# WOMEN



## Broccoli

Broccoli is a vegetable that is not served nearly as often as it should be. Although it has been known and used in Europe for centuries it was little known in Canada until the 1920's. Its very attractive green colour and different flavour make it a favourite vegetable for special meals, but it is so easy to cook and so much more is now being grown in Canada that it should be served regularly.

The home economists of the Consumer Section, Canada Department of Agriculture say to choose broccoli that is fresh and clean looking. It should have tightly closed green flower buds in compact clusters or heads and there should be no yellow colour in the buds. Here are the home economists' directions for cooking broccoli.

**DIRECTIONS FOR COOKING BROCCOLI**

1. Cut off woody part of stalks and remove coarse leaves.
2. Cut large stalks lengthwise into suitable serving portions. Wash thoroughly and tie loosely into bundles.
3. Place bundles upright in about 1 inch of boiling water in a deep saucepan or top of double boiler. The water should come not more than half way up to base of flowerets.
4. Sprinkle with salt, allowing ½ teaspoon per pound of prepared broccoli.
5. Cover and cook until stalks are just tender allowing 8 to 12 minutes for young, early broccoli, 10 to 15 minutes for late broccoli.

When buying broccoli, allow about 1½ pounds for four servings.

A drawn butter sauce or a cheese sauce are very good with broccoli and a few chopped nuts add a pleasant crispness.

## That Body of Yours

By James W. Barton, M. D.

**WHY CHILDREN MISBEHAVE**

The blame for delinquency in children has been variously ascribed to "bad companions," "poor heredity," "broken homes," "poor recreation facilities." Now a new theory, at least new to most of us, has been under close study and some remarkable findings have been made. This is that it is the parents who, sometimes unwittingly indirectly encourage the child in his wrongdoing.

Drs. A. M. Johnson of the Mayo Clinic and S. A. Szurek, University of California School of Medicine tell us that they have made studies of delinquent children in apparently "normal" families of good reputation for the past 10 years and have concluded it is a defect in the make-up of the parents that has led to much wrongdoing on the part of their children. We must remember, also, that these children were not from slum areas or from juvenile "gangs." Such antisocial behavior as fire-setting, stealing and truancy was considered.

It was found that some parents, although scolding a little or giving some light punishment to the bad child, were really obtaining a certain satisfaction out of what the child was doing. The parents had themselves inpulses to wrongdoing which they succeeded largely in controlling but when their children proceeded to do what they themselves inwardly wished they had done, they were gratified.

It was often found that there will be "scapegoat" in some families, one who will get blamed for all the mischief done. This might be a young boy who was born when a girl was badly wanted or perhaps the younger of two sons who on the surface resembles the younger of two uncles who was "spoiled and no good from the start." An adopted child may be particularly suitable to play such a role as the wrongdoing can be blamed on "heredity" rather than to parental approval.

Parents who bring their "bad" children for treatment to the psychiatrist often tell the story of their child's naughtiness with a little unconscious smile of approval of their child's impulsive and daring behavior. Children are masters at the art of sensing approval on the part of their parents, even if it is not put into words, and will often risk the chance of punishment to please mother or father. Of course, the child does not understand why he is punished when he knows that the parent is secretly pleased. For example, a father brought in his 6-year-old boy who persisted in running away at frequent intervals. The father rightly feared for his son's safety during these escapades. Yet he was always greatly interested in the stories the child had to tell each time he was found and prompted the child to tell of his adventures to the doctor, assisting him when the child forgot a detail. He was unaware apparently of his own thwarted desire to travel but the child was quick to see that his adventures really pleased his father although he was punished for them.

These research workers advise parents to examine closely their own feelings when a child misbehaves.

## Dior Winning Battle Over Silhouette Line

By PEGGY LAMSON

PARIS, (AP)—American buyers have indicated that Fashion's bad boy, Christian Dior, is winning his battle to erase the bosom with whalebone and wire.

Despite courageous stands by Marilyn Monroe and other outstanding sweater-girl types, it looks as if women are going to be in for a flat time of it.

First reactions from American buyers and designers here for the fall fashion showings is one of enthusiastic — even gushing — approval. Dior, it seems, has done it again.

