

# Women's Page



## RIGHT AROUND HOME

by Shirley



Potatoes are one of our most versatile vegetables. Yet how many of us just boil and mash them without any thought to how we could fix them up or change them?

The first error we have all made in preparing potatoes is in letting all their vitamin C and iron go down the drain. A cook who peels them and soaks them in water, drains them and then pours more water over them before boiling them and, finally, discards the water in which they were cooked is discarding all their value.

There are several tricks in the preparing of potatoes in advance which avoid losing food values. There are also endless possibilities in their cooking which help keep the cook interested in her subject. Boil a quantity of potatoes, skins left on and carefully scrubbed. Do not overcook them, and dry them well before storing in the refrigerator. After draining off the water, put the pot over the burner again and shake it vigorously over medium heat, without a cover. Then let the pot stand in a warm place until all moisture has evaporated.

Store potatoes in the refrigerator in a plastic container with the cover slightly open. The first night they can be served with skins left on, and this is the most nutritious way to eat them.

Baked potatoes may be removed from their skins and whipped into mashed potatoes, and then be returned to the skins and served whole. If potatoes must be cut, scraped, diced or grated, they should be stored in the refrigerator in a plastic bag without any moisture added. Old potatoes can be crisped and freshened by storing them in the vegetable drawer

of the refrigerator for a day. Sweet potatoes, by the way, are loaded with vitamin A but they do not have the vitamin C or iron to be found in white potatoes.

These recipes combine old and new ideas for preparing potatoes a different way.

### Hurry-Up Potatoes

4 unpeeled, chilled potatoes  
1/2 teaspoon salt  
Black pepper  
Shred potatoes and place in an oiled, heated casserole. Add salt and pepper and bake 7 to 10 minutes. Potatoes may be sprinkled with shredded cheese. This is an ideal way of preparing potatoes when the oven is in use. (Serves 4 to 6.)

### Mashed Potatoes A L'Italiane

3 cups mashed potatoes  
1/2 cup whipping cream  
1/4 teaspoon pepper  
1/2 tsp salt  
1/2 cup grated cheese (Parmesan is good)

Place potatoes in a casserole. (They should be mashed until very fluffy without adding butter or milk.) Whip cream, add pepper and salt and fold in cheese. Spread over potatoes and bake in a 350 degree oven for about 30 minutes or until top is browned. (Serves 4 to 6.)

### Fluffy Puff

Buffet dinner entertaining is popular during the holiday season. For such occasions the hostess seeks dishes that ask little of her last-minute attention without sacrificing fine flavor and attractive appearance. Potato Puff holds its own as an enticing hot dish on the buffet table. It will perk up a simple family dinner too. A leavening of baking powder assures a fluffy light air to this potato cas-

serole. A subtle touch of thyme and onion contribute to the overall flavor effect as does the topping of mellow, melted cheese.

### Potato Puff

Yield: 5 to 6 servings  
6 medium sized potatoes, peeled  
One-third cup (about) milk  
2 tablespoons butter or margarine  
1 tablespoon grated onion or finely chopped green onion  
1 teaspoon baking powder  
Few grains pepper  
One-eighth teaspoon thyme  
1/2 cup shredded cheese

Cover and cook potatoes in a small amount of boiling salted water until tender. Grease a 6 - cup casserole. Preheat oven to 350 degrees (moderate). Drain potatoes thoroughly and dry over low heat. Using potato masher or electric mixer set at low speed, mash potatoes thoroughly. Gradually beat in sufficient milk to moisten potatoes well; beat in butter or margarine and grated onion. Sprinkle with baking powder, pepper and thyme. Beat potatoes until fluffy. Turn into prepared casserole and sprinkle with shredded cheese. Bake in preheated oven until puffed—25 to 30 minutes.

### BIKES LEGAL

Many motorists who will calmly accept an hour of discomfort and delay imposed by fog, or a rain-storm, lose their tempers if they are held up for a few seconds by a wobbling cyclist. Young cyclists may constitute a hazard some times, but they have every legal right to use the streets. And they have every moral right to do so without being threatened with mutilation by impatient drivers.

