

WOMEN

Page 8 The Guardian Thursday, Dec. 23, 1954

LET'S EAT

Five Delicious Ways With Brussels Sprouts

By IDA BAILEY ALLEN

From across the ocean, they came to make their bow: tiny frozen Brussels sprouts, sweet as chestnuts, cute as buttons.

"This vegetable is a real treat," observed the Chef, as he test-tasted the succulent morsels he had just cooked. "The leaves are curled so closely around each of these baby Brussels sprouts they do not absorb the water like big sprouts when cooked."

Full Flavor
He smacked his lips. "You savor the full flavor. No wonder that my friends, the chefs of cuisine of the great hotels, consider them a delicacy. I understand they are imported from Holland."

"Yes, along with several other interesting frozen products, among them frozen whole cauliflower with the core cut out, small green peas, naturally sweet; rhubarb that is delectable; and strawberries and raspberries, of which the Dutch are famous growers."

Not Too Sweet
"These frozen fruits are not too sweet, so the original exquisite flavor is retained. But right now, Chef, it's the sprouts that are fast coming into distribution throughout the nation."

MONDAY DINNER
Cream of Corn Soup
Celery Radishes
Broiled Chopped Minute Steak
Parboiled Potatoes
Brussels Sprouts
Baked Apples Whipped Topping
Coffee Tea Milk

WAYS WITH BRUSSELS
FRUITS FRESH OR FROZEN
Panned: If frozen, cook accord-

ing to package directions. If fresh, remove any wilted outside leaves; let the sprouts stand in cold salted water 30 min. for thorough cleansing; then drain.

Place in a qt. saucepan; dust with 1 tsp. salt and 1 tsp. monosodium glutamate; pour in water to the depth of 1". Cover and steam-broil until tender, from 25-35 min. according to size. Season with 1 tbs. butter or margarine, a little pepper and a few grains nutmeg (optional).

With Chestnuts: Pan-cook 1 (10-oz.) pkg. Brussels sprouts as described. Add 1 c. sliced cooked chestnuts and an extra tablespoon butter. Heat and dust with paprika.

Creamed: Combine 1 (10 oz.) pkg. frozen Brussels sprouts with 1 c. rich white sauce mixed with 1 tbs. mayonnaise and 1 tsp. lemon juice.

With Cheese: Prepare creamed Brussels sprouts. Transfer to an oiled 9" pie-plate. Cover with 1/2 c. fine dry bread crumbs mixed with 1/2 c. grated sharp American cheese and 1 tbs. butter or margarine. Brown in a hot oven, 400 degrees F.

Brussels Sprouts Combinations:
1. Combine 2 c. cooked Brussels sprouts with 1 c. each cooked, diced celery, yellow or white turnip, 1/2 c. medium-thick white sauce, and a few grains sugar; dust with paprika.

TRICK OF THE CHEF
To top baked apples, flavor 1 c. whipped cream with 1 tbs. honey and 1/2 tsp. cinnamon.

MARY HAWORTH'S MAIL

Widow Has Problem Of Choosing Between Boyfriend & Husband

DEAR MARY HAWORTH: I am a middle-aged widow, employed, socially active, never lonely, I have a son happily married and a grandchild whom I adore. My present problem includes two men.

Before I married, I used to date George, a man outside my faith. I had a crush on him and really thought I was in love. He dated me only casually, not nearly as often as I would wish. Then I married a really wonderful man and had the happiest years of my life.

After my husband's death I took a job and, in the last five years, I have dated George with increasing frequency, although he frankly says he has no intention of marrying. While I have hoped he would change his mind, I am leaving this part of my life in God's hands.

Meanwhile, the wife of an old friend of mine has died, and almost immediately he was transferred out of town. But each time he returns he gets in touch with me, and lately has been writing more frequently. Now he wants to marry me—and thinks he could persuade me, if he could see me without George about.

Feels Content In Widowhood

The widower proposes that I take a Florida vacation this year, in company of a woman friend, staying in a resort town he favors, at a different hotel, of course. He is sure he can win my consent to marriage if he can see me daily for a while. I feel somehow disloyal to George; the thought occurs that if I up and marry John, he (George) will be hurt and embarrassed—after our long association. I believe I am really in love with him.

My son thinks I have much to offer a man (naturally a son would, and that I would be better off married. John has been very successful and mutual financial arrangements for our children could be worked out satisfactorily. Am I drifting? My life seems full and happy to me, just the way it is. Please advise.

A. B.

Learn Lesson From the Past

DEAR A. B.: Surely your past experience teaches a memorable lesson concerning the approach to the good life, at present and for the future. Years ago, when you were smitten with George, and trying to make-do on crumbs of his attentions, a "really wonderful man" somehow got through to and married you—giving you the happiest years of your life.

Now as a widow you are again meekly subservient to George's selfishness, passively awaiting Providential deliverance from his dictum that he doesn't intend to marry. And once again another man sees you as the possible answer to his needs of wholesome full-time companionship, which he proposes to secure (if possible) in responsibly-minded fashion.