"It had to happen," said Mrs. Bert De Winter of Nieman Marcus in Dallas, Texas.

"Women were tired of having the bust come before they did. The propellor look has been on its way out for the past few seasons. But it took Dior to finally finish it off."

Miss Elizabeth Fairall, vice president of Julius Garfinkel in Washington, said the new Dior line is "just what we needed."

**BUST NOT ELIMINATED**

But she added: "Women even ample women, needn't really despair. After all, Dior hasn't quite succeeded in eliminating the bust. He's simply raised it up a notch and flattened it a bit. The results are a long-waisted look which is becoming to almost everyone."

A calm voice among the shrill excited ones, Lawrence Aldrich, a leading American dress designer, said this look has been on the way in for the last few years.

Aldrich says fashion thought has been moving toward a long, straight look from the neck to slightly below the hip bone. Such a silhouette automatically calls for narrow sloping shoulders, and flat tapered lines.

"It's slightly ugly at first sight," he said. "But certainly wearable. Even for the larger sizes."

People in the trade seem to agree that Dior had to exaggerate the line a bit to get attention.

**GOOD FOR BUSINESS**

"When it comes right down to it," says Walter Deiches of Bonwit Teller of New York, "We'll make our look to suit the women. For shorter women, for instance, we'll have to modify. The important thing is that we all felt it was time for a change and we're happy to encourage this."

Leon B. Schmulen, president of Henri Bendel Inc., New York, agreed.

"All this is very good for business," he said. "There's a new interest in fashion today. This must be stimulated. We can't let the trends get stagnant."

**GLASS HOUSE**

Orchard house is a name frequently used in England for glass houses devoted to fruit trees.

## Newspaper Says Princess' Styles "Old–Maidish"

LONDON, (AP) — The Sunday Pictorial Sunday advised 17-year-old Princess Alexandra to get rid of her "old-maidish" wardrobe before she leaves for America.

The princess, daughter of the Duchess of Kent and cousin of the Queen, flies to Quebec Aug. 21 with her mother for a tour of Canada and will visit New York City Sept. 14.

The tabloid, under the headline "No Way To Dress A Princess," complains that Alexandra is appearing in outfits that make her look almost twice her age.

Furthermore, the paper adds, her skirts are too long for a tall 'teen-ager and her beltless styles emphasize "the coltish figure faults a 17 - year - old strives to hide."

**MOTHER MUST TELL**

The Pictorial says: "Her mother must tell her:

"That unless a tall girl draws attention to her waistline she looks all in one piece.

The paper says "Canada and America turn out the crispest 'teen-age fashions and hair styles and Alexandra will be watched critically by millions of girls her own age."

Finally, The Pictorial advises "she must stop trying to look like her mother's memory of how she looked when she was a girl."

## Vancouverite Heads Union

HALIFAX, (CP)—Kathleen Farrell of Vancouver was elected president of the Canadian Women's Golf Union at the annual meeting Saturday.

The 1955 Canadian women's open and close championships will be played at Victoria.

Other officers: Mrs. J. N. Foster, Halifax, honorary president; Mrs. Allan Sutton, Vancouver, vice-president; and Mrs. W. M. Heath, Tortnto, secretary-treasurer.

Committee chairmen: Mrs. H. A. Brokenshire, Willowdale, Ont., administration; Louise Stemple, Calgary, national pars committee; Mrs. A. L. Collinge, Montreal, national handicap, and Mrs. W. J. Salter, Toornto, interprovincial teams committee.

## Stuffed Heart

Remove blood vessels from a heart. Simmer 1 hour, drain and stuff with:

2 c. stale bread crumbs
½ c. boiling water or stock.
2 tbsp. melted fat.
Seasonings—salt, pepper, sage, chopped onion and celery.

Rub the heart with salt and pepper, dredge in flour and brown in a small amount of fat. Place in baking dish and add stock (in which heart simmered) to half depth of the meat.

Cover and bake 300°F to 350°F 2 hours or until tender. Vegetables may be added in latter part of baking. Remove heart and vegetables and thicken liquid to make gravy.

