

# WOMEN

Page 8 The Guardian Friday, April 29, 1955

## LET'S EAT

### YWCA War-Time Menu Good Peace-Time Fare

By Ida Bailey Allen

In the peaceful years, early in the 1900's the YWCA broadened the scope of its health, educational, cultural and industrial classes. The cooking classes introduced the newest methods, paper bag cookery, and how to use fireless cookers!

#### The First War

Came World War I and classes were crowded with students and homemakers learning the use of food substitutes, how to cope with meatless days, heatless days.

Then followed the hectic twenties, when elaborate home entertaining reached its height in cooking class popularity. Along came the depression, when the YWCA cooking classes taught heretofore prosperous homemakers, many of whose families went on "relief," how to make the best use of the foods they could obtain.

#### Problems of Rationing

This emergency no sooner met and conquered than the YWCA cooking and nutrition teachers faced the rationing days of World War II and the problem of providing nutrition in every dish.

How well they succeeded is represented by the following menu, which features recipes from the book "War Time Cook" by Corban-Hallock-Martin.

#### DINNER A LA WORLD WAR II

Mixed Tomatoes on Lettuce  
Austrian Cabbage  
Mustard Sauce  
Whipped Potatoes Green Beans

Whole Wheat Spice Cup Cakes  
Coffee  
Tea  
Milk  
Austrian Cabbage: Remove 12 outer leaves from a head of cabbage. Pour over boiling water; stand 5 min. Drain, and line an oiled pt. mold, overlapping the leaves.

Mince 1 onion; brown in 1 tbs. butter. Add 1 lb. raw chopped beef; cook and stir until browned. Stir in 3 c. chopped cabbage, 1/4 tsp. salt, 1/4 tsp. pepper, 1/2 tsp. monosodium glutamate and 1/4 tsp. thyme.

Fill the mold; cover with a large cabbage leaf. Steam 1 1/2 hrs. in a small pot with buttered green beans and whipped potatoes. Pass mustard sauce.

Whole Wheat Spice Cup Cakes: Cream 1/2 c. shortening. Work in 1/2 tsp. salt, 1 tsp. vanilla, 1 tsp. ground cinnamon, 1/2 tsp. each ground clove and ground nutmeg, 1 c. sugar and 2 beaten eggs. Stir in 2 c. fine whole wheat flour, then measure. Add 2/3 tsp. baking powder. Beat alternately with 1/2 c. milk into the first mixture.

Transfer to oiled cup cake pans and bake 35 min. in a moderate oven, 375 degrees F. Finish with brown sugar topping.

Brown Sugar Topping: Beat 2 egg whites with 1/2 tsp. salt until they stand in peaks. Gradually beat in 4 tbs. sifted brown sugar. Spread over the cakes. Place in a broiler under a low heat about 2 min., or until the topping starts to brown.

#### TRICK OF THE CHEF

Beat 1 c. butter-fried onions into 3 c. whipped potatoes.

## MARY HAWORTH'S MAIL

### Wretched As a Child, Senses Like Tensions In Her Own Children

DEAR MARY HAWORTH: As a child I was wretched in school, though I didn't want to worry my parents. I felt ugly, fat and miserable. The trouble was that I felt then, and still feel, that my family was financially and culturally below the average family in the community.

I went away to a small school for girls to complete my education and here I found my equals and true happiness. My innate yearnings for acceptance and leadership were satisfied; I belonged.

I have been married for 12 years and have been very happy. I still have that wonderful feeling of being a part of things. My husband and I teach Sunday School and scouting, and are members of various adult groups. We also have a small intimate circle of close friends.

#### Club Situation Kindly Worry

However, lately I've noticed signs of stress in our two children. Again we are living in a community that includes many wealthy, intelligent people. We can't afford much that others readily acquire. This situation is brought home to me by the fact that the Golf Club, two blocks away, now has a swimming pool. Simultaneously, pools of adjoining community clubs have been closed to outside membership.

I wonder if this is the beginning of a trend that will cause our children to feel left out of things? I realize this should seem unimportant to a mature mind; but immaturity is childhood's cross.

Is it fair to confront them with more competition than they are prepared to meet? Don't children grow and expand through hardship? If they feel they can meet the world on even terms? Would a less formidable section of town be our answer? My husband shares my misgivings, as he shared my childhood feelings. We would appreciate your views.

#### Parents Most Affect Children

DEAR V. S.: A child's conviction of personal worth takes shape in his feelings about his parents. If he feels that they are wonderful people, who are happily competent and solidly self-respecting in dealing with all classes of society in their environment, he will confront the full gamut of competition without undue misgivings.

