

WOMEN

Page 8 The Guardian Tuesday, Nov. 16, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

This November night is beautiful—calm and still and peaceful and held now in the spell of a gracious lady-of-moon. How lovely the silver light brightens the farmlands! Touching with an old magic the wearying fields, the dark of the woodlands, loving the farm-houses settled now so comfortably amid their trees and groves.

"Will you turn out the light before you go down?" Jamie gave us a last smile of day from his pillow not long ago. "I like to see the moonlight brightening the room."

There is we remember a decided edge of frost to the out of doors, and yet it comes to mind temptingly, it would be a pleasant night to walk abroad, to loiter along these friendly country paths that we know, to enjoy the mystery and beauty of these silvered hours.

A nice night to be alive in a nice night to be born to. Perhaps even now in an old farmhouse like that of ours at Alderlea, which has welcomed babes of the name to its rooms, there is that air of expectancy, the hush . . . and the tremulous first wall of a birth.

A nice night for a wedding. Or the festivities which attend one—the celebration of the binding ties of the nuptials, an occasion when solemnity and joy and laughter meet, a time to be remembered lovingly all down the years.

A nice night this, in which to relinquish earthly ties? Yes, if need be—to walk alone out into the moonlight and exquisite hush and peace. And face set steadfastly toward the gentle call, go along the

valley and up that little path which leads we fancy through the gates of a sunrise to that land that is Eternity.

A nice day this has been for the farmers at this place. It allowed, indeed much encouraged, four "good men and true" to have their way at the last of the harvesting to dig and gather turnips and save them to the winter-safety of the barns. By this, there is an overflow in a bin in the smaller (moved) barn, to have at hand for the feeding of those young cattle from the fields, we notice it already shelters. These nights laced with frost and the chill of fall, all the cow-kind are housed, as once more in the turn of the year, the season of stabling begins.

As it happens, this night so lovely has turned the footsteps of one friend to many, well esteemed and kind toward that other far land. A brother-in-law to Carolyn, he was one of the favorite uncles to the boys of this farm though they had no kinship of blood with him. Suddenly and yet not without some warning, he is gone now from every earthly leaving his family and friends sadly bereft. But giving them to keep in memory ever the inspiration of his smile, his kind encouragement and consideration to cherish forever.

"It comes" our philosopher-helper offered "That last day!"

A sad world? Indeed. But a beautiful one, ours spread now with the molten silver of moonlight.

Until tomorrow ———— Diary
Good-night

KEEP IN TRIM

Set Your Mind To Slimming

By Ida Jean Kain

How many times have you said, "I've half a mind to reduce." Change that to a firm determination. "I've a good mind to get down to normal weight." That wholehearted approach injects starch into your will power.

Don't falter at the mention of will power. With enlightenment on what gives force or drive to this nebulous quality, you can shift into weight to be beautiful normal. All that's necessary is to be willing. At this point, you may be honestly puzzled and feel you have always been perfectly willing — if only you had the strength-of-will-to-stay-on-a-diet.

Here's the powerful secret. Will power is influenced by the subconscious part of the mind, the deep inner part which carries out your sincere desires. Bear in mind that the will is there, abiding in full power. You always have sufficient will to do anything you really want

to do. What's needed is your wholehearted desire.

Are you completely willing to diet? Examine your attitude toward the only possible way your weight can be reduced — by cutting calories below the number nature uses daily. To do this, you must leave out certain favorite fattening foods. Now, if your mind balks at this turn, then you have been merely wishing to be slim, which is quite a different thing.

Are you eager to take advantage of the science of nutrition? Or are you feeling sorry for yourself because you have to give up some of your favorite foods? Above all, beware of self-pity for this attitude permeates and influences the subconscious. Then, instead of strengthening your will to eat for normal weight, your subconscious is right back in the old groove. This is the reason: Self pity, seemingly against your will, forces you back to the old fattening food habits. Choose the positive approach. Keep your mind focussed on the advantages of being normal weight, and picture yourself wearing the size you will wear at perfect weight. The dominant thought pattern directs your will towards slimming.

