

WOMEN

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Prevent Home Fires By Discarding Junk

By ELEANOR ROSS
EVERY now and then, your attic and cellar—if they're like most attics and cellars—need a good, thorough cleaning and "weeding out." Accumulated clutter is not only unsightly, but also unsafe. An accident and fire hazard.

This needn't be a formidable job if you first organize your working schedule and make sure that all necessary cleaning tools are at hand to save steps and time. Then set a day for cleaning when you are fairly certain that no interruptions will occur to disrupt your routine.

CLASSIFY TASKS
A good plan is to divide your tasks into categories, and do them in that order, rather than just "plunging in."

You might start by going through all the articles of clothing which are stored in trunks, wardrobes, boxes and the like. Go over them, and see what is to be kept and what is still in wearable condition still. If some things have grayed, or yellowed, put them through a quick sudsing and rinsing, and let dry completely before repacking. They won't need ironing.

CLEAN TRUNKS, TOO
And there's no point in storing clean clothes in dusty trunks or wardrobes. Metal trunks can be easily cleaned with a sudsy cloth and rinsed with a damp sponge. Let's be sure they're dry.

LET'S EAT

What Helped You To Start?

By IDA BAILEY ALLEN
It takes a bit of doing to get started on a diet, particularly when there is a sizable number of pounds to be lost. When reading the daily mail, so often I wish the writer of some particular letter were sitting across the desk from me. When a reducer writes, "I have been reading your column for years and have finally made up my mind to take off 40 pounds." I want to know what finally prompted her to action, and why couldn't I have inspired her sooner? I need the information, not so much for my own satisfaction but to be able to pass it along to our reducing family at large.

Of course, many reducers do point out what helped them get started. . . . "Something you wrote in one column hit me right between the eyes. You said that overweight who are always going on a diet tomorrow, or next week, or at some convenient time, but never finding a convenient time, will probably never reduce. Worse, on the same food habits, weight creeps up. It was as though you were writing directly to me. That's why I decided to see that for years I had been substituting good intentions for action. . . . all the while adding a few more pounds." She explained this after she had reduced 25 excess pounds. Her only regret was that she hadn't done it years ago.

Another dieter, a newspaper gal, reported that it took a shock to get her into action. When she met a colleague she hadn't seen in years, she ventured to ask: "Do you think I've changed much?" The friend didn't pull her punches, but answered frankly: "You certainly have changed you must have put on 40 pounds. How could you let yourself get in this shape?" Our overweight confidant that she knew she had gained, but had secretly thought no one noticed. That honest answer from a friend did the trick and she buckled down and took off the weight.

So the purpose of today's sharing session is to find out from you successful reducers what prompted you to action. The very thing that helped you get started on the road to happy normal weight may be the incentive that will start someone else.

This applies to all successful reducers, but is particularly to those who went along for years carrying considerable excess. . . . then one day made the inner decision to get down to desirable weight. What helped you to finally make up your mind. . . . what psychological or dietary tips helped you stick with it. . . . and are you happy that you did? This information will help others to lighten the load.

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BABY'S OWN TABLETS

Nervously Ill Due To Parents' Behavior; Asks What To Do

DEAR MARY HAWORTH: I am a girl 19, and as far back as I can remember my mother has been ill with a nervous condition. We never knew what day she would be up, or in bed.

I have always worried about her, in childhood never quite understanding why she was always ill. But the one thing that worried me most of all was my nagging father, who seemed to take pleasure in finding fault with my mother and our three children.

I have religious faith and have asked the Lord's help many times to change my father and teach him to do his duty as husband and father, and to give my mother strength to endure what she must. I have tried in every way to bring my parents closer together, but nothing avails.

I had thought of leaving home when I reached 18—but I know it isn't a good idea for a young girl to be out in the world on her own. Also I have had marriage proposals, but I didn't love the boy and didn't want to leap from the frying pan into the fire.

Feels She Can't Leave Her Mother

Mother
All this was bothering me more than I realize, for two months ago I had a nervous breakdown and am still suffering the effects of it. The doctor says I am still unable to work, which I know to be true from the way I feel. If I ever get well, what should I do then?

Father seems sorry about my illness, and in his way is trying to make up for it. But it's his treatment of mother, not his treatment of me, that has worried me all these years. I can't bear the thought of leaving her, after I get back on my feet—not that I am tied to her apron strings, as many people seem to think. I simply realize how much she has done for me and I can't walk out on her now. Yet the doctor indicates that family conditions have brought me to this.

If you have any suggestions as to how this seemingly insoluble problem can be helped, even in the slightest, they will be deeply appreciated.

V. S.

She Can't Help Neurotic Parents

DEAR V. S.: You are as much a victim of your mother's behavior, as of your father's nagging of her. You may find it hard to believe, and so would she, no doubt—but her nervous invalidism is her unconsciously chosen way of holding her own against your father's chronic griping. Her torments her neurotically, and she gets his goat in kind-taking refuge in martyred injury, as if to say "Look, you are killing me."