However, it would be unkind and unfair to even the basically self-confident child, to put him in a situation where he alone conspicuously lacks social equipment possessed by all other children present. That would be like sending a bantam weight amateur boxer blindfolded into the ring with a heavyweight champion.

It's not true what you say, nor what you do, by way of encouragement; it is what you are—that is, what you truly believe yourself to be. That affects your child's estimate of himself, in comparison to children from surrounding homes. Thus I wonder what your innermost feelings are—as a refugee from the wrong side of the tracks (figuratively speaking) who now has wealthy cultivated neighbors.

#### Home Economist Converts Salads Into Exciting Dishes

By THE CANADIAN PRESS  
Home economist Mary Dahnke has spent her life converting salads from the "bump lettuce" stage into exciting, appetizing dishes.

Now she has written a book called "Mary Dahnke's Salad Book" outlining steps in successful salad making.

The consumer service director of the Kraft Foods Company says salads were used before Caesar's time although the word originated with the Romans. They used to sprinkle greens with salt.

Long before the Romans the ancient Egyptians were skilled in mixing oils, vinegar and Oriental spices, which they poured over greens. Greeks used salads as a final course—a fresh, crisp ending after sweets.

#### THREE RULES

Miss Dahnke's three rules for salad making are: Choose crisp, fresh and dry ingredients and don't use leftovers. Be imaginative. There are nuts, eggs, cheese, seafoods, poultry, meats and macaroni products to buttress any salad. Salads are a casual dish, they should not look worked over.

To Miss Dahnke dressing is the backbone of a salad. The two main ones are French dressing which is basically a combination of oil and vinegar or lemon juice, and mayonnaise, a rich mixture of oil and eggs.

Among Miss Dahnke's favorites are two meat-based salads, one with spinach and bacon and the other with chicken liver.

#### TWO SALADS

Spinach and bacon salad: 3 qts. raw spinach, 3 hard-boiled eggs chopped, 8 slices cooked bacon crumbled. Break the spinach in



MRS. CALVIN MUNROE

Mrs. Calvin Munroe, of Summerside, as she appeared at the recent fashion show presented by the R. C. A. F. Officers' Wives' Club at Winnipeg. Several other Summerside ladies now living at the port in Winnipeg also modelled in the show. Many trends will remember Betty Mackay when she lived in Summerside and was on the staff of the Enman Drug Company.

(Photo by Frederickson, Courtesy of 'Voxair')

homes. Thus I wonder what your innermost feelings are—as a refugee from the wrong side of the tracks (figuratively speaking) who now has wealthy cultivated neighbors.

#### Mother Seems Unsure of Self

Are inferiority feelings beginning to bother you again, as you compare your modest gains in happiness to the many privileges that your wealthy neighbors take for granted—and that you cannot afford? Or can you afford the club, for instance? Is the problem rather, that you aren't asked to join? Is this the fact that sparks your thought of moving, theoretically for the children's sake? Do you dread "losing face" with them as much as you dread their being hurt?

Your situation isn't clear, but here is my opinion: If you have enough good neighbors in your economic bracket to give your children companionship of their own kind, you might stay. Unless your own misgivings won't subside, in which case a move might be advisable. But sooner or later the children must learn wherever they live, that the wealth of the world is unevenly distributed. So it seems pointless to try to hide this truth from them. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlotte, N.C.

## Shopping Around

Island ladies should certainly look well-dressed this Centennial year. With another store to browse around in and compare, even the most fastidious of female shoppers will almost certainly find "just what she is looking for."

Do you ever have trouble matching your accessories? For instance, when you are buying shoes and purse, do you find it hard to get the same color? You will probably find it much easier if you buy the shoes first as there is a much larger selection of colors in purses, and therefore it is much easier to match the purse to the shoes than the shoes to the purse. Carrying this idea along farther, you can also buy a scarf to match your shoes and purse.

Experts agree that three accessories should be the same color and your gloves and hat might be of a contrasting color. Again, buy your hat first and then tackle the easier job of purchasing similarly colored gloves.

## Two Household Aids Clean the Family Car

By ELEANOR ROSS

To get the family car ready for the holiday and touring season ahead, give some of its interior parts a beauty treatment, too.

Two Household Aids  
You can join the do-it-yourself movement, flush the alcohol out of the radiator and ready the engine for warm-weather driving, with the aid of two of the oldest and most inexpensive household products. One is baking soda, the other good old washing soda.

Like everything else today, we noted that the old package is smaller. That's because the big old-time crystals have been replaced by tiny crystals that pop easily out of the smaller, more compact box.