One more tip: Doubt hinders. Never for a moment doubt the science of nutrition. And don't expect to be hungry. You may feel days when shrinking your stomach, but soon you will feel content and be perfectly nourished on three balanced meals a day planned on the vital protective foods, with calories cut to 1100 or 1200 a day.

The science of nutrition controls true hunger. False hunger comes from boredom and loneliness. Find an absorbing interest and your mind won't dwell on forbidden foods.

As one courageous reducer has expressed it, once you are in control of your will, you'll never again feel you lack will power. This triumph can help you to live life victoriously. It's a wonderful feeling to have.

You can't go ALL-OUT If you feel ALL-IN

These days most people work under pressure, worry more, sleep less. This strain on body and brain makes physical fitness easier to lose—harder to regain.

Today's tense living, lowered resistance, overwork, worry—any of these may affect normal kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest, that "tired-out" heavy-headed feeling often follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys to normal action. Then you feel better—sleep better—work better. Ask for Dodd's Kidney Pills at any drug counter.

Alice Brooks Designs

JAMA DOLL

He's a doll—he's a 'Jama Bag'. Come morning, the children pop their P. J.'s into the slit in front. Bunny snoozes on their beds 'till night-time. Use scraper!

Two flat pieces plus round, stuffed head — easy! Pattern 7248; pattern pieces, transfers.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

7248
by Alice Brooks

Household Hint

It's not necessary to use polish on chromium fixtures. Rub them briskly with a clean, dry, soft cloth. If fixtures still look dull, wash them, then rub dry.

CHILD KILLED

SUSSEX, N.B. (CP) — Sandra Reid, 11, of Newtown, died in hospital Sunday of injuries suffered Friday when she was hit by a truck in this town.

Heart Patient Can Do Much To Help Self

Modern medicine and surgery save heart disease victims every day. But if you've got heart disease, don't rely on surgery and medicine alone to save you. There's much you can do both at home and at work to help prolong your life.

Some Valuable Rules

Statistics show that, as a group, business and professional men are hardest hit by heart disease. If you're in that category, here are some important rules you should follow:

Don't make your job your whole life. Your personal welfare and that of your family should come first. Leave your work at your office. Don't take it home with you, or to lunch, either. And don't go to the office on weekends or holidays.

Vacations Are Vital

Take a vacation from your job every year.

Don't attend all the meetings, banquets and get-togethers to which you are invited.

Generally, you can follow these suggestions whatever your job may be.

And here are some others that will usually benefit every heart patient:

Wherever you are, you've got to relax, whether it's at work, at home, at play, or even while eating. And that's another thing. Don't over-eat. It'll have more to say about what you should and shouldn't eat later on.

Worry and argue as little as possible.

Go easy on smoking. Limit yourself to no more than 15 cigarettes or three cigars a day unless your doctor has directed otherwise. If you're suffering from angina pectoris (a condition resulting when the coronary arteries cannot supply sufficient blood to the heart muscle), you probably shouldn't smoke at all.

Quit your job a little early, if possible, and get about an hour of moderate exercise outdoors each day. In some cases, golf is all right; in others, it isn't. In general, try to avoid competitive sports, because they bring on excitement.

Don't become a weekend athlete and try to do things you know you can't.

If you're the athletic type anyway, you've got to reduce your ambitious drive. It burns up too much energy.

And, remember, most of you aren't kids any more. So act your age.

QUESTION AND ANSWER

C. M.: I have neuritis in both my arms. Is there any cure for it?

Answer: Neuritis means inflammation of the nerves or the tissues surrounding the nerves. Your difficulty might be due to some type of infection or inflammation of the joints, or to a circulatory disturbance.

You are in need of a careful study by your physician to find the exact cause for your trouble so that proper treatment may be prescribed.

My silver birch, in tender woe, Bends o'er their bed in loneliness. Their painted cups she fain would see. In all their vivid loveliness.

My tulips sleep in sweet content, Because they know, in spring's glad day, Again with beauty they will glow. And in God's sunshine softly sway. —Fulcher.