As you've already learned at painful personal cost, you can't help your mother, in relation to your dad—for the amazing reason that, basically, she isn't a candidate for the good life. She is compulsively addicted to morbidity, rather than disposed to be happy and healthy. She is so conditioned to the practise of negativism that she would actually resist (involuntarily) the keenest expert attempts to give her a positive philosophy and self-help program of action—designed to revolutionize her experience for the better.

Moreover, your parents have a neurotic affinity for each other, an attachment that welds them together, despite their mutually inflicted wretchedness. Thus their next-of-kin, including you, can't really get between them, to act as a buffer, or ease their strife. Emotionally they are closer to each other than to anyone else in the family; but unfortunately they've never learned to love and live constructively; hence

ple 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.

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Stylish Coat
This coat of navy wool is highlighted by a large cape collar and full sleeves with pointed cuffs that can be worn pushed up to the elbow. A full graceful skirt falls from the slender nipped-in-waist.—(CP Photo).

MORNING SMILE

Two men were hotly discussing the merits of a book. Finally, one of them, himself an author, said to the other:

"First—No, John, you can't appreciate it. You never wrote a book yourself."

"John—No, and I never laid an egg, but I'm a better judge of an omelet than any hen."

Anxiety Complex Wears Her Down

Only they can help themselves; and only if they choose to solve their common problem—either by cooperative effort, or separately, along independent self-reliance lines. So you aren't helping matters by sticking around. And it is a foolish waste of your life to wreck your health, breathing the foul atmosphere of their sick relationship, which they aren't willing to cure.

Obviously you ought to move out in self-defense, as the doctor indicates. You say you aren't tied to your mother's apron strings, but at heart you are afraid to leave. You've been nurtured on fear and melancholy, emanating from your mother's person; and you feel guilty, unconsciously, about her unhappiness and your failure to solve her problems; all of which add up to an anxiety complex, that fills you with dread at every turn. Ask your doctor, or the local Family Service Agency, where to find good psychiatric help in stoutly reorganizing your scattered forces.

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

Montreal's Negro Women Find U. S. Has More To Offer

MONTREAL (CP)—Montreal's Negro women are drifting across the border for education, jobs and husbands.

Stanley Clyde, director of the Negro community centre here, said Negro women outnumber Negro men by three to one in Montreal.

"This means a girl's chances of getting married aren't particularly good. The girls are ambitious and unwilling to marry beneath themselves."

He said women are getting ahead of men professionally.

"Only a few years ago, it was virtually impossible for a (Negro) girl to become a nurse. Now they are welcomed into hospital training schools."

"The teaching profession, at a lower level, is still a firmly-closed door, but this is not applicable at the university level, where colored people of both sexes are accepted as faculty members."

Wife Preservers



If a wire basket is used for frying croquettes, dip the basket into the hot fat before putting the croquettes in. This will prevent the croquettes from sticking to the basket and they will be easy to remove when done.

ELLEN'S DIARY

by an Island Farmer's Wife

Moonlight floods the night-was-washing the wave of them with silver, for adown mystery rasounding cool snarrows of the evening—suns and in the yards making the yards making race beyond the arcs and magpies. Wears the light touches the frost-cry-as, there the snow is richly jeweled. On just such a night as this in the long ago, the youngsters would be gathered to the mupono to skate and gather love, lasting memories of the winter.

Memories to treasure, like those still kept by an island girl of once who recently celebrated her nineteenth birthday, one was one who spent her childhood years on a pretty farm of the strait, later becoming a farmwife on one at some distance from there and now in her westerling time, living in Alberta, aimed for the "back bog" of its oil.

This lady knew the bareness and discomfort of attending a pioneer island school, ruled over by stern masters of old. Often exacting in demands on their pupils, strict beyond any notion of modern disciplining and frightening when meung out punishment, yet we have often heard their scholars look back to bias their memories; to say "How well he instructed us in history and grammar! What a mathematician he was. . . . and in latin, he had few equals!" Benches of seats were along the wais in that school she attended—pupils facing me to study and work, turning out to

So this woman learned her lessons from these men and, we suppose, passed along their classes without so much as a reprimand. Later she herself joined the profession to teach in improving island schools. And if she too in her turn must exact from her pupils obedience and respect, it would be gained we are sure, in more kindly ways.

How extremely interesting her lie-story would be! What marvelous changes in every direction of living she has witnessed! From the little farm-girl of once, through school days and college to the teaching years. Leaving those then when Romance came to anchor her by love's chains to a farm. Then came the children—daughters and sons to bless the home, to some of whom she was not only mother but teacher. Small wonder, it comes to mind, that with such excellent tuition they went on to win signal honors in the field of education, to do well in their chosen walks and callings.

