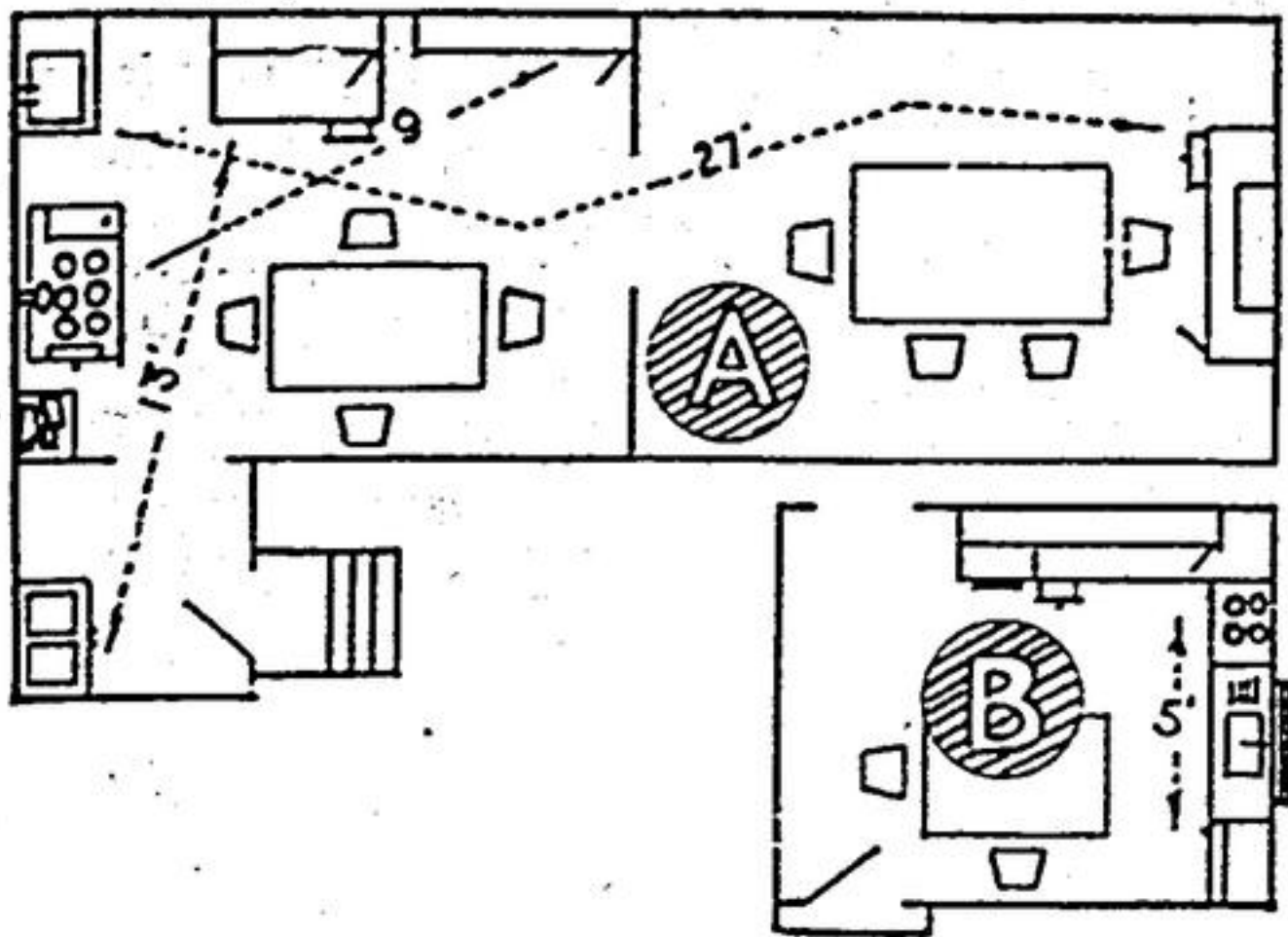


FOR THE WOMEN



Is Meal Preparation A Marathon for You?