Tulips are being planted in this garden every sunny day this month. It is a mistake to plant tulips too early and beautiful beds of tulips were seen this spring at the Memorial Nursery which were planted in December last year. It is possible to dig the frozen ground and plant them but it is not easy planting. It is easier to cover the ground where they are to go with old burlap or similar material to keep out the frost. It is always amazing to me to see how much cold these bulbs will stand. The early garden visitors to the garden here are never early enough to see all the beauty of these lovely flowers with the ground covers of blue, blue-forget-me-nots and other carpets of violets and arabis, with the background of apple blossoms. This year the late planting of the tulips will help to keep the garden lovelier for several weeks.

A few bulbs of Allium were planted in the garden. Azureum, with small compact heads of deep corolla flowers in a very distinct color which bloom in July. These have never been planted here before and another variety, Pulchellum blooms with violet-pink flowers in August, is grand for cutting with long-pointed buds growing to a height of two feet and they make unusual and charming plants, so the catalog says, and when they bloom in the garden notes will be made and passed on to you.

Today three new bulbs from South Africa arrived and will be potted up for indoor bloom. They are sweet-scented and have curious green and brown flowers. They are related to the "Tigris" and will be lovely flowers to watch for in the early spring garden room. The name of these curious flowers is Ferraria undulata and because they are sweet-scented I am sure they will be much admired.

Some new tulip bulbs have been added to the garden collection. The New Indian Breeder Tulips with the Indian names, Cheyenne, a grand deep rich orange, of a particularly attractive shade, not harsh but will light up your tulip display, Yuma, inside fiery red with tiny bronze edge, outside garnet red edged orange. A noble flower on tall stems of twenty-eight inches. Chappaqua, described as inside carmine-rose, outside violet-rose edged carmine-rose and very long strong stems. This tulip is a cross of a Breeder-Cottage. The Breeder tulips are an attractive and popular race of tulips, very large and strong, often surpassing the Darwins and Cottages in size, and providing rich deep bronze, tan and "art shades" not found in any other tulips.

The new Indian Breeder Tulips are quite exceptional — with rich, but brilliant tones, much more lively and colorful than most Breeders. Eight different varieties are planted in the garden here for

Exchange Vows



Mr. and Mrs. John Kosec Jr. are seen above following their wedding recently at the Baptist Church in Summerside. The bride is the former Joan Katherine Morrison, daughter of Mr. and Mrs. J. Ernest Morrison, Summerside. The groom is the son of Mr. and Mrs. John Kosec of Hamilton, Ont.—(Photo by D. W. Sears).

MRS. GORDON MACMILLAN A COUNTRY GARDEN

My gold and crimson tulips sleep Beneath the sodden leaves and snow. In dreamless rest they quiet lie While winter's storms above them blow.

My silver birch, in tender woe, Bends o'er their bed in loneliness. Their painted cups she fain would see. In all their vivid loveliness.

My tulips sleep in sweet content, Because they know, in spring's glad day, Again with beauty they will glow. And in God's sunshine softly sway. —Fulcher.

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MARY HAWORTH'S MAIL Proper Place Of Women In Civil Society

DEAR MARY HAWORTH: As a constant reader of your column, I usually find it enlightening. But I take exception to your recent answer to C.Y. (October 7). You say you've never encountered the extremist type of article she deplores—telling women to flatter their man, shower him with attentions, etc., even if he is a churl who doesn't respond in kind. Well, I've read such articles—and recently too.

For example, a professor in a leading college is quoted thus: "The best adjusted girl is intelligent but not brilliant; able to stand on her own feet and earn a living—but not so good as to compete with men." Now I ask you! If men are so smart, why are we women warned to hold back and let them outshine us? It must mean that acting naturally, we would surpass them.

Years ago when "Women's place was in the home," and she had to stay there because no outside jobs were available, perhaps she was obliged to sing man's praises—to wheedle a little warmth for herself by being his staunch backer, filling his head with delusions of grandeur. But there is no such need today; a woman can be great in her own right.

