

# WOMEN

Page 8 The Guardian Friday, March 18, 1955  
LET'S EAT

## Gay Kitchen Equipment Need Not Be Expensive

By Ida Bailey Allen

The stunning store window stopped me short. It featured kitchen and serving equipment in black, white and chromium, with an occasional touch of bright color; reasonable in price, too. There were even black enameled coasters with a gay flower decoration to use under beverage glasses, at the unthinkable price of a nickel apiece! Of course, I stocked up.

### Try New Decor

If you are redecorating your kitchen this spring, try a black and white decor with an occasional splash of color. White enameled-siding and black baseboards, chair and table legs. The panels of wooden cupboards lined in black, the inside walls in Chinese red. Black and white linoleum on the floor.

A new red tea kettle and set of red canisters. Kitchen curtains of white iron-on fabric with a black "doodle" design. A pot of red geraniums on the window sill. A gay red and white apron. You'll feel like spring!

### TOMORROW'S DINNER

Snappy Tomato Cocktail  
Lamb Shank-Dried Lima Casserole  
Tossed Green Salad  
Rhubarb Compote  
Dropped Cookies  
Coffee Tea Milk  
Lamb Shank-Dried Lima Casserole: Add boiling water to cover 1 lb. dried lima beans. Put on lid; let stand 50 min. Add 2 tsp. salt. Cover and boil 1 1/2 hrs., or until skins loosen.

### MARY HAWORTH'S MAIL

#### Wonders If Marriage Would End Jealousy

DEAR MARY HAWORTH: I am a divorcee with a child. I married at 21, mostly to escape an unhappy home. I realize now, I didn't know the man very well, and during our marriage he had several affairs, finally running away with one of his girls. Now, after 18 months' courtship, I am engaged to marry Clyde (I'll call him). He is in many ways a fine unselfish thoughtful person, who enjoys outdoor life as I do. And he loves my child. However, he is extremely jealous of my workaday associates—a trait that showed up after three months' dating. As it happens, I am the only woman in a group of men, in the department where I work, and Clyde accuses me of being "too friendly." He sometimes says it jokingly, but underneath he is serious, I know.

**Jealous Even Of Strangers**  
Although we are together nearly every evening, he often imagines that a secret admirer of mine is in a car driving by — and he doesn't like me to wear high heels or earrings to work. This is a small thing and I don't mind humoring him—but I feel that such jealousy is unnatural and I wonder if you can help us.  
We have discussed the matter and Jeff's manner has improved. But after marriage, what? Will his jealousy be magnified, or will it tend to disappear? It would be heartbreaking to have a second engagement after 18 months' association; but it would be even worse to go through with another unhappy marriage. Is this a problem that can be worked out? I have prayed and asked him to pray.  
E. N.

**Self-Contempt Cripples Man**  
DEAR E. N.: Clyde's jealousy is pathological, it seems, both in the sense of his "imagining things," and in the implication that he feels markedly inferior to average men, in the matter of pleasing a woman or holding her love.  
In asking you not to wear high heels or earrings to work, he is trying to mark down your feminine appeal, on the theory that if men don't give you a second glance, he will stand a better chance of having emotional security in relation to you. Which signifies that he has no confidence in himself; that he is alling with self-contempt, unconsciously. His fancy that you are being trailed by secret admirers when in his company, and his charge that you are too friendly with fellows at work, are symptomatic of paranoid anxiety. This brand of pessimism prevents him from trusting anybody, including himself, and causes him to most actively distrust persons whose allegiance he most craves.  
From the paranoid person's point of view, it is simply too good to be true that anybody would genuinely reliably care for him, with a love that never fails. Thus even if such good fortune is offered him, he can't believe in it. He is always on the alert, to find the hidden defect in the gift.