## From Darkest Africa

# Teacher Audrey Lawrence Home

Audrey Lawrence of Milton has returned from a three year stay in the dark, primitive central Africa with many interesting experiences to tell about her life's mission.

Readers may recall she left Milton in November, 1956, to teach the children of missionaries in the Sudan United Mission, relieving the missionaries and their wives to spend more time with the Ngambai tribe of natives at Bebalem, French Equatorial Africa (now the Republic of Chad).

### Buy 40 Wives

If you could picture yourself in a town of 5,000 where the men may have as many as 40 wives (who are bought for \$40 or traded for goats), where it is so hot at noon that "siesta time" is declared from 12 to three o'clock, where it rains almost steadily from June to October, where white ants have been known to eat a whole door except for the paint, where food is so expensive it must be shipped from New York, and where the natives shave their heads if they are afflicted with lice — you can imagine Miss Lawrence's position.

Despite the hardships of African life, the school teacher has already received one reward which highlights her life. One of her students, 17 years old, has been "called by God" and decided to return to Africa as a medical doctor after getting a university education in England. "This," according to Miss Lawrence, "is the biggest reward I could ever get."

### Speaks to Groups

She flew home from Africa a few weeks ago and is staying for a year at the home of her sister, Mrs. Bill Bailey of Drumquin. During the year at home, she's catching up on a good rest ("finding her body" as the natives say) and expects to speak and show slides to church groups around the district on her work at the Mission. In the near future she will talk to women's groups at Hornby, Bethel and Eden churches.

Sometime next year, she will go to France to the French Alliance School to receive a Superior Cert-

ificate in teaching French, the second language of the Ngambais. This may take a year or more to procure, then she will obtain a renewed visa and spend another three years in Africa before her next furlough.

(On her first trip to the dark country in 1956, it took two months and the enlisted aid of the French Minister of External Affairs to get her an African visa.)

### Teach Two Languages

Government schools in Africa, she explains, are overcrowded and the United Mission—supported by England, Norway, Australia, Newfoundland, American and Canadian-American churches — runs 80 church schools throughout the Sudan district. The natives are taught by an evangelist, first two years in native Ngambai, then in French. Most children sent to the mission schools come from Christianized families.

Miss Lawrence has nine missionaries' children in her own English-speaking school, and deals little with the natives. It is like teaching a rural school in Canada, she explains, with children in grades one, two, three, five and eight. Also in her charge are a French boy of 15 and the English lad mentioned above, both of whom are taking correspondence courses from their homelands.

School is held from eight o'clock until noon, then after a three hour siesta, school resumes for an hour and one-half.

### Would Master Ngambai

While she can understand the native tongue and make herself understood in Ngambai, Miss Lawrence feels she would like to really master the native language so that eventually she could teach in the native schools. She will continue to tutor the missionaries' children, however, until the language has been mastered.

Central Africa has three seasons, she says—heat, rain and cool. It's hot from February to May, rains from June to October, and is "very pleasant" from November to January. In the rainy season, although it rains from the middle of the night until about noon, it is sunny for the rest of the day. After a rain, nobody travels for 24 hours until the mud hardens.

With prices like \$2 for a melon, most food is imported from a New York company. However, they grow lettuce, tomatoes, radishes,

beans, beets, carrots and a squash-like vegetable in their gardens and eat native food such as oranges, bananas, grapefruit, lemons, mangoes, paw-paws and gabbas, as well as one vegetable resembling a potato.

### Natives Assist

About 35 or 40 in the mission live in a separate compound at the outskirts of Bebalem. Although there are not enough missionaries to Christianize all the natives, Christian natives are trained to assist.

A New Testament Bible painstakingly translated into the native tongue is quite popular with the Ngambais, she said. They are sold for the equivalent of 50 cents, and sometimes natives trade in chickens on the books. There's always a waiting list and the Bibles are snapped up as soon as they are printed.

While the Bibles are printed in England, the Mission has three presses of its own and Sunday papers and literature are turned out right there.

### Churches Assist

She never wants for anything, Miss Lawrence explains, as passage to and from Africa is arranged by the Mission and friends in Canada help out with money and supplies. Emmanuel Baptist church in Milton, where she was a member and taught in the Sunday school, sends many presents and gifts of money. Baptist churches in Beamsville and Toronto send \$700 yearly for her support.

