wouldn't surprise me if something wonderful happens at our house ... I'll be telling you about it.



#### Is He Listless, Irritable? ...

Children should be watched very carefully at this time of year for troubles that are caused by irregularity. There's nothing better than CASTORIA—so mild, gentle and thorough. Castoria provides a natural-like, satisfactory movement and never grips or causes cramps. Keep Castoria always on hand—to relieve feverish conditions, restless sleep, lack of appetite, stomach upsets, caused by irregularity. Large size 45c and family economy size 75c.



#### Finished The Dishes? ... Then,

for beauty's sake, reach for the handy household size I T A L I A N B A L M—right there beside the sink. Buy the household size Italian Balm with the new handy dispenser for only 60c. It will give you just the right amount of Italian Balm to smooth quickly into your busy hands, after every exposure to work—water—weather. There's no twisting—no turning to seal the bottle. No leaking. No fuss. Just a quick thumb pressure, that's all. Pretty hands are the direct result of taking care of them. Best way, I think, to do that is with Campana's Italian Balm—at all Drug Counters.



#### Friends Of Mine ... who have new babies are telling me how much

it means to be able to buy FARMER'S WIFE—the milk formulas prepared especially for infant feeding. Each baby can have just the right type of formula to suit each baby's special need. There's the Whole Milk (Red Label); Skimmed Milk (Yellow Label) ... or Partly Skimmed Milk (Blue Label) ... or Partly Skimmed Milk is a high protein, low-fat concentrated milk with Vitamin D content increased and is used by practically all hospitals and pediatricians. Make sure that your baby gets the best—you'll soon see the results!

#### Poor Darling! Got a cough coming on? We'll fix that right now!

—Upstairs, my darlings, and take PINEX out of the medicine chest. It will bring fast relief and help to take that irritating, rasping cough away. Thousands of Canadians are doing this every day at the first sign of a cough—and finding Pinex very pleasant to take. It's particularly good for youngsters. Don't treat coughs casually—use Prepared Pinex cough syrup immediately. For economy, you can use Pinex Concentrate to make 60 ounces of cough syrup with honey or syrup. At drug counters—everywhere!

#### A Delicious Lenten Dish! ... Just try this recipe, dear friends, on

your hungry family! It's only one of many variations you can use with the truly delicious LIPTON SOUP. I've made this recipe with salmon and tuna fish too—wonderfully good!

BAKED CHICKEN CASSEROLE  
Arrange 2 cups peas, 1 cup cooked white onion, 1 cup cooked sliced chicken in buttered casserole. Pour over it SAVORY SOUP SAUCE.  
Bring 3 cups water to a boil, add 1 package Lipton Chicken Noodle Soup Mix, and cook 1 minute. With 3 tablespoons butter or cooking fat in a saucepan and blend in 3 tablespoons flour. Gradually add soup to flour mixture and cook over low heat until thickened. Top casserole with soft bread crumbs and melted butter. Bake in hot oven (400 deg.) about 15 minutes, or until crumbs are golden brown. Serves 4.  
When you try it tonight—and delight your family!

## Happenings

Mrs. Harold P. Stewart, Parkdale, entertained at her apartment on Saturday evening for her mother, Mrs. Milton Furness, on the occasion of her birthday. Films were shown and square-dancing was enjoyed. Mrs. Furness received many lovely gifts, cards, telegrams and a telephone call from her daughters who reside in Toronto, Ontario.

Senator Elsie Inman on Thursday, February 23, addressed the Ottawa Women's Club at the Chateau Laurier Hotel. Senator Inman urged women to take part in politics. "The time has come," she said, "when women must put more pressure on the minds of men to make them realize that somewhere in the future women will blaze a trail to peace and security for the generations yet to come."

Senator Inman spoke of the early settlements on the Island and went on to say, "Prince Edward Island has one of the oldest legislatures in North and South America. It is even older than the American Congress." Senator Inman was introduced by the president, Mrs. H.J. Battle, and thanked by Mrs. Inez W. Shepard.

Loranda Stepmone Spaulding, a former student at Havergal College, Toronto, and Astor Efrum Zimbalist, Junior, were married recently in New Hartford, Connecticut.

She is the daughter of Francis LeCompte Spaulding, American Consul general in Seville, Spain, and Mrs. Kenneth K. Leavitt of Jackson, Wyo. The groom is the son of Efrum Zimbalist, the famed violinist, and the late Mrs. Alma Gluck Zimbalist.

Zimbalist is currently appearing on Broadway in the comedy "Fallen Angels."

Mr. John Fisher, the noted Toronto broadcaster, writes and lecturer will be in St. John, New Brunswick on March 5 to address a special joint dinner-meeting of the seven St. John service clubs.

Between 200 and 300 members of Rotary, Kiwanis, Kinsmen, Gyro, Lions, Y's Men and Altrusa Clubs are expected to attend the meeting being sponsored by the 14-member Service Club Council. Mr. Fisher has recently been appointed executive director of the Canadian Tourist Association. He will discuss the tourist industry at the meeting in a speech titled "It's up to you."

Mrs. Gordon Schwartz of Halifax, is a guest of Miss Dorothea Stewart.

Mrs. R. K. Clements of Montague is a patient in the Prince Edward Island Hospital and is convalescing nicely.