WHY HIDE 'LIGHT UNDER A BUSHEL

Leading doctors report that the male embryo derives from an incomplete cell—a fragment as compared to the female cell. Men themselves concede that women are the smarter sex. Why then hide our light under a bushel? Why take this poor incomplete confused creature and bow to him as Lord and Master? Why inflate his ego, let him win at sports and games, push him ahead in business and politics, give him credit for our ideas, and label him "wonderful"?

No wonder men get the idea that they are too good for us. Serves us right for under-selling ourselves. If you make a doormat of yourself, don't blame people for wiping their feet on you. When we women stop reading that trash about "How to hold your man," and spend more time developing our own potentials, men will be more appreciative and cooperative in relation to us.

WOMAN ALREADY IS EMANCIPATED

DEAR E. B.: Addressing a conference of women some years ago, the scholarly Virgil Michel, O. S. B., presented a viewpoint worth considering. The emancipation of women came with the advent of Christianity, he said.

In Christianity, woman found her true place beside her man, over against her inferior position in Greek society, and over against the false position assumed by pagan women in ancient Rome. Women who wanted to be like men—this scholar attests.

"The status of women and of civilization go hand in hand," quoth Dr. Michel. "A civilization that does not give woman her proper dignified position, or in which woman abandons this position, will not last because of its unhealthy condition."

RIGHT AND WRONG SOCIAL PATTERNS

The fostering of a healthy civilization is possible, he believes, only if woman retains her proper position with dignity—as man's co-partner, but in charge of her special domain—in activity playing the part which nature assigns her: as an instrument in the spread of good. This role he sees as kindling a spark of consciousness of a higher or better life, in the minds of the young; and keeping the vision clear, in the souls of the more mature; while also "stepping out actively in the affairs of the world."

(Incidentally, the gracious example of England's young Queen Elizabeth is evidence that this concept of Christian womanhood is possible of achievement on the grand scale—a fact that probably accounts for the worldwide esteem she attracts.)

Finally, Dr. Michel warns against those aspects of modern life that "take from woman all that is peculiarly her own." He refers to "cultivating appeals addressed to the lower nature of man," and to female striving for positions of public power and eminence. In brief, he warns woman against "becoming like man," thus forfeiting her transcendent real power in relation to him.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Marjorie Bowen will be planted in a bed near the garden house. This is a lovely variety thirty inches long with a white base on buff and salmon passing into deep rose-pink. Yellow Giant is always planted near the lattice summer house leading in to the rose-garden where the forget-me-nots are a sheet of blue.

Around the bird-bath in the lower garden with the river as a background the color of the tulips are changed each season. This fall a sport of Bartigon in salmon pink will be planted and the edging of forget-me-nots are green and fresh looking.

Around the home about two hundred All Bright in a bright red and very attractive, large globular flowers will be planted. The pup and the chickens seem to delight in digging up the tulip bulbs in the soft mellow earth so they must be protected with wire and slats. It is a disappointing affair to find that after carefully planting them under the soil at the proper distance, they are all scattered on top of the ground. This has happened here quite often and certainly the gardener must have patience and a love for hard work.

Gardeners young, and the very old must have patience

TAKE (TWO) COUNTRY GARDEN

Impatiently the children stand While slow as snails his root-brown hand Crumbles the fragrant earth and spreads

The even rows for tulip beds, For little freesia bulbs a nest, For daffodils a hillock's crest. "But when will they begin to show?" "Oh, sometime round the melting snow." His answer brings a host of groans.

They watch him finger out small stones. "But that is months and months away!" "Oh, not so very long," he'll say. A playmate calls and they forget. In running, the extreme regret That flowers and gardeners are so slow And gardens take till spring to grow. —Brasier.