Nothing is harder on a woman's nerves, psychologists say, than inconvenient, long outdated arrangements for preparing the necessary "three a day." Some study of the accompanying drawing, especially prepared for The Canadian Institute of Plumbing and Heating, will show why many wives and mothers often grow old before their time.

Diagram "A" will no doubt arouse nostalgic memories in those, who recall the pleasures enjoyed in old fashioned kitchens where a great deal of living took place. However, the grim fact is that such domestic sweatshops frequently sent regular occupants to early graves. In the so-called good old days, an observer comments, many a housekeeper walked herself to death.

If you doubt this, notice the distances involved. Nine feet from stove to cupboards, thirteen from cabinet to ice box—which was generally located out in the back porch—and twice that far from sink to dining room buffet.

Many households still have this "horse and buggy" layout. And since even the most efficient operators must make dozens of trips between these points while preparing a single meal, they frequently run up a total of several miles per working day.

Now consider Diagram "B". A moment's study here will show how easy it is to eliminate the marathon. This particular layout is known to modern home planners as an "L" which enables two people to work without tripping over one another.

Other equally effective plans are The Corridor; an arrange-

ment patterned after a ship's galley which is ideal for a single operator, and the U, which has supporting features down both adjoining walls.

All of them, however, have one point in common. They are built around the sink—most important single unit in any kitchen, now that central heating has in most cases eliminated the coal range. The sink is flanked, for maximum efficiency, by cook stove and refrigerator.

Although not shown in the floor plans, the heights of various shelves and work surfaces is of vital importance. Counters and storage areas should be arranged so that a woman works at her most convenient level, with a minimum of "reaching down under" or climbing up on stools to secure food supplies and utensils.

According to a recent survey made by the Institute, three out of five kitchens in houses over thirty years old still come a lot closer to "A" than "B". If you're among the backward 60 percent don't compromise when it comes to making necessary changes. It will pay, in the long run, to go all the way.

The weaknesses of your present setup are already well known to the woman of the house. A reliable plumbing and heating contractor can quickly estimate how much space is now being wasted. He'll also suggest what can be done with this extra space. Many couples, facing this problem, have found that solving it leads to the solution of other problems. Quite a number, for instance, find themselves enjoying the additional advantages of an extra bathroom—conveniently located in a pantry that no longer serves its original purpose.

Smoked Fish in Tomatoes

Herbs and similar special seasonings add a great deal to the appealing flavor of foods. Canadians are becoming more aware of their extensive use and it is a common sight today to come upon small pots of herbs growing in homes of friends. Basil is one of the herbs in common use which adds that extra fillip to lift a dish from the ordinary to the special. It belongs to the mint family, adds to foods a light, delicate taste not unlike clove, but less pungent. Basil is a particularly good complement to tomato, fish and egg dishes. To fire your enthusiasm for using this mild-flavored herb, the Fisheries Council of Canada suggests you try adding it to a quick, economical Lenten main dish of smoked fish baked in tomatoes. This main dish is extra good to eat and extra kind to the budget.

Smoked Fish in Tomatoes
2 lbs. Finnan Haddie (or other smoked fish such as cod fillets)
28-oz. can tomatoes
1/4 teaspoon basil
1/4 teaspoon white pepper
1 medium onion, sliced and separated into rings

Place fish in shallow ungreased baking dish. Pour tomatoes over and around fish. Add basil, pepper and onion rings. Bake in oven preheated to 450 deg. F. (hot), allowing ten minutes per inch thickness of fish. Fish will be cooked when it flakes easily when tested with a fork. If smoked fish contains the backbone, bake (poach) an additional 10 to 15 minutes. Makes 4 to 6 servings.

* If preferred, you may use a pinch of powdered clove or one or two whole cloves instead of the basil.