Mr. and Mrs. LeMoyné Salter left on Wednesday morning to take up residence in Yarmouth, N.S. Mr. Salter is the engineer on the ferry, "Bluenose," which runs between Bar Harbour, Maine, and

## COOK'S CORNER



### DATE CAKE

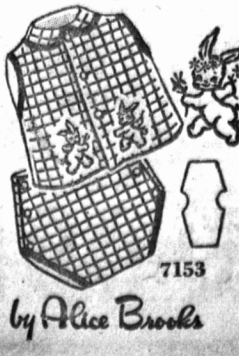
1 egg  
2 tbsp. butter  
1 cup brown sugar  
1 1/2 cups flour  
Salt, vanilla  
1 cup dates  
1/2 cup walnuts  
1 tsp. soda in a little hot water  
Pour over dates, let stand till cool.



### Good Combination

Pretty Annette Hunt, 17, of Indianapolis, Ind., proudly displays the cherry pie she baked which won her the title of "National Cherry Pie Queen" in Chicago. She was declared the winner over 50 finalists all between the ages of 14 and 21, from all parts of Canada and U.S.

## ALICE BROOKS DESIGNS



### FOR GIRLS AND BOYS

Baby looks so sweet in this easy-sew play set! Easy laundering too—use remnants of seer-sucker, nylon crepe, cool plisse.

Kitten trim for girls, bunnies for boys. Pattern 7153; embroidery transfers, sizes for 6-month-1-year, 18-month babies included.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps can not be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties. Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!



7153  
by Alice Brooks

## ELLEN'S DIARY

### Varied Month of March

March To those not much taken up with the winter season, it is a magic word. March-with its strengthening sunlight and "the rippling rills" of the thawing; with baring fields and pleasant breezes and longer days with their lingering afterglows. A varied month! winter and spring. With a storm or two bringing wild winds to the eaves and blown snow along the farmlands. But with little last to it. For are not the warm seasons just around that corner?

"When willow buds are bursting And all the world is fey, When water runs in silver tongues We fly with the wind away To the little hills rejoicing On a mad March day!"

March will, we suspect, take our farmers off to their woods' work an endeavor delayed by the winter-depths of snow in woodland and field. It will bring us winsome increase in the stables: a red calf, a roan, a white it may be, and a black, and others in a fetching "rainbow" of shades. Piglets in the piggeries in engaging families of 'em, pink, playful youngsters to have the caretakers take particular stock of the weather on expected dates of such births. Hoping for a mild spell to bless their coming. "If it will just stay like this, calm and not cold, until they get a day or two over their heads" shall we not hear James say?

Lambs too! ill add plaintive new bleats to our increase-babes of creatures for the children to visit in whatever fold of place they may be. Not what March lambs-odd ones however, since most will be later-born than these.

And a foal? Mack spoke of this today. "Did you know that we're expecting a foal this summer?" he asked. "Yes, it's more than likely, if all goes well. And won't it be good to see? I can drive a horse now!" he nodded proudly. And Jamie who long ago learned to handle the tractor and has a way with machines, is pleased that in late years he can bridle, harness, hitch and drive a horse and attend in part to the winter-haulings of the farm.

"Say, 'Whoa'!" we said to the toddler, annoyed because the toy with which she had been playing had rolled out of reach, one day last summer when he happened to visit with her and her grandmother. The child eyed us wonderingly. The grandmother giggled. "That's among the forgotten words, Ellen Children her age hardly

Yarmouth. Previous to their departure, Mrs. Salter was entertained by the Gleaner's Club of Trinity United Church. They were also entertained by Mrs. George Michael, Mr. and Mrs. Alfred Wecklin and Mr. and Mrs. Roy McKinnon.

MORE FRUIT  
Consumption of canned fruit in West Germany in 1955 was 60 per cent more than in 1952.

## Polythene Beads

### Create New Spring Jewellery Fashion

The "do-it-yourself" craze is blossoming into the jewellery field for spring.

An imaginative designer has made beads of polythene—the waxy plastic commonly found in kitchenware—and on each bead he has moulded a little knob which fits into every other bead. They can be popped together without the use of string to create a fascinating range of necklace and bracelet styles.

The first polythene beads on the market relied on the pastel glow of the plastic itself for beauty, but new pearl-like coatings have now made their appearance in sparkling colors, all the way from bright coral through pastel pinks and blues to chalk white.

This adaptable new necklace is bought by the length—about a yard for a dollar—and has no clasp. The beads are easily snapped to

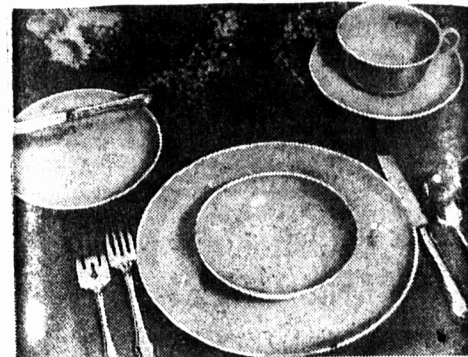
## Says Paint Is

### No Fire Hazard

In spite of our "scientific age" it's amazing how many old wives' tales still persist. For instance, there's the one about painted surfaces being special fire hazards. Actually, dried paint, instead of tending to spread flame, effectively retards it. In the early stages of a fire ordinary paints, particularly semi-gloss ones, slow down the blaze.

You can check this the next time you are around a bonfire. Throw on painted and unpainted boards and just watch which catches fire and is burned up first!

gether, stay in place firmly and just as quickly can be taken apart to serve the whim of the moment. The woman with a fashion flair can combine colors in her own designs, make her necklace longer or shorter, double it up as a choker or turn it into a bracelet—all at the pop of a bead!



## HOLMAN'S Easter Table

### Setting Contest

### All This Week

### Visit Holman's Furniture Department

### VOTE

## For Your Favorite Easter Table

Settings by Local Women's Clubs  
Winners Decided by Your Votes