Well, think back upon what your life might have been—how stale and unprofitable, comparatively—if you had bypassed your husband's society, to spend say the last 20 years accommodating yourself to George's self-enclosed routine. It seems to me that much the same "either-or" proposition confronts you once more. Either you seize the opportunity of a real offer, to become fully occupied with a

Some Other Uses

Areas around light switches and door knobs, especially where there are busy little hands in the home, and around windows where dust constantly filters in are vulnerable spots. A solution of 2 tbs. baking soda to a gallon of water rubbed over the soiled area with a cloth will remove dirt from painted woodwork without affecting the paint. This washing should be followed with a rinsing and drying.

A stronger solution—4 tbs. of soda to a gallon of water—is suggested for enameled and varnished surfaces.

Cleaning Refrigerator
One part of the home, which though not open to public scrutiny, should be spotlessly clean is the refrigerator. The strategic time to scrub it down is just before the influx of holiday provisions.

The entire inner surface should be wiped with a cloth wrung from a solution of 2 tbs. of baking soda to a quart of water. The baking soda in this instance, performs a dual function. It cleans and at the same time removes all odors.

LONDON, (Reuters) — Lenden skies drenched Britain and Ireland for the sixth straight day Sunday, sending floodwaters over thousands of acres of farmland.



The Sweater Coat

No wonder this girl is getting admiring glances from her best beau. She is modelling a topper that is as flattering as it is practical and is equally at home in the great outdoors as it is in the city.

This new style sweater was created to make a suit when worn with a wool skirt in a matching color or to be the upper part of a separate costume when with slacks, shorts or contrasting skirts. It is a very interesting hemstitch knit with fine vertical ribbing around the flag collar, cuffs and hip band.

whole private life—or you continue to shadowplay with George.

State of Life Alters Views

If you cleave to George, you embrace utility, in my opinion—with the added risk that he just might pull the rug out from under even that little, eventually. There is always the chance that he just might topple into marriage at some future time—choosing (or losing his head over) somebody fresh and new, as late-marrying Lotharios have been known to do. And how might that affect you—at a later age?

Inasmuch as you've been leaving the marrying aspect of your situation in the hands of God, I believe you ought to seriously entertain the idea that John may be a heaven-sent suitor. As you had a wonderful life with your late husband, whom you married despite your crush on George, it's conceivable the future years might be equally brightened by marriage to John. And in any case, with a full private life regained, as John's wife, it's likely you'd soon see George in perspective, as a waste of time, even though a great charmer.

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

Listen, you carollers! In 1820 a number of men were charged before the High Steward and Court of Burgesses of Westminster for singing carols and soliciting Christmas boxes—without having obtained a licence! In those days a Mr. Munroe held the official office of Chief Caroler, and it was he who issued Christmas licences.

HERMAN N. BUNDESEN, M. D.

The Miracle Of Sight Should Be Cherished

When your family gathers around your beautifully lighted Christmas tree tomorrow evening, think for a moment—what it would be like if your child couldn't see that tree.

What if your youngster could not see at all? It would be a pretty grim Christmas, a pretty grim life, wouldn't it?

Then take the proper precautions to protect your child's sight. **Child Doesn't Know**

You can't depend upon a youngster to tell you if his eyesight isn't perfect, you know. Usually, he has no concept of what normal sight is, and does not know if there is something wrong with his eyes.

It's up to you to find out. Have his eyes examined by a specialist by the time he is three or four. Have it done again when he enters school, and about every two or three years thereafter as long as he is in school. There's more you can do to protect his eyesight, too.

Make sure he only reads books with large print. Make him hold the books upright at a distance of about 15 inches. Permit him to read only for short periods of time. Make him rest his eyes at frequent intervals. Let me explain why this is necessary.

A Hazardous Period

A baby's eyes are only about two-thirds as large as they will be when they reach full size at about the age of eight or nine. Before that age, a youngster who reads a lot, or does close work, demands precise vision from eyes which are immature and vulnerable.

Generally these young eyes are so short from front to back that they don't bring light rays to focus naturally on the retina, or back-screen. In short, the child is farsighted.

Proper Focusing

He has a high degree of accommodation; that is, the ability to change the shape of the eye's lens so it performs the focusing job properly and produces clear images on the retina.

Now this is hard work for delicate young eyes. It might easily strain them.

If your child is nearsighted, it means that the eyeball is too long, instead of too short. Here again, care is necessary to prevent strain. Another common eye ailment is astigmatism. Usually, this is caused by an irregular condition of the cornea. The cornea covers the eye much as a crystal covers a watch.

You know how an irregular spot in a window glass distorts your vision. Well, an irregular cornea can also distort and blur your vision that of your child.

QUESTION AND ANSWER

M. R.: My skin is dry. What causes this, and what can I do for it?
Answer: The character of the skin varies in different individuals, depending somewhat on the amount of secretion from the fat glands in the skin. Disturbances in the glands of internal secretion, such as lack of thyroid secretion, may be contributing causes for dryness of the skin.