Now back down to business. The first job on the agenda is draining the radiator. Run off the old water or anti-freeze. Pour a solution of one half pound of washing soda and three gallons of water into the radiator, fill up with clear water and run the motor for twenty minutes. Open the drain cock to let out the washing soda solution. Flush out the radiator thoroughly with fresh water.

#### Far Better Performance

This inexpensive, easy cleaning procedure loosens and removes the lime and other sediments on the inside of the cooling system. As a result, the motor requires less gas, runs at a lower temperature and gives a much better performance.

When it comes to cleaning batteries and battery terminals, it's a job for baking soda. Mix a tablespoon of baking soda in a quart of water and apply the solution with an old paint brush.

#### Cook's Corner

Baking soda is also fine for cleaning the car windshield and piping it free of bugs. Sprinkle a little dry soda on a damp cloth and go over the windshield to remove dirt without scratching the glass. After the cleaning, rub and dry.

Getting the car in shape is a good time to spruce up the garage. Start off with the floor. Scrub it down with a solution of half a cup of washing soda to three gallons of water. Use two tablespoons of the washing soda to the same amount of water on rubber tiling or other composition floors.

#### Gloves and Rags

Work gloves and oily rags, so much in evidence this time of year, can be inexpensively cleaned in two gallons of warm water and one tablespoon of washing soda. Let soak for a while, then wash in the usual way.



NO TEETHING TROUBLE HERE USE GORA



## Make It Yourself

You can take a chic beach wardrobe out of your own linen closet this summer. This dashing harlequin stole, designed by Prims of Montreal, is made from little more than a dozen washcloths (14 to be exact) and a handful of cover-your-own buttons. Handy matching beach bag is easily made from another pair of washcloths stitched together.

Instructions: Sew together in one strip seven alternating-color washcloths, making sure that all the borders run lengthwise. Sew together seven more in identical fashion to form a duplicate strip. Place long edges of each strip alongside each other, so that colors alternate, and seam together to form double width stole. Band the ends with ball fringe. Cover in a golden gleam, are available at variety and department stores everywhere.

## Children's Own TABLETS

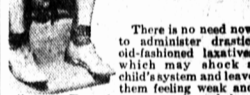


SOFT MOLASSES COOKIES

1 c. sugar  
1 c. molasses  
1 c. shortening (softened quite a bit)  
1 egg  
2/3 c. of hot water  
4 tsp. soda (level) in the hot water  
1 tsp. cream tartar  
1/2 tsp. salt  
2 tsp. ginger  
4 1/2 c. of flour (no more)

Method: Cream shortening and sugar. Add molasses. Sift flour, cream tartar, salt and ginger together. Mix alternately with the hot water. Roll out on lightly floured board about 1/4 inch thick, bake. Remove from oven when done and while still hot sprinkle with sugar.

When children's eyes are bigger than their stomachs



There is no need now to administer drastic, old-fashioned laxatives which may shock a child's system and leave them feeling weak and listless. Try the new modern help—Children's Own Tablets—made especially for children, from 3 to 15 years, by the makers of Baby's Own Tablets—your assurance of a reliable product. They go to work at once to help sweeten the stomach, relieve distress and bring about a thorough performance of the bowels in a gentle manner. Get a package today at your drugist.

Children's Own TABLETS

## KEEP IN TRIM

### Fast-Safe Reducing Diet

By Ida Jean Kain

Is fast reducing safe? For example, taking off eight to ten pounds in a couple of weeks' time? This is a typical question, particularly at this season of the year. A strict reducing diet which brings quick returns is often an encouraging way to start losing weight. And it is perfectly safe to reduce at a brisk clip for a limited time, provided the diet is carefully chosen. To begin with, the quarrel is not so much with fast reducing, as it is with faddy diets most fast reducers follow. Your aim must be better health with less weight—not just less weight.

Nutrition is an exact science which makes it possible to insure adequate protection on comparatively few calories. But with fast reducing, you have to eat to lose weight. In any good reducing diet, most of the foods included should carry their share of essential nutrients. In a strict low calorie diet, every food must meet a definite need, and only the best sources of the required nutrients should be chosen.

To be safe, a reducing diet must furnish adequate amounts of protein, minerals and vitamins, so the best source of each of these nutrients are selected. The daily menu must include a liberal amount of lean meat, fish or fowl; 1 or 2 eggs, 2 glasses of skim milk or buttermilk, a dark green leafy vegetable, plus a second low calorie vegetable, 2 fruits including a citrus fruit or juice, and bread limited to 2 thin slices, with 1 teaspoon of butter.