## Contract Bridge

By Josephine Culbertson

**THE IMPORTANCE OF THE SIDE SUIT**

It is almost invariably a good idea to test the break of a side suit—and even to establish that suit—before "touching" the trumps. Here is a typical case:

North dealer.
East-West vulnerable

♠ A 9 5 2
♥ 10 6
♦ A 9 4
♣ A 7 3

♠ Q 8 4 3 | ♠ J 10 7
♥ Q 7 5 2 | ♥ 8 3
♦ 6 | ♦ Q J 10 2
♣ Q J 10 8 | ♣ K 9 6 5

(N W E S)

♠ K 6
♥ A K J 9 4
♦ K 8 7 5 3
♣ 4

The bidding:

| North | East | South | West |
|---|---|---|---|
| 1 ♣ | Pass | 1 ♥ | Pass |
| 1 N T | Pass | 3 ♦ | Pass |
| 3 N T | Pass | 4 ♥ | Pass |
| Pass | Pass | | |

Generally speaking, it is proper to rebid the lower-ranking of two suits, but South wanted to tell his partner, via the heart rebid, that he had a good enough suit (and hand) to stand two-card trump support in the major.

West opened the queen of clubs, and after putting up the ace, declarer immediately tried the trump finesse. West winning with the queen continued clubs, and when South ruffed he was down to West's trump length. South then put the seal on his own doom by cashing the ace and king of trumps. Since neither the heart nor the diamond suit broke, he came out a trick short.

South would have been wise to test the diamond suit first—and wiser still to decline the trump finesse in favor of cashing the ace and king. The best line of play on such a hand is:

At Trick 2 South starts the diamonds, and even if he makes an unfortunate guess, cashing the ace and leading to his own king, no fatal harm is done. West ruffs the diamond king and makes South trump a club, but now South persists with diamonds, giving up a trick to East. East can do no better than force declarer with another club. South now leads a fourth round of diamonds—and West can over-ruff dummy or not, as he chooses, without affecting the outcome.

GET YOUR FREE DIGEST of the Culbertson Point-Count Method. Simply send a stamped, self-addressed envelope to the J. C. Winston Co., 1010 Arch St., Philadelphia, Pa.

## Ten-Gallon Hat for the Games

Complete with a 10-gallon hat he wears at every possible chance, Earl Alexander gets caught for an autograph by 10-year-old Graham Landry. The Earl was in Vancouver for the British Empire Games, and was officiating at a tree-planting ceremony when this picture was taken.—(CP Photo).

## ELLEN'S DIARY

**by an Island Farmer's Wife**

Now the bright seasonal flowerings have come to the lawn-border, shadow cast before, we always fancy, of flame on the hillsides. And fore-runner of the quiet blue and gold of the harvest days, goldenrod in a foregathering of that clan, assemble in sunny fence-corners or march, prettily along the hedgerows. There will be presently, if they are not already there, wild asters by the streamside. Not so long ago we hailed with delight the gold of first cowslips there, and heard wth much enjoyment the peepeer's haunting tunes. This evening as we write, a cricket on the lawn below, strikes up his solo in the threnody of the year.

• • •

This is the sunset hour. Only a moment ago, the sun bade farewell to the day and without any wide display of his glory, dropped down quietly behind a dark green wooded hill. Just a meagre rift of afterglow through the clouds of the west remains to tell of the sunshine and warmth of this day that has been.

Very quiet is our world about . . . waiting, with us who await our Family's return from the haying at Alderlea, the night-shadows to fall. Waiting too for the stars to keep their watch and the moon to set her golden crescent in the silver of sky, though this may be a night too beclouded.

In the near meadow, just past the lawn, the milk-cows loiter by the barnyard gate waiting the summons to the stable. The Nell-mare, a lady of these farms and by some twist of circumstance pasturing on this one, "in the road" of late, ranges wider there, cropping the sweet of the clover. A heron, strange flying creature of bird, rises from the millstream and sets a course for the reaches of the morning and the tidal river which washes the farms below Alderlea. His angling is done for today. And in a coincidence the fishman's smart little truck now brings in his wares to the farm-wives of the neighborhood about. A tremor stirs in the leaves of the poplar where a robin practices his scale, the notes somewhat querulous. We think that even as humans, he is worn with the exactments of his day and anticipates with longing his rest.