In cases where the skin is naturally dry, there does not seem to be much that can be done outside of applying a bland ointment.



Cook's Corner

CHERRY NUT ROLL
1/2 pound butter or margarine
1/2 cup sugar
1 egg yolk
1 whole egg
2 1/4 cups flour
1 tsp. baking powder
Crushed or finely chopped walnuts.

Cream butter well. Add sugar and beaten egg yolk and whole egg. Beat all well together. Add sifted dry ingredients. Form this mixture into small balls or rolls. Dip in unbeaten egg white with fork and spoon and then roll in nuts. Place on cookie sheet and flatten out a little. Put half a red or green cherry on top. Bake in moderately hot oven (375 to 400 degrees F.) until nicely browned.

The rolls may be rolled in coconut instead of nuts for a change.

MORNING SMILE

When Willie's father arrived home from work, mother told him that she had sent the boy to his room because she had heard him swearing. "Swearing!" exclaimed Dad angrily. "I'll teach him to swear!" So saying, he stormed upstairs in

KEEP IN TRIM

Select an Easy Chair to Fit Your Particular Figure

By Ida Jean Kain

Pull up a chair, kick off your shoes, and sit in on an enlightening shopping trip. We went shopping for an easy chair and came home with a new viewpoint on how to choose a chair for solid comfort.

The furniture man probably never had so many questions asked about a mere chair. Since the pointers he gave are figure savers, they are well worth sharing. An upholstered chair, he explained, is a very personal thing. To fit you, a chair should be chosen according to your height. For example, the short person will not require the depth of seat from front to back that a taller person needs. So the right chair for a little woman will hit the fairly shallow seat. That way, the bend of the knees will hit the edge of the chair when the back of the hips is against the chair seat.

He admitted that in the past most easy chairs were built for men. Also, that too many men seem to think that the bigger the chair, the more comfortable it will be of a long winter's evening. That is not true. The more nearly a chair is scaled to individual size, the more real comfort it affords.

If the seat of a chair is cushioned, then the back should be a firm spring back, not softly cushioned. Or, if the back is soft, then the seat should be firm. Our expert favors a firm back that gives support at the small of the back.

For reading purposes, a wing chair or a barrel chair scaled down to size is far better than the soft lounging type. When you sit in a chair that gives proper support, the muscles are not weakened as they are in a lounging position.

It might be worth your while to take a look at the chair you sink down into for the evening. Does your chair support and strengthen

or does it encourage figure spread? It's not farfetched to say that we sort of take on the contours of our favorite chair.

People are giving more consideration to the chair they want to sit in for leisure hours. The salesman related the delightful story of the gentleman who said that he was now retired and was looking forward to many enjoyable hours in a



Soft chair encourages soft muscles.

really comfortable chair. However, he explained that he really couldn't decide whether a chair was right for him until he sat in it a while. They invited him to do just that. He brought out his pipe and paper and stayed for the evening, completely oblivious to the other shoppers. When it came time to say good-night, he thanked them for a pleasant evening and ordered the chair.



ANNE ADAMS PATTERNS

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This pattern easy to use, simple to sew is tested for fit. Has complete illustrated instructions. Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

DOLL CLOTHES EACH FROM ONE PIECE



4600 FOR DOLL 14"-20" TALL
by Anne Adams

HOUSEHOLD HINT

Few housewives get the most out of the scientifically designed attachments that come with modern vacuum cleaners.

Don't waste an hour in cleaning venetian blinds. Pull the blinds so they lie in one direction. Dust quickly, using the dusting brush attachment of the cleaner. Then repeat the process with the blinds in the opposite position.

Another use for your vacuum cleaner is to save steps and time by cleaning ashes from ash trays with the suction power of the cleaner.

Kitchen Cleaning Aids Now Include Baking Soda

By ELEANOR ROSS

Baking Soda has long since moved off the pantry shelf and is now just as much at home on the kitchen cleaning supplies shelf.

To get the best crystal stemware ready for a party, moisten a tsp. of baking soda with just enough water to form a paste, rubbing paste over inside and outside of each glass. Then rinse and dry with a lintless towel.

In the case of ornate cut glass and crystal, apply paste with a toothbrush, to get at all those little nooks and crannies where dust lodges deepest. Then rinse and dry. Such sparkle!

Smudged or dust-covered mirrors that don't reflect as they should, can be brought back to par by giving them a brisk rub-down with a cloth wrung from a solution made of 1 tsp. baking powder to 3 qt. warm water. Follow up with a dry cloth polish.



Greefings
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R.C.A.F. Association Annual Christmas Party

The happy faces of the kiddies at the annual Christmas party of 201 Confederation Wing, R.C.A.F. Association, show that they are pleased with the presents Santa is handing them out. Last Sunday the children of Association members were guests of honor at a delightful party which included the distribution of treats and a movie which gladdened the hearts of the young folk. Photo by Garnham.

DON'T SKIMP ON COFFEE
DRINK MORSE'S New Instant COFFEE