The natives, however, are not quite so well off. "They are still in the stone age and use no implements at all," explains the local goodwill ambassador. She showed a picture in an African paper of a "progressive" man who used oxen to till the soil.

Cotton is the main moneymaker, and France gives the natives seed and advances money on the crop harvest. Peanuts and grain are also grown and sold. The tall grain looks something like Canada's corn, she explained, and right now you cannot see the houses for the grain crop. You see, they plant the grain close to the house so they don't have far to walk to tend the crop.

### One Meal — Segregated

Natives subsist on one meal a day, at suppertime. The women co-operate by taking turns preparing meals, with one woman

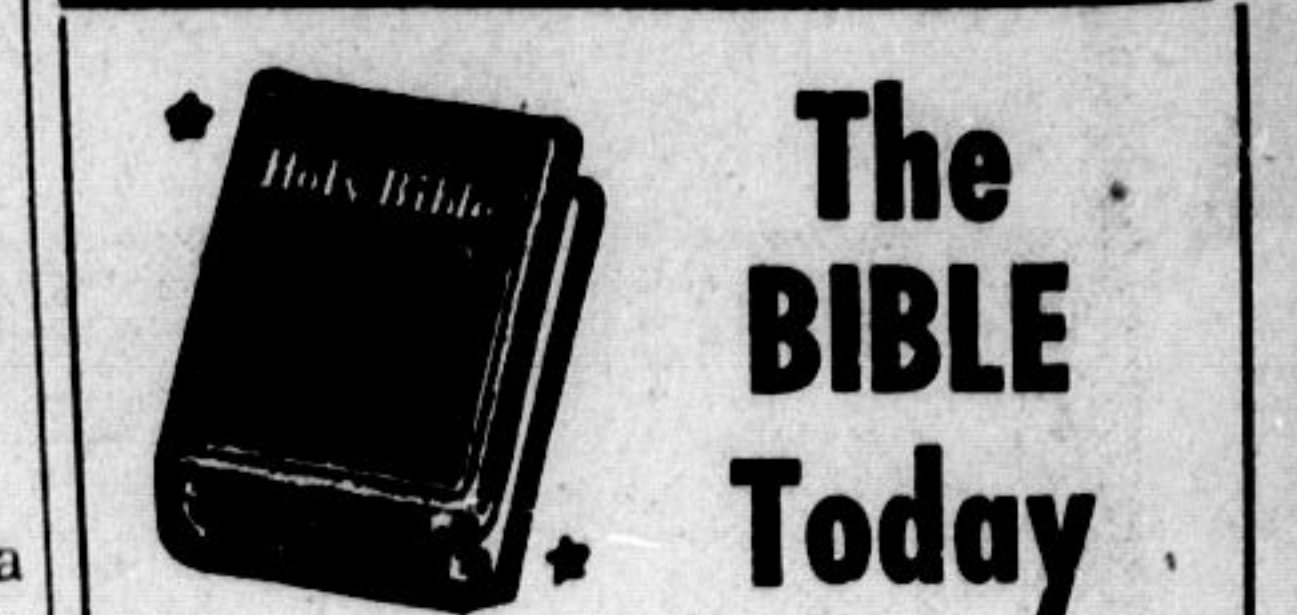
cooking for five or six men at a time. The men eat separately from the women, and gulp down their food by dipping two fingers in a gourd bowl. If there is tea to drink—and they love it very much—the men drink from glasses. Women, who eat later, use tin cans for their drinks.

The men may have as many wives as they want, depending on their riches. But once they turn Christian, the men send all but one wife away. Men wear loin cloths and their hairdo consists of either four tufts of black hair, or a large X on the back of the skull. Women wear the traditional wrap-around skirt made from one piece of cloth. However, most want to wear Western clothes when they are Christianized.

### Devotes Her Life

Despite all the difficulties encountered in such a teaching mission, Miss Lawrence is quite happy about her work and is looking forward to returning. She said she was called by the Lord to do this chore, and has decided to devote her life to it.