• • •

So our day goes gently from us, wrapped now in a purple mantle and bonnetted in silver. Many of its hours we have spent alone but not at all lonely for we, even as a child content to entertain ourself with a book, with this or that duty and work of our hands, have learned to "live alone." Nevertheless, we find eyes lift often now to search the length of road which runs toward Alderlea and ears strain to catch first sight and sound of the machine bearing this Family to the place. What news will they bring? A little lad will tell of games played with Granddaughter and Mack; Jamie of his driving the tractors and James of today's harvest of hay saved to the barns.

And who, cutting a corner, coursing straightly as the crow might fly above, comes now by way of the fields? The "Blackie" dog, to herald the Family's homing!

Until tomorrow — — — — Diary — — — — Good-night . . . . .

## How Can I?

By Anne Ashley

Q. How can I make a pineapple plant?

A. Cut off the top of a pineapple and place in a glass jar, with water. It will soon take root. Then place it in a flower pot, and the result will be a pretty, inexpensive plant.

Q. How often should the lawn be watered?

A. During a dry spell of weather it is far preferable to soak the lawn thoroughly every two or three days, than to sprinkle it lightly every day.

Q. How can I remove water spots from varnished furniture?

A. By rubbing the surface with a cloth or feather dipped in camphor oil.

## Modern Etiquette

By Roberta Lee

Q. When a woman guest is staying in one's home for a week or two, what is the best way to introduce her to one's friends?

A. One of the best and most popular ways is to have an afternoon bridge or tea party in the guest's honor.

Q. What is the amount of the fee a bridegroom gives the clergyman?

A. There is no stipulated amount, although the fee should not be less than ten dollars. The size should depend upon the bridegroom's means.

Q. When a woman is wearing gloves, should she apologize for not removing her right glove when she shakes hands?

A. No; nor should she make any attempt to remove the glove.

## Morning Smile

Betty's mother tried the familiar method of reproach. "You know, Betty," she explained, "when I was a little girl I had to do what my mother told me, and when grandmother was a little girl she had to do what her mother told her."

"H'm," said Betty. "I wonder who started that silly game!"

## The Stars Say

By Estrellita

**For Tomorrow**

TOMORROW'S vibrations favor routine schedules rather than ventures. There may be a slight tendency toward friction on the part of some, so avoid becoming involved in their arguments and troubles. Maintain a realistic attitude and keep busy with your own affairs.

The evening hours favor the quieter forms of relaxation and simple pleasures. In the interests of health and peace of mind, avoid crowds and noisy companions at this time.

**For the Birthday**

If tomorrow is your birthday, your horoscope indicates that for the balance of this year achievement will depend largely on your personal efforts. Toward the end of this month you may receive some co-operation from associates but, generally speaking, you will not be able to rely on help from others.

**Financial Matters**

Where financial matters are concerned, not only would speculation be foolhardy for you this year but it would be unwise to indulge in any form of extravagance. Domestic and romantic affairs should prosper generally but be prepared to experience some emotional problems during October. Look for a period of gaiety and exceptionally fine personal relationships during December.

A child born on this day will be magnanimous, self-reliant and romantically inclined.

**PINEAPPLE DELIGHT PIE**

(A wonderful hot weather dessert. No hot oven).

1 tin crushed pineapple
20 marshmallows
½ pint whipping cream
Vanilla wafers

Put marshmallows and ¾ cup pineapple juice in double boiler and let melt. Cool. Add drained pineapple.

Whip cream until stiff and add to mixture. Line pie plate with vanilla wafer crumbs and add top mixture. Garnish with red and green cherries.

Set in refrigerator until set and well cooled—may also be served as topping for angel cake.

—Mrs. Henry Douglas,
Parkdale W. I.

## DOROTHY DIX

### Manners And T V

DEAR MISS DIX: What is your opinion of TV? Mine is not very high as I've seen so much rudeness since its advent. When entertainment becomes an excuse for bad manners, I think the amusement angle has been carried too far. Whenever I call on friends, they have far more regard for the program on the screen than for my company, though if we meet outside our homes they are warm and friendly.

I used to enjoy visiting my daughter's home, but since they acquired a television set, it's anything but a pleasure to be with the family. My son-in-law can't drag himself away from the set even to say "hello", the children are squabbling over what program they will see, and even my daughter seems to regard my visit as an intrusion. What is the world coming to when human beings are relegated to the background in favor of figures on a screen?