Quick Sardine Pizza
2 cans drained sardines
8 slices tomato or 1 cup canned tomatoes, drained
4 hamburger buns, split and toasted
2 tablespoons sweet pickle relish
8 slices Canadian cheese
Lemon wedges

Arrange one tomato slice on each toasted hamburger bun half, or spread each toasted bun half with drained canned tomatoes. Sprinkle each with relish. Arrange sardines on top and cover each "pizza" with a slice of cheese. Broil in preheated broiler about two or three inches from source of heat until cheese melts. Serve the muffins hot, with lemon wedges. Makes 8 pizzas.

Sardine Snacks
The flat, dough-based Pizza, with its toppings of cheese, smoked fish or sausages, rich tomato pastes and pungent seasonings, has undergone many alterations since Italians introduced it to the rest of the world. Across Canada we now find it in various forms, close facsimiles or daring modifications of the Italian original. Pizza makes a tasty appetizer, a tantalizing main course with green salad and is gaining in popularity as savory snack fare. The Fisheries Council of Can-

ada passes along a suggestion for a Canadian adaptation of Pizzas which can be put together in very little time, something worth remembering when unexpected company drops in during the evening. The teenage crowd will make these snacks disappear in short order and they'll have lots of fun assembling them, as well, if the ingredients are left handy.



Beauty Tips by Simonetta

Carriage is 90 percent of how you look in your clothes, believes beautiful and talented Italian fashion designer Simonetta. Important too, is dressing for your individual type. Similar silhouettes can be adapted for the short and the tall to make the most of what you believe to be your defects.

For instance, if you're tall, the new seven-eighths length coat will look well over a contrasting colored dress. But if you're small, a coat that comes above your hemline looks best when it matches your dress.

For evening, Simonetta likes a short full-skirted dress in brilliant green satin for the tall girl. The low-placed waistline and a smashing bow in the front cut height.

But for the shorter girl, Simonetta recommends a simpler full-skirted black dress, slimly cut over the hips, with tapering apron insert of faille on black velvet.

Almost everyone will admit to some defect, and Simonetta believes the best way to conceal such defects is to emphasize them. "If you have a big bust, drape it instead of trying to flatten it down," she says. "Then no one knows which is you and which is the dress."

"If you have big hips, wear a wide skirt. If you have a big mouth, paint it to look bigger and it will be an arresting feature."

To be chic means sacrificing some comfort—you need a good corset, well-fitting shoes with high heels, a neat hairdo—but, she consoles, the boost to your morale makes up for it. Simonetta says you should dress for yourself too. Even if you are alone, make a habit to look as though someone were looking at you. For, if you allow yourself to look sloppy, your mind grows sloppy too.

Jelly Busters Are A Treat

North American homemakers have been making doughnuts and improving on them ever since they were brought to this continent by the early Dutch and English settlers. You can always begin with the basic yeast-raised fried cake with a hole in the centre. Instead of cutting doughnut shapes, you can just pinch off small irregular pieces of yeast-raised dough, and drop them into hot fat. They puff and bubble around into funny, interesting shapes that often look like frogs and odd little men. For a party treat, you can make yeast-raised doughnut dough into "Jelly Busters" or "Crullers" as described in the recipe following.

Yeast-Raised Doughnuts
1/2 cup milk, scalded
2-3/4 cups sugar
1/2 teaspoon salt
1 teaspoon nutmeg or cinnamon
1/2 cup lukewarm water
1/2 package active dry yeast
1 teaspoon sugar
1/2 cups sifted all-purpose flour
3 eggs, well-beaten
Fat for deep frying

Pour scalded milk over sugar, salt, nutmeg or cinnamon. Stir and cool to lukewarm. Meanwhile, in 1/2 cup lukewarm water thoroughly dissolve 1 teaspoon sugar. Sprinkle yeast on top of water. Let stand ten minutes. Stir well. Add yeast to lukewarm milk mixture. Mix well and add enough of the flour to make a soft dough. Beat thoroughly for 1 minute. Add well-beaten eggs and continue to add flour, mixing in with floured hands when dough gets too heavy for a spoon. (From 3 1/2 to 4 1/2 cups sifted flour may be used.)

