

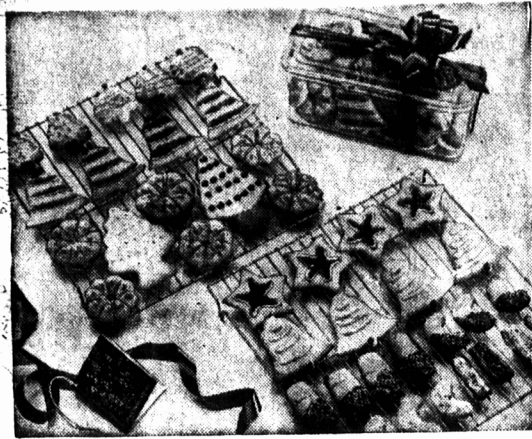
WOMEN

Page 10 The Guardian Wed., Dec. 7, 1955

LET'S EAT

Rich Colorful Cookies For Christmas Eating

By Ida Bailey Allen



Imagination and patience transforms good dough into holiday cookies, in fanciful shapes, wraps them attractively for Christmas.

"Nothing," I told the Chef, "but Christmas adds more to festive than cookies in fanciful shapes, rich, colorful and gaily decorated. They make lovely gifts, especially if packed in a plastic container through which their interesting shapes and decorations show. And it's not a minute too soon to make them, either. Let's start now, Chef."

"But how about planning the dinner first, Madame?" he asked. "After all, the family can't live on cookies."

TOMORROW'S DINNER

- Tomato Juice Celery
- Roast Loin of Pork
- Roast Sweet Potatoes
- Hot Broccoli Vinaigrette
- Lemon-Filled Cake
- Coffee Tea Milk

"This dinner will prove especially tasty because the richness of the pork roast is balanced by the tart broccoli vinaigrette and the tang of the lemon-filled cake."

Now to bake our Christmas cookies, the kind flavored with pure vanilla extract, packed in layers separated by waxed paper, in tightly closed containers. Keep cool, but do not freeze if frosted, as most icings tend to crack when frozen.

Christmas Vanilla Cut-Outs: Sift together 4 c. already-sifted enriched flour, 2 tsp. double-acting baking powder and 1 tsp. salt. Cream ¾ c. butter and 1½ c. sugar together until fluffy. Beat in 2 eggs and 1½ tsp. pure vanilla extract. Stir in the flour mixture;

roll to 1-1½" thickness on a lightly floured board or cloth. Shape with plain confectioner's sugar- and-water frosting. If desired, brush with unbeaten egg white before baking and decorate with glazed fruit or colored sugar.

Empire Biscuits: In a mixing bowl, combine ¼ c. sugar, ¼ tsp. ground mace, and ¼ tsp. ground cinnamon. Add ¼ c. (1 stick) butter softened to room temperature. Gradually stir in 1½ c. already-sifted enriched flour. Chill 1 hr. Roll to 1-1½" thickness on a lightly floured board or cloth. Shape with a 1½" round cookie cutter.

Place on an ungreased cookie sheet. Bake 4 to 6 min. in a hot oven, 400 deg. F., or until the edges are slightly browned. Cool. Then put 2 cookies together, sandwich fashion, with a thin layer of currant jelly. Frost the tops with plain confectioner's sugar- and-water icing. Decorate with bits of red candied cherries and green citron. Makes 24.

To shape in a cookie press, make double the quantity and do not chill the dough.

Chocolate Dipped Cookies: Shape empire biscuit dough into thumb lengths and bake. Dip the ends in semi-melted chocolate melted over hot water, then into, or sprinkle with, sesame seeds, colored decorating or minced nuts.

TRICK OF THE CHEF

Add chilled pineapple juice to sliced orange cup.

ELEANOR ROSS

Give A Silk Petticoat!

