

WOMEN

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CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

Preparing Your Child For Hospital

PART II

Be completely frank about coming pain, how much you can visit, how long he'll be there. Tell him that when he wakes up after the operation it will hurt, assuring him that he will be able to stand it and that it will go away after a while. Find out from the hospital exact details about visiting regulations so you don't make promises about seeing him and have to break them. It's just as harmful to mislead him innocently as it is to mislead him willfully in either case you have betrayed his trust in you. Let him know when he can expect you so he won't be waiting tensely and in vain for you to show up.

The older the child the less likelihood of emotional harm through this experience. The hazard is greatest in the child under three. By five most hospitalization fairly well usually leaves you no choice but sometimes an operation can be postponed for a few weeks or a few months to his advantage (depending entirely on your doctor's advice in this matter). For instance, if the child is going through a phase of night terrors or undue dependency on his mother, or the aftermath of a previous operation or illness. If a new baby has recently arrived to threaten his place in the family, going away to the hospital may seriously intensify his insecurity. Hospitalization at the wrong time can complicate existing behavior problems of this sort.

HE NEEDS YOUR PRESENCE

Take the child to the hospital yourself and if possible be with him before and after the operation. Visiting, wisely handled, brings to your child the affectionate support he needs. Be prepared for some emotional disturbance when you come. Your presence may set off a storm of tears and pleading to be taken home. Let him cry it out and when the worst is over, help him regain his calmness with toys and games. Screams and sobs may accompany your departure but this doesn't necessarily mean he's unhappy when you're gone. Try and smooth over this farewell. For example, "Wave I'll be out of sight," or "Here's a surprise for you to play with now that I must go."

AMUSEMENTS HELPS

Find out what the hospital facilities are in the way of play facilities. Are toys available — and what kind? Is day school or nursery

school provided for the child who is in for a long convalescence? Knowing this, you can plan what play material is necessary to keep him happy occupied during those long hours. The school-age child likes crayons and paper. An eight-year-old might take along a new scrapbook to keep a hospital diary. Surprises through the mail, like puzzles and games, please the older child. Many stories sell excellent books for the sick child — simple crossword puzzles, mazes, cut-outs and stories.

The preschool child appreciates surprises, but also needs the familiar doll or teddy to confide in and cuddle. Supply toys which can be used in a variety of ways and aren't easily damaged. Modeling clay, paper and crayons, balloons that can be tied to the bed — all these are better than expensive, elaborate mechanical toys which are quickly tired of.

AVOID THESE ERRORS

In preparing your child for hospital: Don't bribe him. He may decide the reward isn't worth it and he'll just stay home, thank you. Don't lie about his destination. The circus was never like this. Don't tell him it won't hurt a bit — if you want him to believe you again. Don't let him see your own concern and anxiety. Don't discuss the operation with another adult in his presence. Don't expect hospital rules to be suspended for you.

HAVE CONFIDENCE

Children have a great capacity to adjust to new surroundings, to endure discomfort and forget about pain provided their basic security is well-established. You can't expect to make a child's attitude towards pain and sickness in the last week before going to hospital. Calmness in treating cuts and accidents around the house, visits to the dentist, inoculations and vaccination, builds up an attitude in children that pays off when the hospital visit comes. The child who has learned to trust the doctor and appreciate that he's trying to help him, is over the first hurdle.

When the time comes for him to go to the hospital you can be sure he has resources of courage at his own level, to draw on. Explanations, honesty and emotional security — these give him all the support he needs.

(This is the final article in the Child Training series.)

ELLEN'S DIARY

by an Island Farmer's Wife

Cooler this day has been. And a bit undecided. Of divided notions in the cloudy spells — sun or shower being weighed in the balance. . . Back with a clatter which rather rudely disturbed the rare state of calm then prevailing here, the harvesters returned to us from Alderlea, this afternoon.

Back to last reapings at this farm "in the road," narrowing down the cuttings to leave presently only pieces of grain late-sown to be gathered at Alderlea. Then, Jamie, and he not altogether pleased with the interruption to his studies, must be fetched hastily from school by "a little old man and a little old woman," and Mack, who looked forward with high anticipation to the excursion yielding him a call at the corner-store. "I'd like to buy . . . Let me see now, what would I like?" he considered aloud as the little truck made its way up along the farms of this road set so richly now with the colors of the harvest.