Remember, the lighter the dough, the lighter the doughnut. Turn dough onto lightly floured board and knead until light. Place dough in a greased bowl. Let rise in a warm place free from draft until doubled in bulk; punch down and knead for 2 minutes. Let rise once more until doubled in bulk. Roll dough to 1/4 in. thickness. Cut with doughnut cutter. Fry in deep fat heated to 370 deg. F. or hot enough to fry a bread cube golden brown in 1 minute. Turn doughnuts frequently during cooking period to give them a good crust. Fry each batch about 2 minutes. Drain on thick brown paper.

For Jelly Busters—
Prepare yeast-raised doughnut dough and roll to 1/4" thickness. Cut with circular cutter 2" in diameter. Place a heaping teaspoon of jam or jelly on half of the circles; top with remaining circles. Seal each well by moistening with water and pressing edges securely so that none of the filling will escape. Let rise and fry same as raised doughnuts.

Eggs for Lunch

This is the season of the year when fresh eggs are plentiful, especially good and reasonably priced. So it is an ideal time to use them often for breakfast and for lunch and supper as part of the main course as well as in desserts. For lunch, eggs are quick to prepare and can be attractively served in sandwiches, casserole dishes, soufles and omelets. This last one, the omelet, is particularly good for it lends itself perfectly to many variations.

Though the best omelet recipes are basically French in origin, it might be said that the omelet is international. In Italy it is called frittata and is often served with spinach, small squash, Parmesan cheese or whitebait which are tiny fish fried crisp and so tender that both bones and skin are eaten with the flesh. Spanish people use various combinations of onions, tomatoes, mushrooms and green peppers to serve with their omelets and the Chinese are likely to add bean sprouts, shrimp and mushrooms in their own delicate and distinctive way.

Some of the most delicious omelets enjoyed by Canadians are ham, mushroom, cheese and onion. Those seasoned with fresh herbs such as parsley, chives and sweet basil are also very good. Sometimes omelets are served with a sauce such as cheese and mushroom, or they may have a savory filling placed in a slit made on top after the omelet has been folded. The filling or sauce should always be prepared first and the omelet itself turned out just before serving.

Wear The Right Shoe At The Right Time

Foot specialists say that the wearing of heel-less scuffs or worn-out, rundown shoes around the house accounts for a great many serious foot ailments. They account for the feeling of fatigue that often catches up with a woman around 11 a.m. or 4 p.m.

A comfortable shoe which gives plenty of support is as necessary to the homemaker as it is to a nurse or any other worker who stands on her feet all day. So buy well-made shoes for your daily work.

"One A Penny, Two A Penny"

Hot Cross buns have a long and honorable history. Ancient Greeks, Egyptians and Romans all made buns marked with crosses which they thought had powers not only to insure good baking but also to prevent illness. Hot Cross Buns of the Christian era first appeared around 1250 A.D. when they were sold to Easter Sunday communicants as they left the church. In the 16th century people began to eat these small cross-marked buns on Good Friday. Seventeenth century Englishmen used to hear Hot Cross Buns hawked through the streets of London to the old jingle, "One a penny, two a penny buns, one a penny two a penny Hot Cross Buns".

In Canada the Hot Cross Bun season starts on Ash Wednesday and continues all through Lent. The buns are much the same as they were in 1250—yeast-raised, touched with spices and raisins or currants and iced with a pure white cross in a sweet frosting.

Hot Cross Buns are especially good when served piping hot. To do this they should be placed in the top of a tightly-covered double boiler over rapidly boiling water for about 3 minutes in a 350 deg. F. (moderate) oven.



