

WOMEN

Page 8, The Guardian Friday, Oct. 7, 1955

LET'S EAT

Chicken And Spaghetti With A "Different" Touch

By Ida Bailey Allen

One would not expect to find career women among farm homemakers. But our hostess, Hildegarde Glass of Holbrook Farm, Maine, is one of the most sparkling and busiest career homemakers I've ever met.

Soon after the farm was bought, the foods she canned won first prize at the State Fair. Before long she was teaching modern canning and food conservation to large groups of women, 4-H Club girls and Girl Scouts.

Next came food freezing. Before most other women had begun to think about it, Hildegarde had two huge food freezers packed with home processed, farm produced foods. These included: vegetables, fruits, beef, veal, fish, and poultry, as well as entrees, cakes, pies and fabulous cookies.

Lectures At University The University of Maine and the Granite invited her to lecture. She made countless friends. Hildegarde says it was good luck, but I believe it was sheer ability and hard work that brought her the invitation to form and head up a Home Economics Department of visiting counsellors on food freezing for the largest Freezer Food Plan in the State of Maine. And most thrilling of all to her is the fact that the foremost job of her department is helping homemakers to plan and keep within their food budgets.

Chicken Italian: Clean, wash, dry and disjoint 1 (4 to 5 lb.) chicken or hen, or use a thawed frozen bird.

In a stout paper bag, measure 1/2 c. enriched flour, 1/2 tsp. each salt and paprik and monosodium glutamate and 1/4 tsp. pepper.

Melt enough chicken fat to cover the bottom of a heavy frying pan to the depth of 1/2". Slow-saute until golden brown all over.

Next, pour 1 c. boiling water into a pressure saucepan. Put in the rack, then the chicken, close bring to 15 lbs. pressure and process 1 hr., 45 minutes if the chicken is young and tender. Cool according to manufacturer's directions; remove chicken and keep warm.

Then make sauce Italian and cook spaghetti "al dente." Serve on a deep platter with the chicken in the center, the spaghetti, topped with the sauce Italian, around the edge.

Pass grated Parmesan cheese. Italian Sauce: chop fine 1 seeded green pepper, 1 peeled celery and 3 stalks onion, and 2 sections peeled garlic.

Add the liquid from the pressure cooker, and 1 (No. 2) can tomato or 6 cut up fresh tomatoes. Cook 35 min., or until the vegetables are soft.

Add salt and pepper to taste and a few grains cayenne. Put through a puree sieve or buzz 1 1/2 min. in a blender.

Add 1 (4 oz.) can sliced mushrooms and liquid and reheat.

TRICK OF THE CHEF Top each lemon sherbet serving with 1/2 tsp. syrup from Marschlo cherries for a change.

TOMORROW'S DINNER Tossed Salad Bowl Cheese Sticks Chicken Italian with Spaghetti Lemon Sherbet with Half-Frozen Raspberries Tea Milk

KEEP IN TRIM Aim For Smooth Hips

In this year's uncluttered look with the long torso, there won't be any secret about your figure. And dumpy postures are definitely out of style.

What's needed is more flexibility through the midriff. Precision calisthenics that help to the line will nip in a bulky waist, but to slim the entire midriff, the action pull must be off center, so to speak. Here's the suppling technique: make the pull long and smooth and direct it through the lateral muscles bounding the silhouette at the sides.

Anatomically, these side muscles extend from armpits to hipbones and mesh with the muscles that curve around the side-front of the figure. Well-toned lateral muscles make for flexibility and the smooth midriff demanded by today's styles.

Position: Lying on right side, legs straight down, left leg on top of right, palm of hand braced on floor for support.

Movement: Swing top leg away up in front, then swing vigorously rearward, hold for a few seconds, counts, change sides and swing with the other leg.

This trio of exercises will rout the fat from the midriff, slim the waist and tone the hip muscles—and help you to wear the exciting new styles with a flair.

ANNE ADAMS PATTERNS

SO SLIMMING! The right silhouette can slim inches away! And this is the right line—for the woman who wants to look young, smart, attractive! The off-center buttoning of this step-in style spells flattery from collar to hemline!

Pattern 4510. Women's Sizes 36, 38, 40, 42, 44, 46, 48, 50. Size 36 takes 4 1/2 yds. 35-inch fabric; 1/2 yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS to receive pattern. Print plainly size, name, address, style number.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. West, Toronto, Ont.

Wife Preservers

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper

Wake up lazy appetites with Aylmer SUNSHINE flavor

Don't worry, you see it's Washable wallpaper

Child's Laxative ...also soothes Upset Tummy!

ORIENT HOSIERY 15 DENIER EVENING SHEER SIZES 8 1/2 - 11 FALL SHADES 99c PAIR THE FASHION SHOPPE

COLDS with VICK'S VAPOR

MOORE & McLEOD LTD. QUEEN STREET R. T. HOLMAN LTD. SUMMERSIDE and CHARLOTTETOWN

Washable wallpaper