Anti-TV

ANSWER: You are thoroughly justified in your comments on TV—or rather on the conduct of the people who watch it. It has indeed given rise to an outbreak of discourtesy that often turns to downright boorishness. When the set is located in the living quarters of a small house or apartment, escape is impossible.. Either the television enthusiasts must forego their programs in respect for the visitor, or the outsider must resign herself to watching whatever the family favors. By all dictates of etiquette, the caller should receive consideration. But if she arrives unannounced, it's difficult to make all members of a family accept her presence with grace.

**A POSSIBLE SOLUTION**

The ideal solution of course, would be to tuck the intruding set in a room, or nook, where those who wish to watch may do so, while leaving some quiet in the abode for conversationalists. This ideal, unfortunately, isn't feasible in most homes. For those who, like the writer of the above letter, are fed up with the boorishness of TV owners, the only recourse is to stay away. There is one consideration—as familiarity breeds contempt, so overfamiliarity with television programs eventually breeds a satiety that makes the former enthusiasts very happy to welcome flesh and blood people into their lives again. About all you can do is wait for this happy moment.

DEAR MISS DIX: My aunt had a bitter quarrel with her cousin last winter. Now she expects everybody in the family to stop talking to the cousin. They live next door to each other and usually when we visit one, we must visit the other. My aunt resents our visits to the cousin. I think my aunt, who is 70 years old, is acting childishly.

T.T.

ANSWER: It would be ridiculous for you to carry on with someone else's quarrel. Perhaps your aunt has lapsed into second childhood. At any rate, do your best to patch up the difference.

## Better English

By D. C. Williams

1. What is wrong with this sentence? "The boy had fell and broke his arm."
2. What is the correct pronunciation of "telescopic"?
3. Which one of these words is misspelled? Enterprise, patronise, surmise, extemporize.
4. What does the word "formidable" mean?
5. What is a word beginning with ha that means "risky"?

**ANSWERS**

1. Say, "had fallen and broken his arm." 2. Pronounce the o as in on, not as in cope and accent third syllable. 3. Patronize. 4. Exciting fear; dangerous to encounter. (Accent first syllable). "No enemy could have been more formidable than this." 5. Hazardous.

MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

My friends have been like daily bread,
Essential yet unmerited;
As kind as sunshine after rain
And firelight on the window-pane.
As kind as harbour lights at sea
Or some familiar melody:
As good as salt my friends to me.
—W. M. Letts

Friends continue coming to the garden, new friends from far-away places and old friends from far away places and nearer home. We Talk of gardens and flowers, sharing our experiences and enjoying every minute. I learn of gardens in many countries, the beautiful climbing roses with hundreds of blooms, and the Clematis that will not grow for the gardener who has the beautiful roses.

The Clematis vines in the garden here are covered with flowers and for weeks they will be lovely. The more I see of these vines the better I like them. There are many good varieties and this week in a neighbour's garden a beautiful Clematis in a nice flower than the Clematis growing for me. They do not require any spraying and many varieties are winter hardy, coming year after year.

• • •

Today the garden was visited by an enthusiastic gardener who is a member of Horticultural Societies and digs in her own garden. She knows all the plants and flowers in the garden and tells me of her garden. She is a most interesting garden visitor. In her garden she plans on a lovely spring garden with Azaleas and Rhododendrons as a beautiful background for early spring bulbs and ground covers. Because of the hot summers and holidays away from home her autumn garden is planned for with many lovely Chrysanthemums and Roses.

She liked the Carnations and the coral colored Phlox in the garden here, also the Tuberous Bengonias that are now at their best outdoors in the raised beds and in the little garden room.

We had such a good time together and I had never met her before. "Apart from its other virtues there is no spot like a garden for cultivating the kindly social virtues."

I enjoy showing the garden to the busy people who would like to have a garden but are wondering how they can manage to make time for gardening when every moment seems to be taken in their busy lives. Nothing worthwhile has been done without an effort in this world and time can be found in the busiest lives for a hobby like gardening.

