

WOMEN

Page 8, The Guardian Tuesday, Oct. 11, 1955

Several Clever Ways Of Cutting Food Costs

By Ida Bailey Allen

Early on a fine sunny morning, I left Holbrook Farm with my hostess, Mrs. Hildegarde Glass, to make a round of calls upon homemakers who were having budget troubles. They had asked Hildegarde, who is the Home Economics Director of a large food freezer plan, to help.

Little Mrs. Roberts lived in a brand-new small house not far from Lewiston, Maine. Her budget difficulties was how to meet payments on the house, bills attendant on the birth of the new baby and the expense of an operation for her oldest child.

Hildegarde made suggestions which would cut down on food costs: How to render and use chicken, ham, beef and chicken fat; how to simmer frozen peas and other vegetables from her freezer, in water, then put them through a blender for homemade baby food.

She showed her how 3 c. of rice could be cooked and used as substitute for eggs in a pudding for her three-year-old's supper; also, how rice could be combined with chopped remnants of meat in making stuffed cabbage leaves for dinner.

"But remember to scald the leaves to soften them," cautioned Hildegarde, as we left for the next call.

TOMORROW'S DINNER
Vegetable Salad Tossed with Cheddar Cheese
Stuffed Cabbage Rolls
Tomato Sauce
Parslaid Carrots, Spinach

KEEP IN TRIM
Build-Up For Thin Girls

By Ida Jean Kahn

All right, thin girls, the dietitian will take the weight problem from your corner today. The frost is on the pumpkin and there's a nip in the air. Take advantage of your sharpened appetite to improve your nutrition.

Try a different approach to your problem and tackle it with fresh enthusiasm. Balance your meals and before long you'll balance the scales at healthy normal weight. Nutrition research has shown that certain nutrients are best utilized when other essential nutrients are present. That is, good food values work together in teams. Since only the food assimilated in help you to add precious pounds, round out the meals from the nutrient standpoint.

It is known that for best protein utilization a complete protein should be included in each meal. You hear so much about high protein diets for reducing, you may be puzzled as to how protein can help overweight people lose and underweights gain. Protein provides repair material—think of protein as the nutrient that keeps your body in good repair. Whether you gain or lose depends on your total calories. To gain, your calories must be in excess of your requirements.

Words Of The Wise
It wasn't until quite late in life that I discovered how easy it is to say, "I don't know."
—Somerset Maugham

MARY HAWORTH'S MAIL

Wife Suffers When Husband Snarls At Her

DEAR MARY HAWORTH: I hate being ready to cry or explode all the time. I feel foolish writing to a total stranger, but if I can get a right slant on this problem I shall be truly grateful.

We are farming folk; we live on the plains; and at any season when my husband is overworked, tired or short of help he feels I should drop whatever I am doing and pitch in where he needs me.

I take care of a big beautiful yard and have around 50 varieties of perennials. I am a 4-H club leader, belong to the Homemakers' Club, and for three years have had charge of a planning division for the Fall Fair - and have won a ribbon each year. I have started to go fishing, alone or with friends, the last three years. This I enjoy very much.

IS HE JEALOUS
I love beautiful things; and I refinish furniture, paint, knit, do needlework, etc. I did all the planning and painting of our remodeled home. I can't understand why my husband says things like this morning: "Other women haul grain all you can do is sit on your behind and go fishing." Is he jealous because I can do my many tasks faster than the average, and so have leisure? (I've never driven the pick-up truck). Sometimes when he acts as he has the last while, I don't want to keep up.

MAN'S DEPENDENT
DEAR T.L.: Probably the gist of the trouble is that you are a mere efficient worker and better manager in your domain than Dan is in his. Dan is your being better organized emotionally. Thus by comparison you make a better showing than he, which gets under his skin especially when he is overworked, tired or short of help. At such times he lashes out and punishes you for his feelings of inadequacy.

TRICK OF THE CHIEF
Add 1/2 tsp dried mint to filling for cabbage leaves.

Wife Preservers
When you vacuum clean your rug, go over each section twice or more to remove all embedded dirt. Operate the cleaner slowly for best results, and follow a straight line, working lengthwise of the rug.

IS SHE SELFISH?
Obviously you aren't a lazybones. It seems you do a bang-up job around the house and in community life. But on second thought, are you Dan's partner all the way, in the sense of being ready all ways to help him to the best of your ability?



Wed In Alberta

Baskets of red and white gladioli graced the altar of St. Anthony's Pro Cathedral, Edmonton, Alberta, September 10, when Eleanor Aileen MacLean, daughter of Mr. and Mrs. C. M. MacLean of Summerside, P. E. I., became the bride of Russell Bernard Quinn, son of Mrs. C. W. Quinn of Milk River, Alta., and the late Mr. Quinn.