Fashion is on the gold standard this year. That goes for lingerie as well as lovely afternoon things. With so many gifts to buy for the family and the house, some of us will settle for one of those silk sheath petticoats, slim as a reed, fashioned of silk print, in turquoise with gold, or gold with bright blue or vivid green, or one we liked in rich red with exquisite gold and black print. The prints are inspired by luxurious fabrics from India and the petticoats are pretty enough to wear as is, with nothing over them. They certainly are a dramatic change from the usual slips of tulle.

Since the fashion line takes a slim course, petticoats follow the same way and hew to the line. Well, there's nothing slimmer than velvet silk, yet it doesn't cling in either very hot or very cold weather, as some synthetics used for lingerie do.

THEY'RE WASHABLE. These luxury petticoats are perfectly washable, and therefore just as practical as anything you could own. Not that you'll feel a bit practical wearing one, however. If there's any easy way to induce a feeling of luxury, it is with fine silk lingerie. Several styles are being shown

in these slim lines that make them a charming holiday gift item. There are all-over floral prints that look so new, as well as smaller print patterns with deep sari borders at the hem. A side pleat or slit makes for ease in motion.

HOW TO HANDLE

It has been some time since you actually wore real silk, and for so many of us that is the case, then let's review the way they should be handled.

Suds them in lukewarm soaps, rinse in lukewarm water. Roll a silk garment in a bath towel both to blot out moisture and to keep it evenly damp for ironing. A warm iron, of course, is better than a hot one.

Incidentally, silk irons so beautifully smooth and looks so lovely after the job that chances are you won't mind that little bit of extra attention needed for this sort of luxury lingerie.

HOUSEHOLD HINT

In selecting wall finishes or fabrics, remember that rough textures seem to dull and blend colors while smooth surfaces reflect light and intensify colors.

MARY HAWORTH'S MAIL

Lad Dismays His Parents By Being Disagreeable Critic

DEAR MARY HAWORTH: Our younger son Sid, 24, is causing us quite a bit of worry. We managed to send him to an out-of-state college where he did excellent work and found time for fraternity life, football, etc.

We had a nice family relationship and he was always proud to introduce us to his friends when we got down to see him; and we were cooperative and lent him the car when he needed it. We didn't mind the sacrifice as he was so appreciative, always doing some little favor for us.

After graduation, he was called into the Army. It was a drastic change, difficult for him, but he was able to adjust — and as he was stationed nearby at first, he could get home often. Later he was sent out West, where he met a girl whom he seems to like very much. I think he would like to marry, but hesitates as he has another year in the Army.

FAMILY MOVE

Recently he has been returned to a nearby camp and we find him a completely changed person. He nagged us until we were forced to move from our comfortable apartment for his sake, even at great inconvenience to ourselves. But that didn't solve the problem. He is still surly, moody and critical when home, and I am beginning to wonder how we ever managed to live this long.

Sid even sat and sneered — ignoring our request for help — when we carried heavy parcels from the car. Should we tell him to stay away from home until he is able to treat us decently? Or should we think of him as sick — and put up with his contempt?

His girl came to town for a short visit and we find her to be a lovely person. I know they are much in love and anxious to marry. Perhaps it worries Sid that he has another year in the Army and can't make immediate plans. But why his contempt for us? As I say, we always had a fine family relationship in the past. Please advise us. E.J.

IN MID-CRISIS?

DEAR E.J.: It sounds as if Sid is just arriving at the long pants stage in his psychological development. He seems to be in a mid-crisis of delayed adolescence — now suffering the distaste for parents, and family patterns, that normally fledgling boys usually experience between the ages of 15 and 18.

Perhaps the complete change that overtook him, when he was stationed out West, has to do with his getting partially weaned — for the first time — from erstwhile total emotional involvement with, and dependency upon, his parents.

Until the Army took him away, out of reach of family visits, and visits home, perhaps Sid's folks were his whole life, figuratively speaking. Which may have been due to a maternal policy of well meant, overly protective sentimental care of him. And when this arrangement was cut off, and he began to discover the possibilities of satisfactory companionship with a girl, perhaps he also began to entertain certain resentments against authority (including his parents) that he hadn't admitted to consciousness before.