One garden visitor told me of her two tulip beds that her two Newfoundland puppy dogs liked to dig in, and the pup here seemed to take a notion to the Snapdragons at the front doorstep. After transplanting them several times, we sprinkled the bricks nearby with Nicotine and the pup sniffed at them and walked away. He was a sensible dog!

Seeds and slips of plants have been given many times to garden visitors and it is a pleasure to hear on the next garden visit that they have thrived in other gardens. Day by day we exchange ideas and experiences with folk from many countries and it is very interesting and sometimes exciting.

One lady asked me if I had seen any of the new Geraniums, the new Mexican varieties with the colored leaves. I had just received the official bulletin of the Geranium and Pelargonium Society and enjoyed showing the one colored leaved geranium which was covered with lovely red flowers at the time.

• • •

Lady Irene Burton who is the Vice-chairman of the Geranium Society of England and her husband Sir Geoffrey Burton visited the editor of the bulletin in the spring of this year, and was interested in seeing the Geraniums grown commercially in Southern California. In England they are usually grown in hothouses and during the war all of Lady Burton's plants were lost because they were not able to heat their greenhouses. Now they are gradually gathering together a collection of geraniums of many varieties.

Her home is in Kent and is one of the historical showplaces of England. Built in 1352 of stone and heavy timbers it is surrounded by ten acres of gardens and many acres of farm lands.

In recent years there has been a great revival of interest in geraniums in England. The Queen Mother took about 40 different varieties of Regals up to her new castle in the north of Scotland. She is a very keen gardener so Lady Burton tells us in her article Geranium Pot-Pourri.

Beverley Nicholls and other garden writers have all helped to make the geranium popular, by writing about them enthusiastically and affectionately.

Lady Burton writes: "I have just returned from a motor tour of Switzerland, Austria and Italy where geraniums of every kind—zonal, ivy leaved, regal and scented—reigned supreme. There is no nonsense there of discreet little beds, edged with alyssum or lobelia. The geranium riots everywhere: they do not mind if the colours clash. They pour from window boxes, they stream down over the parapets of bridges, reflecting pools of colour in the water below. Every little village fountain has geraniums all around it, up staircases on terraces, by front doors, everywhere there is an inch of space there is the geranium.

They cannot afford to waste valuable earth on a flower garden, so where do they go for a plant that asks for so little and gives so much, that makes their homes and towns so gay and lovely, without taking up much space, and can then be tucked up for the winter in their houses to the geranium. It has never gone out of fashion on the Continent and now is coming into fashion in our country.

Many geraniums are grown in the garden here and also in the garden room. The lovely scented and ivy leaved for window boxes, and the show or pansy geraniums admired by all garden visitors.

• • •

This year many new annuals were sown. Some are now blooming and are a delight to the gardener but the slow growing varieties are smothered in weeds. Another year better care will be given. Annuals are wonderful as cut flowers and also for the later summer garden when perennials have gone. Many have been transplanted from the vegetable garden where they were sown and are now beginning to flower at the edge of the different perennial and shrub borders.

The display and colour so generously supplied by annual flowers is only one reason for growing them. Their diversity and, because there are so many kinds, their abaptability to all sorts of locations and uses makes them a reliable source of satisfaction. Depending upon one's choice for any given year, annuals may be grown to fill the window box, keep the herbaceous border picturesque, cover the dry sunny bank with flowers and liven all sorts of nooks and corners and vases in the house.

The promptness with which annuals flower is no drawback. A large number blossom within eight weeks time and no one of them requires more than six months. That period need not daunt anyone who can combine a greenhouse or sunny window during winter with the garden in spring and summer.

Growing annuals is easy and the routine far from complicated. The returns are as certain as sunshine and rain. No other group will furnish so many blossoms in so many colors and so many forms for so many weeks for cutting.

Favorites have come from all parts of the temperate and subtropical world. No group of plants is more strongly Mexican. From Mexico have come ageratum and zinnia, and many varieties of Marigolds.

• • •

From Chile comes the Sapiglossis with its rich two-toned petunia-like blossoms and from Argentina the petunia itself as well as the enchanting Verbena. Peru gave us the sturdy four o'clocks. Nasturtiums grew wild from Mexico to Chile and elsewhere in the sub-tropics Cosmos, Nicotiana, Morning Glory,

Continued on page 11

## Alice Brooks Designs

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