There are many instances of the great courage and will and love of those women of her day. How unselfishly they worked . . .

Cook's Corner



CHERRY AND NUT COOKIES

¾ cup shortening
¾ cup white sugar
1 lb. water.
½ tsp. soda
½ cup brown sugar.
1 egg.
2 cups flour
½ tsp. salt.
Sift flour, soda and salt together. Mix ingredients well and add small bottle of drained and cut up marachino cherries. Add ¼ cup chopped walnuts. Put in refrigerator for 1 hour. Spread 2 tps. on cookie sheet and press down. Bake in moderate oven at 375 deg. about 12 minutes.

KEEP IN TRIM

Use A Basic Mix In Making White Sauce

By Ida Jean Kain

Would you like to spend eight hours stirring up white sauce? Of course not. Yet many homemakers do that very thing. Let's figure it out. White sauce is used in some form in the average home about once a day. It takes at least 3 minutes each time to get out the ingredients, measure them, melt the fat, and blend in the flour. (Stop here and count 3 minutes x 365 days a year—1095 minutes or 18¼ hours.)

But if you could avoid constantly repeating that preliminary white sauce mixing time you'd save many hours. You can do just that, and have a quick and easy sauce that's smooth and without lumps, simply by making up the basic mix for white sauce in quantity, with a blend of enriched margarine, enriched flour, and the new instant non-fat dry milk solids.

Here's how to prepare enough mix to make 8 cups of medium white sauce.

White Sauce Mix: Blend together 2 c. non-fat instant dry milk solids, 1 c. enriched flour and 1 c. enriched margarine with a fork or pastry blender, until like fine crumbs. Store in a covered container in the refrigerator.

To Make 1 Cup White Sauce
This Sauce: ¼ c. mix plus 1 c. water.
Medium Sauce: ¼ c. mix plus 1 c. water.
Thick Sauce: ¼ c. mix plus 1 c. water.
Always measure required

HOUSEHOLD HINT

Books should be kept well dusted, which may mean attention every few months. The soft brush of your vacuum cleaner is perfect for the job.

Diary

Until tomorrow Diary
. Good-night

SUNDAY DINNER
Fresh Fruit Cocktail
Baked Smoked Ham
Mustard-Chili Sauce
Escallops
Green Beans
Tossed Lettuce Bowl
Nesselrode Pie
Coffee
Tea
Milk

Nesselrode Pie: Bake a 9 in. pie shell of American pie pastry, then make the filling and finish as follows:
Nesselrode Filling: To ¼ c. cold water add 1 envelope unflavored gelatin. Let stand 5 min.
Meantime, scald 1½ c. milk. Beat 3 egg yolks light and stir in ½ c. sugar. Stir into scalded milk. Cook and stir over boiling water until mixture coats the spoon. Add gelatin. When dissolved, Continued on Page 9.

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BASIC ONE-RISING SPECIALTY DOUGH
Measure into a large bowl
1 cup lukewarm water
2 teaspoons granulated sugar
and stir until sugar is dissolved.
Sprinkle with contents of 2 envelopes Fleischmann's Active Dry Yeast (let stand 10 minutes, THEN stir well) stir in:
1½ cups lukewarm water
2 teaspoons salt

and beat until batter is smooth and very elastic.
Cream in a large bowl
¾ cup butter or margarine
Gradually blend in
¾ cup fine granulated sugar
Gradually beat in
3 well-beaten eggs
Add to yeast mixture, about a third at a time, beating well after each addition.
Mix in
3 cups more enriched bread flour

Divide soft dough into 3 bowls to finish as three specialties.



1. Buttered Nut Buns Melt 3 table-spoons butter or margarine in 8-inch square pan; brush sides of pan with fat; mix in 1 tablespoon corn syrup, ½ cup lightly-packed brown sugar and ¼ cup broken walnuts or pecans. Combine in a shallow bowl ¼ cup sugar, 1 teaspoon cinnamon and ¼ teaspoon nutmeg. Cut out rounded spoonfuls of dough, coat with cinnamon mixture and place in pan; sprinkle with any remaining spiced sugar. Cover and let rise until double in bulk. Bake in moderately hot oven, 375°, about 35 minutes.

2. Cheese Pull-Aparts Line bottom of a greased 8-inch square pan with greased waxed paper. Cut half of dough into rounded spoonfuls; place in pan; sprinkle with 2 cups shredded cheese. Spoon remaining half of dough on top; grease tops. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, about 35 minutes.

3. Seed Buns Cut out rounded spoonfuls of dough and drop into greased muffin pans—each spoonful should amount about half a pan. Brush with melted butter or margarine; sprinkle with poppy seeds. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, 30 minutes.

Valentine GIFTS

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