REACTION

Habitually dominated persons usually have to make a transfer of dependency feelings from one "important" sustaining relationship to another before they can let themselves feel or reveal any marked unfriendliness or criticism as regards the previous set-up. And it may be that Sid, reassured by a sense of mutuality with his sweetheart, now finds courage to "fight" the family. And, in letting off steam thus, maybe he is also venting a good deal of resentment of Army life — which he unconsciously confuses with family-bos-

ing. In other words, maybe Sid is having growing pains, during a period of mounting weariness, caused by romantic frustration and the daily monotony of Army drill. Whatever the inside story, however, the family was foolish to change its abode at great inconvenience, in an effort to please him. When a lad 24 doesn't like his parents' mode of life, he ought to establish a place of his own; and sensible parents will so advise him. Your mistake is in trying to "earn" Sid's approval nowadays. Don't get tough with ultimatums; but do get up off your faces, and stop being doormats.

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



COMING OUT PARTY

Ottawa's plush Chateau Laurier Hotel was a rainbow whirl of billowing evening gowns and be-medaled military and formal dress as these happy girls made their debut at the annual Garrison Ball. Left to right, Helene Mantha, seated, Wendy Elizabeth Ferguson, Shirley Stanbrook and Joan Morrisey walked down a red carpet flanked by a 16-man guard of honor to curtsy before Governor-General Massey. (CP Photo)

KEEP IN TRIM

For Slim Measurements

By Ida Jean Kala

Pounds are so contrary! Invariably they pile on the most conspicuous spots, largely around the middle measurement. On a diet, however, the fat doesn't readily come off the spots it went on! That vexing situation can only be explained in one way. Fat pads the lazy muscles, and since those are the least disturbed spots, the fat clings.

The solution is exercise, and that brings up the query as to whether or not exercise is reducing in spots. Exercise helps to slim off bulging inches, and while that isn't synonymous with reducing in spots, the effect is streamlining. Scientifically, here is the explanation. The fat cells are broken down with exercise and made more readily available for use. With specific exercise, circulation is stimulated in a particular area and those fat cells get into the blood stream. Then the freed calories will be ready to be used for energy — provided your daily calories are below your normal needs.

However, calorie burning is an all-over proposition, not a localized process. As you exercise, calories are expended, but since nature doesn't draw the needed fuel just from the spot you're working on, exercise is not strictly reducing in spots — but is beautifully slimming.

Now the streamlining part... through specific exercise, muscle tone is increased. Think of muscle tone as elasticity and of flabby muscles as lacking this tightening quality. From that it is easy to picture how flabby muscles bulk the figure and help you look trim and slim. More important, you will have an enhanced feeling of aliveness and well-being.

The role of exercise in figure fixing is to re-shape. So, if you are overweight and out of shape, you need both diet and exercise. If your weight is normal, but your figure has gone soft around the edges, exercise is the slimming measure. Here is a single exercise for slimming the middle measurement. Position: Lying on left side, head on folded arm, legs straight down. Have palm of right hand on floor for brace.

Movement: First pull up and snugly with middle muscles and maintain this pull as right knee is flexed briskly toward chest. Repeat five times. To turn this exercise into a hip slimmer, add a rearward swing. Like this — flex knee, shoot leg straight down, then swing vigorously toward rear and hold. Change sides and repeat movement.

Words Of The Wise

He proves nothing who proves too much. —(Latin Proverb)

See the NEW 1956 BERNINA

it's so simple to operate... so completely automatic

it makes other sewing machines seem old-fashioned

A clever, compact portable that does straight, zig-zag and embroidery stitches completely automatically. No discs to change.

AUTOMATIC TENSION CONTROL adjusts itself for all thicknesses of material and thread. THE SLENDER FREE-ARM is perfectly shaped for easy mending and darning.

Made in Switzerland — covered by lifetime guarantee.

Call your NECCHI-BERNINA Dealer for a free home demonstration.