Enjoy  
**McLARENS OLIVES**  
Everybody else does

### KEEP IN TRIM

## Are You Young For your Years?

By Ida Jean Kain

Just 48 hours 'til spring. Spring won't stay on the ground. Since spring is a time of renewal, let's catch hold of some fresh ideas. It takes mental gymnastics to pull out of the rut and feel younger than springtime.  
Today, it's a natural to feel young for your years. The good news is that many of the commonly accepted notions about physical changes that occur in later years are now discredited. For example, we frequently hear, "I'm too old to learn." Non-

versatile actor was having the time of his life.  
Boundless enthusiasm is a typical characteristic of youth. Youth looks forward — the best years are still ahead. That's the test. Do you feel that your best years are still ahead? "Man starts to get old, not when he puts on bifocals — but when he begins to dwell on the good old days," says Dr. Winfred Overholser, nationally known psychiatrist. "And," he added, "the more one thinks of himself as old, the more likely one is to accent the traits."  
The way to stay young most of your life is to be young all through middle age. By the way, what age do you term the middle period? It may be later than you think. From 40 to 55 is young middle age, from 55 to 70 is still middle age — the latter half. Young old age is reckoned at 70 plus, and old age from 95 on.  
How young you will be at 70 depends a great deal on your food habits from 40 on. Aging is a process of wearing out and tearing down. The foods which furnish the material to make good the wear and tear and promote the smooth functioning of the body will keep you young longer. These are called protective for they protect against the ailments that hasten old age.



sense! An intensive series of tests made to determine loss of learning power revealed that the important factors are interest and will to learn rather than ability to learn.  
Interest — there's a key word. Add enthusiasm to interest and you have a perfect keeping young combination. I like Elsa Lancaster's greeting to her husband Charles Laughton. "You look tired out and 15 years younger," was her sprightly comment upon his return from an arduous but happy story telling tour. Anyone in his audience could catch his enthusiasm and sense that this

## That Spring Cleanup Calls For Judgment

By ELINOR ROSS

We're at the glass curtains stage of our spring cleaning, and here it is time to use good sense and judgment.

**Exercise Care**  
Many sheer curtains will come through a machine washing without ill effects. But if they look a bit fragile, best to do them by hand, or put them in a bag in the machine to prevent undue twisting.  
**Two Sudsings**  
Whatever method you use, do them in warm soapsuds and rinses. If very soiled, two quick sudsings are better than one long one.  
If you don't stretch your curtains, hang them carefully on the line, smooth out wrinkles, square corners, and ease ruffles gently into place.

**Treating Synthetics**  
Many of the new "science fabrics" should be hung quite wet to dry. That way, no ironing is indicated for the body of the curtain.  
But curtains of synthetic fabric hang better and look better if ruffles are smoothed with warm iron. Permanent finish cottons need no starch; otherwise use a light starch solution for the final rinse.  
While curtains and drapes are down, suds the window frames, sashes and sills. Wipe off curtain rods with a soapy sponge and wash and polish the glass. Thus, when your windows are dressed up again, they'll really be clean.  
**Bed Covers**  
Cotton quilts and mattress pads can be washed in the machine.

More generous use of suds is indicated than with other laundering.

Rayon quilts should be hand-washed in lukewarm suds. Wring them as little as possible and let them dry flat.  
Blankets can be machine-washed — if they are done with speed and caution. Carefully follow instruction book for your machine.  
If you hand wash blankets, dip them up and down in lukewarm suds and rinses. A rubber plunger helps to force the suds and clean water through repeatedly. Avoid rubbing, twisting or wringing.  
Hang blankets in shade over parallel clothesline a foot or two apart, and out of high wind. When partially dry, fingerpress edges and brush for fluff appeal.  
When storing, wrap blankets in paper or plastic, sealed securely against dust. Place on top of any pile on shelf to prevent crushing.

### MORNING SMILE

Porter — "Where's your trunks, huh?"  
Salesman — "I use no trunks."  
Porter — "But Ah tho' you was one of those travelling salesmen."  
Salesman — "I am, but I sell brains, understand? I sell brains."  
Porter — "Excuse me, boss, but you're the first travellin' fella that's been here who ain't carryin' no samples."



MR. AND MRS. RAYMOND MacNEISH

A quiet wedding was solemnized at St. John's Presbyterian Church, Almonte, Ontario, on February 28, 1955, when Myrtle Elizabeth Spencer, formerly of Charlottetown, was united in marriage to Mr. Raymond MacNeish of Jacques River, N. B. The Rev. James M. Ritchie officiated.  
The bride wore a navy blue suit and a white hat and accessories. She wore a corsage of white carnations.  
Miss Kathleen Davidson of Hamilton, Ontario, was the honor attendant. She wore a teal suit and gold hat and accessories. She wore a corsage of white carnations.  
Mr. Mark Spencer, Jr. of Hamilton, Ont., was best man.  
Mrs. James Zaccanina of New York, mother of the bride, wore a light grey suit with black and white accessories. She wore a corsage of American Beauty roses.