A few hundred old-fashioned late-flowering tulips striped, feathered and blotched violet, purple and black on yellow ground, will be planted in a new bed by the garden house. These are Bizarre Tulips and were much admired at the Memorial Nursery this spring. There are the Rembrandt tulips similar to the Bizarre but the

Martin-Roach Wedding



Pictured above are the Martin-Roach bridal party. From left to right are Mr. Joseph Martin, usher; Mr. Maurice Martin, Jr., groomsmen; Mr. and Mrs. Melvin Martin, the groom and bride; Miss Jean Roach, maid of honor; Mrs. Stirling McAulay, bridesmaid; Mr. Vincent Martin, usher.—(Barter's Film Lab)

St. Dunstan's Basilica was the scene of a fall wedding on October 18, 1954 at 8:30 o'clock, when Muriel Loretta, daughter of Mr. and Mrs. Sanford Roach, was united in the holy bonds of matrimony to Melvin James Martin, son of Mr. and Mrs. Maurice Martin. Rev. Francis Corbett performed the ceremony and celebrated the Nuptial Mass. Mrs. Joseph Dougan was in charge of the wedding music and accompanied the soloist Mr. James Flanagan, who sang appropriate hymns.

The bride, given in marriage by her father, wore a white floor-length gown of nylon net over tulle. The strapless shirred bodice was topped with a beaver of net over satin with long sleeves tapering to points below the wrists and had a Peter Pan collar. The waist-length veil was held in place by a tiara trimmed with seed pearls. She carried a bouquet of Better Time roses.

The bride was attended by her sister, Miss Jean Roach, as maid of honor, who wore a blue floor-length gown of nylon net over tulle with matching tulle bolero. Mrs. Stirling McAulay, as bridesmaid, wore a floor-length gown of primrose net over tulle with matching tulle bolero.

Both attendants wore matching headress and mitts of blue and primrose net respectively and they carried nosegays of mixed flowers.

The young couple left on a honeymoon trip to the Cabot Trail and points of interest in Nova Scotia. For travelling the bride wore a navy blue suit with matching accessories with a corsage of white carnations.

Telegrams of congratulations were received from Mr. John Molyneux and Mr. Walter Duffy of Montreal.

The couple will reside in Halifax.

LET'S EAT

How To Freeze Entrees

By IDA BAILEY ALLEN

"There are always a few vacant spots in the food freezer that can be used for freezing entrees," said the Chef, deftly finishing the sealing of a cooked casserole of beef with freezer tape.

One for Dinner

"I made two casseroles today, Madame: one is in the oven keeping hot for dinner; this other one I will freeze. In making, I used the inexpensive, plentiful grassed beef, and for vegetables, small cubes of potato, cut green beans, sliced carrots and onions. It took no more time or oven heat to make the two casseroles than it would one.

"When ready to use the frozen casserole, I will not thaw it first, ah, Non! I will just put it, without thawing, in a moderate oven, and bake it covered for about one hour.

Successful Freezing

"During my two years study of frozen foods and food freezing, Chef, I froze dozens of entrees successfully. All kinds of dried bean dishes; beef, lamb and veal ragouts; casseroles of chicken or fish; meat or fish and macaroni dishes; and poultry pies.

"But two cautions: Do not use egg or wheat flour in thickening sauces. Use rice flour instead, because sauces thickened with rice flour do not crack or break when frozen.

"For baked entrees, use only heat-proof baking glassware, or aluminum storage dishes with sliding covers. Or you can use throw-away aluminum foil dishes with their

TRICK OF THE CHEF

A little fresh lime juice sparingly used is very good on buttered cooked carrots, cabbage or green beans.

CHOCOLATE CHIFFON PIE

SOFTEN 1 envelope KNOX GELATINE in 1/4 cup cold water

IN TOP of double boiler combine:

- 1/4 cup water
- 6 tablespoons Fry's Breakfast Case
- 1/2 cup sugar
- 1/4 teaspoon salt

PLACE over boiling water and stir until chocolate and sugar are thoroughly dissolved.

BEAT slightly 3 egg yolks.

FOUR chocolate mixture slowly over egg yolks and return to double boiler.

COOK over hot, not boiling water, stirring constantly, until mixture thickens.

REMOVE from heat. Add gelatine and stir until dissolved. Cool.

ADD 1 teaspoon vanilla.

CHILL until mixture thickens to the consistency of unbroken egg whites.

BEAT until stiff: 3 egg whites.

FOLD gelatine mixture into egg whites. Pour into baked pastry shell or graham cracker crust. Chill until firm. Garnish with whipped cream and shaved chocolate, if desired.

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