BERNINA Models start \$189.00 as low as

NECCHI Sewing Machines (Canada) Limited 3445 Park Ave., Montreal, Canada

R. T. HOLMAN LTD. SUMMERSIDE & CHARLOTTETOWN

ELLEN'S DIARY

By An Island Farmer's Wife

"Let's step inside a minute and talk to the wife. She's somewhere about-likely in a rocking chair by the fire," James chuckled to the visiting farmer who came with him indoors this afternoon. And there we were! Knitting two, purring one on the rounds we knit, this time on a cuff of one of the pair of gray mittens which is to help us bring the wood with more comfort to the box.

Less effort from the knitter this requires, than that which must go to the Sunday socks we are making counting and watching. Opportunities it affords to look out on the work, and day about. A quiet day it was, mild and pretty with the weather changing over to colder settings.

And the moon now-how high but gracious she is as she smiles over the still valley of the millstream. For as some one has said, "though she is pale and remote, the moon lends to the earth her stillness, making unreal all turmoil and discord and giving reality to harmony and peace."

"You'll have to be like old Mr. ... who lived in our district, he's dead and gone these years now," the visitor smiled. "He didn't believe in having as he called them 'soft seats' in his kitchen — not even a sofa. It encouraged laziness, he said. A wooden bench, a few chairs and the woodbox... I can mind when I was a slip of a lad, at a dance there after a hooking frolic, sitting on that old woodbox with a girl on my knee. She was a pretty one and I was quite taken up with her," he chuckled boyishly at the memory, "all the same, I was glad when we could get a turn on the floor. Quite sharp those edges were he smiled!"

And we too smiled recalling an opinion of a psychiatrist we had recently read. "One of the first questions I ask my patients," he said, "is if they own a rocking chair. Not one has ever said yes."

"His belief," the observer, writing of it in a farm-paper says, "is that when grandmother sat down in the old rocker for her afternoon knitting or her evening reading, she rocked away many of the tensions and troubles that harass us today. Young people give me an amused look when I tell them that" he quotes the doctor's words, "they say they haven't got time for sitting in a rocking chair. I say they are deluding themselves."

"We should take time to relax more," the writer continued, "in the rocking chair, out on the lawn with a book, or by ourselves. Perhaps it would be a wonderful thing if as in Italy, Spain, Latin America and other countries we brought back the 'siesta' period — a short sleep after the mid-day meal."

"You'd never accumulate a \$50,000 home and a cabin at the lake doing that", one of my doubtful friends told me. He may be right. But this I know: neither would you be as likely to drop dead from a heart attack or wind up in a state of nervous collapse at forty."

It is we can affirm a nice place to sit-in a cushioned and comfortable old rocking chair, by the fire with a book; with James close by in the armchair at his reading, and the peace of a fall night like this at the windows.

Until tomorrow — Diary—Good Night. . . .

YULE CUSTOM

In addition to preparing gifts at the Christmas season, this young miss must make the traditional wheat bread, a custom brought to Canada from Ukraine.

Specials In Housecoats and Lingerie SUNTER'S LADIES' WEAR

WIN BIG PRIZES the easy way!

UNLIMITED NUMBER OF PRIZES everybody with 1/2 million wins!

SAVE BRODIE'S PLAY MONEY

Here's all you do—

Save the BIG DENOMINATIONS of BRODIE PLAY MONEY you find in every Brodie product. When you've saved 1/2 million dollars (\$500,000), send it with your name and address and choice of prize to: BRODIE PLAY MONEY, P.O. BOX 70, OUTREMONT, MONTREAL 8, QUE.

There's no limit to the number of prizes you can win as long as you have 1/2 million in Brodie Play Money for each prize.

Everybody is eligible to win these valuable prizes, except employees of Brodie & Harvie, affiliated companies and their advertising agencies.

Offer expires July 1, 1956 — unless extended. Start saving right away!

Find Big Denominations of Brodie Play Money in

Every BRODIE Product

CAKE MIXES, PREGUICK, SELF RAISING FLOUR and JELLY POWDERS

FURS as Sparkling as Christmas itself!

DREAMS CAN COME TRUE! Give Her FURS for Christmas

island furriers Ltd.