The bride, given in marriage by her brother, Mr. Ralph MacLean, chose an ankle-length original gown of nylon tulle, applied with imported lace. She wore matching lace headpiece and fingertip veil, and her bouquet was an orchid surrounded with red Sweetheart roses and white stephanotis.

Wedding Rites Solemnized In Calgary
Wedding rites were solemnized recently at St. John's Roman Catholic Church, Calgary, when Miss Irene Lucille McQuaid, daughter of Mrs. J. J. McQuaid of Kensington, P. E. I., became the bride of Cpl. Thomas Inverarity, R. C. Lynette, who served at the nuptial mass.

HOUSEHOLD HINT
Crystal for table use should be washed in warm-hot soap and water to which a little bluing has been added.

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MRS. GORDON MACMILLAN A COUNTRY GARDEN

Maple and sumach down this autumn ride— Look, in what scarlet character they speak'. For this their russet and rejoicing week Trees spend a year of sunsets on their pride. You leaves drenched with the life blood of the year— What flamingo dawns have wavered from east, What eves have crimsoned to their toppling crest. Tog give the fame and transience that you wear'. Leaf-low he shall lie soon.

with the summer light, The full juiced apple, waxing over mellow. Drops in a silent autumn night. Now there again is stillness on the land, and the sleepy silence of seed and fruit.

This autumn has been bright with colored leaves and beautiful beyond words'. In the garden here we are blessed with maple trees and Mountain Ash with many creepers and vines as lovely as haws have never been so colorful. I am sure if you concentrated on this autumn coloring in our borders with some of the late blooming plants, we could have as lovely a garden now as in springtime.

How To Wash Knitwear
ELEANOR ROSS
It's washability, as much as fine style, that puts knitwear in the headlines today.

The manufacturers of synthetic fibers started to publicize the convenience and economy of washability and soon the makers of wool and cotton knitwear began to point out that their products were washable too. And so they are, if care is used.

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so that soiled edges and folds will get proper attention. Button any buttons and turn garment wrong side out before slipping it into the suds.

MORNING SMILE
A farmer was dragged under protest to see his first ballet. He studied the line of ballerinas, dancing on tip-toe, then said in bewilderment: "Why didn't they just get taller girls?"

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ELLEN'S DIARY

By An Island Farmer's Wife

Now the days lend favor to the field-work-the October sun and invigorating breeze providing the background for the enchanting designs of season daily being woven: ends now of threshing, harvesting of potatoes, gathering in of mangels before a chance frost shall nip them unduly.

Our potato crop was gathered today and brought to storage in the snug basement of the house across the lane.

"You'll come too, Ellen?" James said stopping with a smile by the door before the workers left for the field up the farm-lane. And we own to a certain regret now over the engaging invitation neglected, and blame it on "the cake in the oven" or the fact that only a few rows were there to gather. When all the time we were a little reluctant to meet the memories of former years at "the digging", we should be bound to find there.

To his joy, and not so much for the help they gave, appreciated as it was, but that it showed a will to work and in his words an indication that they "would be of some use in the world" the three younger children. Gage, granddaughter and Mack joined briskly and with much interest with the rest in the picking. And never at Alderlea were potatoes more treasured in young hearts than those gathered here this afternoon—the smallest heap which will adequately take care of the needs of our tables.

COOK'S CORNER
MOTHER'S CORN CAKE
1 cup light brown sugar
1 cup flour
1 tsp corn meal
1 tsp baking soda
1 egg
1/2 cup butter

Some Novel Cheese Recipes
New ways to use cheese in the preparation of a variety of delicious things from soups to desserts are given by Food Editor Helen Gougeon in The Standard this week. Her article, which includes kitchen-tested recipes, is something for all good homemakers to read and clip. Don't miss it. Get The Standard — on sale now, complete with magazine, 20 pages novel and 20 pages of comics. Only ten cents!

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VICKS MEDI-TRATING COUGH SYRUP
It Medicates as it Penetrates

from the river. Before us, in the front meadow, the Nell-mare interrupted her grazing to watch with her foal the procession of workers returning to the yard, truck, trailer, and on it, sacks, children, "laughing" black dog, what a fine and happy load! So still now were the lawn-trees, only odd stirrings and magical in the poplar leaves. We waited while the hills faded, dissolved in the distance, and a star twinkled... and night was here.

The supper-how good! With corn bread and beans, fresh rolls of bread's making and new crab-apple jelly as filling for the jelly-roll which feathery-textured or not apparently made popular fare. And about us the lights and shelter of home.

The next work-of-field? James speaks of it now. Until tomorrow—Diary—Good night...

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