Hot Cross Buns
2 medium potatoes
1 cup milk, scalded
1/4 cup shortening or margarine
1 teaspoon granulated sugar
1/2 cup lukewarm water
1 envelope active dry yeast
5 1/2 cups sifted all-purpose flour
2 eggs, well-beaten
1/2 cup granulated sugar
2 teaspoons salt
1 tablespoon cinnamon
1 1/2 cups seedless raisins

Peel potatoes. Boil in enough water to cover, until soft. Drain and mash and let cool to lukewarm. There should be 1 cup mashed potatoes. To scalded milk add shortening or margarine and stir until dissolved. Let mixture cool to lukewarm. Meanwhile thoroughly dissolve 1 teaspoon sugar in 1/2 cup of lukewarm water. Sprinkle the yeast on top of water. Let stand 10 minutes. Then stir well. To lukewarm milk-shortening or margarine mixture add lukewarm mashed potatoes and stir in two cups sifted flour, beaten eggs, 1/2 cup granulated sugar, salt, cinnamon and well-stirred yeast mixture. Beat with a wooden spoon until well mixed. Let sponge rise in warm place free from draft, for 2 hours or until doubled in bulk.

Boil raisins (in enough water to cover) until soft. Drain and

GOOD HEALTH RESTS ON SOUND FEET

The Canadian worker who wishes to stay on his or her feet during National Health Week—and the rest of the year as well—should realize the importance of keeping his feet in good condition, say the health authorities.

The relation of good foot health to general health is being stressed during National Health Week by foot specialists. Medical practice no longer seeks for the one single cause of any illness, they say, but looks everywhere for contributory factors. And feet are prime suspects.

A painful corn, for instance, will cause a worker to favor one foot. This alters the normal alignment of muscles surrounding the spinal cord. The strain is recorded by the nerves of the spinal cord which may, in turn, pass the distress along to a part of the body far removed from the feet.

Chronic headaches can often be alleviated, sometimes even made to disappear, by correcting a maladjustment of the feet. Continued poor posture, caused by faulty alignment of the feet, may even compress the deep blood vessels of the stomach which in turn results in abdominal discomfort with all its attendant ills.

Ill-fitting or poorly constructed shoes are at least partly to blame for most foot troubles, the specialists say. Shoes that fail to give proper support to the feet either because they don't fit well or because they have become twisted out of shape will cause a variety of unpleasant foot ailments.

Care in selecting shoes, the doctors say, will result in shoes that fit better when new, and that will continue to give adequate support to the feet. Most recommend a shoe with supple leather uppers and soles, which sustain the muscles while at the same time allowing them freedom of movement.

In purchasing shoes they advise the observance of these rules:

1. Don't buy shoes in the morning. Feet tend to swell and you may find the shoes too tight by evening.
2. Have the shoe salesman measure both your feet—they are probably not the same size. Get fitted for the larger one. Also, be measured while standing; your feet naturally spread when your weight is on them.
3. For a healthful fit, the widest part of the shoe should match the widest part of your foot. Be sure the heel is snug, and avoid cramping the forefoot.
4. Check that the shoes have leather uppers, soles, smooth linings and no ridges inside the toe area.
5. Choose shoes on the basis of the work you expect them to perform. Women can wear high heels for dress occasions, but should have low heels for standing, walking and doing household chores.

Frosting
2 tablespoons milk
1 cup icing sugar
1/2 teaspoon vanilla
Blend ingredients thoroughly.

PARENTS

Beware Of Spring Thaws

The first warm days of early Spring make ice on small lakes rivers or other bodies of water very treacherous and unsafe. Every year, reports of drownings of small children who wander out on the fascinating water's edge, appear in the press. In addition to cautioning children against playing on the ice, in quarries, excavations or trenches, steps should be taken to prevent young children getting into dangerous places by erection of fences or other obstructions.

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