Her many friends in Milton and district certainly wish her well



South America provides a great challenge to the Bible Society, which is being met in part by the issue recently of 50,000 copies of a new revision in Brazilian Portuguese. The printing of an additional 126,000 copies is in hand.

The Southern Baptist Convention plan a month's special evangelistic campaign during which they expect to distribute 300,000 copies of the Gospel of John in Spanish.

In the city of Sao Paulo in Brazil, which has a population of over three million, traffic was suspended in one of the central squares of the town in order that a large Bible Sunday Rally, organized by the local auxiliaries of the Bible Society, could take place.

**Suggested Bible Readings**  
Sunday, Acts 7: 44-60; Monday, 1 Peter 3: 8-22; Tuesday, 2 Peter 3: 1-13; Wednesday, 1 John 4: 1-21; Thursday, Psalms 145: 1-21; Friday, Psalms 147: 1-20; Saturday, Acts 8: 1-13.

and her many prayer partners continue to ask for her success in their daily prayers.

## For Parents Only

### "Obeying Isn't Easy"

by Nancy Cleaver

"Tommy, come inside this minute and get washed for dinner!" Mother's voice is clear and urgent. Her son acts as if he did not hear a word she said — Tommy goes right on playing. Mother repeats her command, raising her voice. Tommy stirs a little. He looks up when mother calls a third time and says defiantly, "No! No!"

Tommy's mother advances on her rebellious son with a glint of fire in her eye. She murmurs to herself, "If that child of mine says 'No! No!' flatly to me again today — I'll teach him different—or I'll go stark mad!"

### Negativism

A mother of a first child should be prepared for just such an experience as this scene describes. There is a vast number of little boys and little girls too — in the two to four year old period who are constantly saying "No! No!" It is provoking and puzzling to parents who have enjoyed the baby's dependence on their care and the comparative ease in following his routine.

Now the mother or father is confronted with this uncompromising negativism expressed by the child's "No! No!" How best can a parent meet this refusal to obey?

It is important that a mother should try to put herself in her child's place. The world is an exciting place. He is beginning to get around "under his own steam" and all kinds of things fascinate him for short periods of time. He wants to run his own life and is very adverse to being "bossed". Likely he has had pleasure from seeing what a commotion he can create by defiance. Even at this early stage he is struggling to assert some degree of independence.

### Easier to Conform

Parents need a great store of patience and good humor—and also firmness when dealing with this "No! No!" period. There are certain things in a child's daily routine such as going to the toilet, washing his hands, coming to the meal table which he must do. But there are certain techniques which make it easier for a child to conform to necessary requests.

Obeying is not easy. But if Tom-

my had been prepared for the call to dinner, by a five minute warning, he would have been more willing to drop his playthings and come. Tommy's mother would have been wise to use the indirect command "Twelve o'clock Dinner time now!" and then take Tommy by the hand and start him indoors, rather than the direct order.

There is nothing to be gained by repeating a command over and over or by arguing with a rebellious child. Tommy's mother should make sure she has his undivided attention before making her request. But once she has given her direction, Tommy's mother must see that he does what he has been told to do. A slightly older child may ask "Why?" just to stall for time, but the parent will find it well to state briefly the reason for an unexpected request.

### Make Him Proud

"We will put on your new sweater because Granny knit it for you, and she will be proud to see it on you in your picture."

Parents should avoid unnecessary issues. Most mothers, if they will check up on themselves, will discover that they give their children many unnecessary orders. Reducing commands to the minimum is one way to remove the number of opportunities for saying "No! No!" A mother will also perceive that sometimes a child says "No! No!" when he does not know his own mind—almost from habit—he may even mean "yes!"

In a different form from "No! No!" dislike of authority is apparent in an adolescent's development. Parents, if they could only remember, went through these very same phases. So they should not be too much dismayed at the preschool child's negativism or the teen-ager's yen for freedom from parental supervision.

A good parent's goal is not a child who never questions authority or who never defies a command. The goal in child training is an individual who, in time, will be able to "put on the brakes" and say "No! No!" to himself or to his companions when he knows he should. A "Yes Man" is not a valuable citizen nor a happy person.