To meet all requirements, the above food pattern should be followed exactly. Black coffee and tea may be added to the diet. However, this must not be used in place of the milk. Milk not only furnishes minerals, but adds protein. Nor can bread or sweets be substituted for part of the lean meat; or toast eaten at breakfast in place of the eggs, for this would lessen the protein. Adequate protein is essential to tissue re-

pair—high protein speeds up weight loss. A complete protein food at each of the three meals helps you to take advantage of the stepped up metabolism. Here's the secret... eat three meals instead of a big dinner.

#### FAST-SAFE REDUCING DIET

Breakfast	Calories
Tomato Juice, with lemon	25
2 Soft cooked eggs	150
Thin toast, 1/4 slice (no butter)	25
Coffee, black	0
	200
Note: Take one Vitamin concentrate furnishing A & D.	
Lunch	Calories
Ground beef patty, 1/4 broiled (Made from extra lean ground beef)	200
On Toasted bun — (1/2 bun only)	80
Tossed salad — dark green leaves (Vinegar & seasoning)	25
Glass of Skim milk or buttermilk	80
	385
Dinner	Calories
Serving of lean meat or fish — 4 oz. broiled — Choose liver twice weekly (Trim off all fat)	200
Asparagus, spinach or string beans (All you wish)	25
Choice of: Carrots, brussel sprouts, diced beets, or squash — 1/2 cup	40
Celery	10
Grilled grapefruit with sucaryl	75
Coffee or tea, black	0
	350
Total Calories for day	985

## ANNE ADAMS PATTERNS

### WEEK'S SEW-THRIFTY!

Prettiest for sun, fun — shortest time! You'll wear this versatile style as a smart sports jersey — a cotton cover-up — a terry-cloth beachcoat — a summer! Easy sewing; opens flat to iron. "Pansy" pocket — cute trim! Pattern 4804: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 1 1/2 yards 35-inch fabric; 1/4 yard pocket contrast. Transfer too.

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: NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.



4804 12-20 by Anne Adams

## ALICE BROOKS DESIGNS



SO PRETTY!  
Daughter looks so pretty in this adorable pinafore. Her favorite whirly skirt — saucy bow ties — even a "ballet slipper" pocket of colorful embroidery!

Pattern 7055: Child's Sizes 2, 4, 6, 8, 10. Tissue pattern, embroidery transfer. State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly: NAME, ADDRESS, PATTERN NUMBER AND SIZE.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

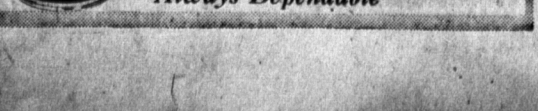
#### MORNING SMILE

A convict about to be released was taken to see the prison governor. "I am sorry," said the governor, "but owing to an error you have to be kept in prison a week longer than you should have been." "Well, don't worry," said the prisoner cheerfully, "just credit it to my account."

## Walnut Buttermilk Loaf

Mix and sift twice, then sift into a bowl, 2 1/2 c. once-sifted pastry flour (or 2 1/4 c. once-sifted all-purpose flour), 2 tps. Magic Baking Powder, 1/2 tsp. baking soda, 1 1/2 tps. salt, 1/2 tsp. ground mace. Mix in 1/2 c. lightly-packed brown sugar, 1/2 c. rolled oats and 1 c. broken walnuts. Combine 1 well-beaten egg, 1 c. buttermilk, 2 tps. grated orange rind, 1 tsp. vanilla and 5 tbs. shortening, melted. Make a well in dry ingredients and add liquid; mix lightly. Turn into a loaf pan (4 1/2 x 8 1/2) which has been greased and lined with greased paper. Bake in a rather slow oven, 325°, about 1 hour. Serve cold, thinly sliced and lightly buttered.

Always Dependable



## NORMA'S

Anniversary Sale!

NEW STOCK COATS, SUITS & DRESSES ..... 20% off  
SPECIAL RACK DRESSES AND HOUSECOATS — 1/3 off  
ALL SPORTSWEAR  
Last Season's Spring and SUMMER DRESSES — HALF PRICE  
SWEATERS — HALF PRICE  
LOVELY BLOUSES — HALF PRICE  
Special On PURSES, up to \$6.95

1955 New Style PURSES 10% Off

SPECIAL ON NYLONS, reg. \$1.50 for .... 99c

Splendid Selection of Modern Lingerie

NORMA'S — Kent St.

## Perfect Trust



With care in mind, mother chooses only the best for her child. That's why when buying tissues, she prefers Purex... for she knows that the gentle softness of Purex makes it perfect for baby's sensitive skin. Refined over and over again, Purex is gentle yet firm, strong and very absorbent... better in every way. Make Purex your choice for baby and family too.

so soft — so safe!