Presiding at the organ was the church organist, A. Jones, who rendered "Mendellson's Wedding March," and "O Perfect Love."  
Following the wedding a dinner was held at the Hotel Almonte.

After a wedding trip to New York the couple will reside in Almonte, Ont., where the groom is on the staff of the Royal Bank of Canada.  
Out-of-town guests included the bride's mother, Mrs. James Zaccanina, New York, U. S. A.; Miss Kathleen Davidson, Hamilton, Ont.; Mr. Mark Spencer, Jr., Hamilton, Ont.; Mr. John Mercer, Montreal, Que.; Mr. and Mrs. Stewart MacNeish, Montreal, Que.; and Mr. and Mrs. James Clark, Montreal, Que.

### Wife Preservers



A paste of lemon juice and salt rubbed on an iron rust stain is a good treatment for white cotton. Follow the paste treatment by washing.

## ELLEN'S DIARY

by an Island Farmer's Wife

Did some other besides this farmwife rest her work this evening to admire the glory of the sunset, watching the day fling great colorful banners across the gates of the west? Crimson and flame, orange and royal purple, catching in the bright folds the wild March clouds of white, edging them with winsome pastels.  
Or moments ago, from window or yard with a great reach of countryside about—fields a d woodlands and the winding dard of a river maybe, watch the moonrise? See the pale gold push aside silently the blue curtains or sky above a dime hilltop to appear even as we stood there as ever awed by the miracle, gracious and serene.  
How beautiful are island places—the quiet farmlands by day, whether sun-laved or storm-tost, by night as now, washed by elfin moonbeams!

They were to be found at Alderlea as we went today about the cares of our round but only mildly disconcerting they were with none or nothing ill or ailing—with the folks from the House across the Lane off to town... And Granddaughter a bit forlorn to find no welcome for her at her own fireside at the close of her schoolday but soon, at the sound of the returning truck, face wreathed again in smiles. And presently all gathered to this house to enjoy the evening meal about an old table.  
This is the day which now ends. It is one we should wish to remain longer with us, so gracious and kind it has been.  
Until tomorrow — — — Diary  
— — — Good-night — — —

**Household Hint**  
Do not use a linen napkin for a potholder. You are warned that if you do, you are likely to get carbon-containing grease on the napkin, and this stain is practically impossible to remove from table linen.

**QUEEN MOTHER HAS FLU**  
LONDON (Reuters)—The Queen Mother Elizabeth has influenza and has cancelled her public engagements for this week, it was announced Monday. She is at the Royal Lodge, Windsor, where she spent the weekend with Princess Margaret.

### Cook's Corner



#### INDIAN SUPPER

1 lb. sausage  
2 lbs. fat  
1 tsp. salt  
1/4 tsp. pepper  
2 eggs  
1 c. milk  
1 can corn  
Fry sausage till well browned. Slice lengthwise. Add rest of ingredients. Turn in greased cast-iron skillet. Bake in oven at 325 deg. about 30 minutes.

## Golden Fish 'n' Batter

Heat shortening (it should be at least two inches deep) to 370° in a deep-frying pan. (If a fat thermometer is not available, test fat temperature with a cube of bread—the bread should brown in 60 seconds.) Cut 1 pound fillets of any suitable fish into serving sized pieces and sprinkle lightly with salt. Mix and sift into a bowl 1 c. once-sifted pastry flour (or 3/4 cup once-sifted all-purpose flour), 1 1/2 tsp. Magic Baking Powder and 1/2 tsp. salt; stir in 3/4 c. very cold water and beat until batter is very smooth. Dip fish pieces in batter and then fry in heated shortening, turning once, until golden. Drain thoroughly on absorbent paper, sprinkle lightly with salt and keep hot until all fish has been cooked. Yield—4 servings.



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Next week is **TEA FOR CANADA WEEK** MARCH 21-26  
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