—Staff Photo

MILTON TEACHER turned missionary, Audrey Lawrence returned home recently after three years on the dark continent where she taught children of missionaries. With her she brought a few souvenirs, such as the gourd bowl and woman's blouse and wrap-around skirt displayed by her niece Mary Lou Bailey of Drumquin. Miss Lawrence holds a Ngambai translation of the New Testament in her hand, while articles of African art and crafts are displayed on the table, including ivory elephant figurines, a leather bag, purse of beads, money, books and birds fashioned from cows' horns.



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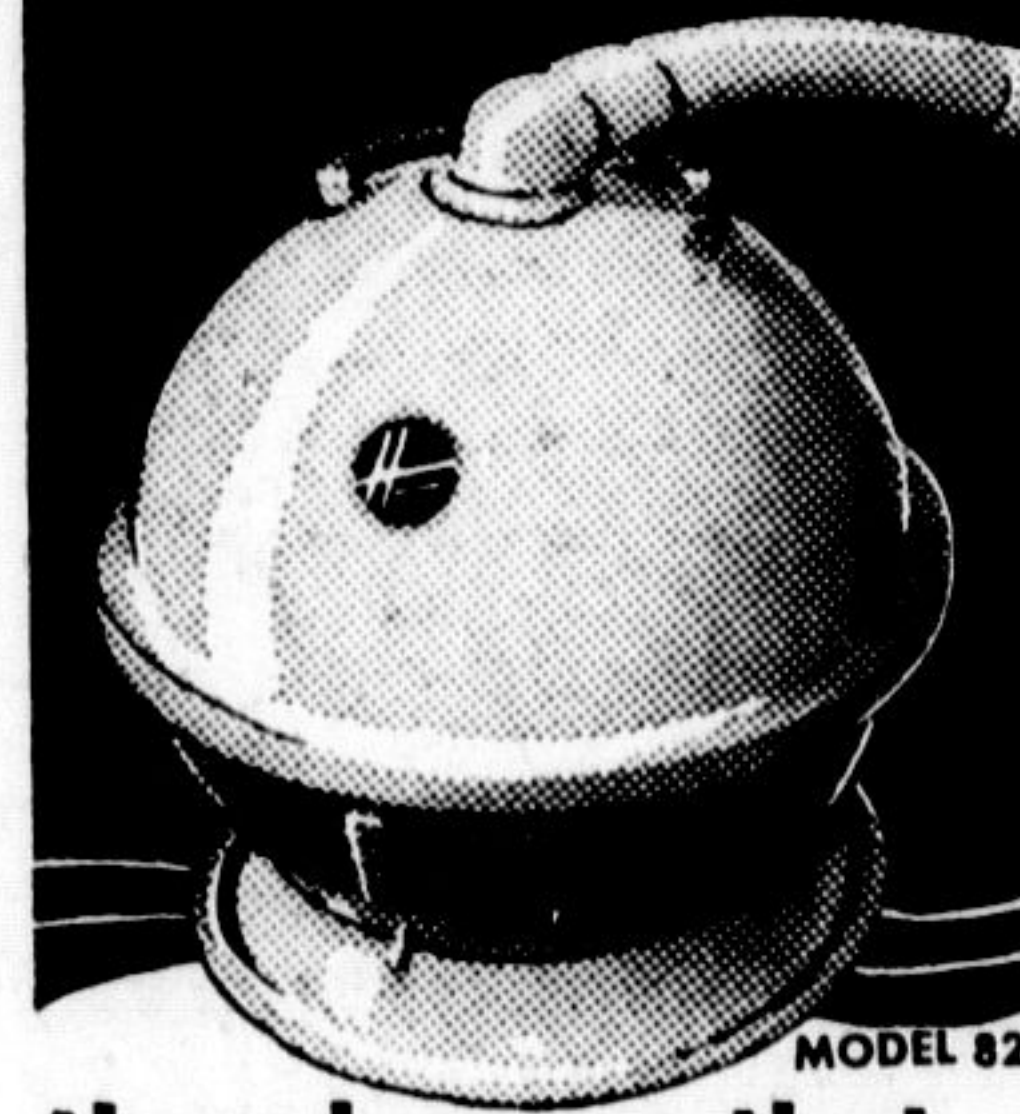
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