"It doesn't make any difference what you'd like," James commented with a bit of a smile. "I'm afraid we shan't have time to stop at any store this afternoon. We want Jamie to drive the tractor in that field by the barn and I have to hustle back to the stooking."

The sheen went out of the young eyes for the moment but there was no word of disappointment expressed.

"Oh perhaps, when we pick up Jamie and Gage we'll find a lost minute somewhere, and we'll use it that way," we offered.

"I declare, Ellen," James face

was stern-set. "You don't seem to understand that we're busy these days at the harvest. . . And besides, can't you see rain in the offing?" We drove in silence, past "the other farm" and on toward the village and school, each busy with his own thoughts.

"Well," James commented, "perhaps we will call there — I believe we need another bit of twine. I may as well get it now. We'll stop for just a minute — Now remember, just for a minute, not a second more!"

It turned out to be an enjoyable minute, one which re-lit the sunny gleam in Mack's eyes and kindled matching lights in those of the other two. And so no time. James was back to his stooking which continued with only brief time out for supper, as did the reaping, steadily until the long fingers of dusk reached out to touch gently the crowns of old hills. The night too is fitfully shadowed by cloud. "Not far now from rain," James said at twilight stopping in the yard with the armful of corn he was carrying toward a pigsty. "I'm thinking," he nodded, "it'll be on us before we get through with our day."

"But aren't you done now?" we queried.

"Oh didn't you know, Ellen that once we get the chores straightened away we're going to . . . But there now is a sound of machines being assembled in the yard. We too must be up and away with our workers, into the night."

Until tomorrow . . . Diary

— Good-night —

LET'S EAT

Fresh Vegetables and Low-Cost Beef Abundant

By JDA BAILEY ALLEN

FRESH VEGETABLES AND LOW-COST BEEF ABUNDANT

THE Chef set two big shopping bags on the kitchen table. "It is an inspiration to go to market. The stalls are almost bursting with fresh vegetables — the succulent onions, the golden carrots, the satisfying potato, the hearty cabbage, the snap beans, the tomatoes, the broccoli — all inside the budget."

Wide Beef Selection
"And on the meat counters is every kind and cut of beef, very good beef, high in protein at reasonable cost."

"And that's good news, Chef. I understand that two million head of grass-fed cattle are coming on the market. America can eat very well at reasonable cost. There's plenty of beef and vegetables to depend on depending on prime steaks and expensive chops."

Dozens of Cuts

"In fact, Chef, we don't need to buy many steaks. After all, there are literally dozens of other cuts of beef from which to choose. What cut did you buy today?"
"Short ribs of beef, a favorite of most men when dining out. I bought 10 pounds. I shall cook it all by our new barbecue-bake method; use what is needed for dinner and seal enough in two casseroles to freeze for future use."

TOMORROW'S OVEN-DINNER

Cabbage-Carrot Slaw
Barbecue-Baked Short

Ribs of Beef
Casserole of Mixed
Seasonable Vegetables
Apple Pie

Coffee
Tea
Milk

Barbecue-Baked Short Ribs of Beef: Order 3 lbs. short ribs of beef cracked in 3 places. Remove excess fat. Slow-brown a large frying pan without adding any fat.

Add 1 good-sized peeled, minced onion and ½ c. chopped celery. Continue to fry until yellowed. Combine ¼ c. vinegar, 1 tsp. brown sugar, 1 c. hot water, 2 tsp. tomato puree, 1 tsp. Worcestershire sauce, ½ tsp. prepared mustard, 1 tsp. salt and 1 tsp. monosodium glutamate. Spoon over the short ribs.

Cover; bake 2 hrs. in a moderate oven, 350 degrees F.; or pressure cook 25 mins. at 15 lbs. pressure.

Note: Spareribs of pork or lamb ribs may be cooked in the same way.

CASSEROLE OF VEGETABLES FROM THE CHEF

Rub a big 3-qt. casserole with margarine. In it, arrange layers of thin-sliced peeled inexpensive fall vegetables as follows: 1 lb. each potatoes, onions, summer squash, and cut green beans, ½ lb. green peppers and, last, 1 lb. tomatoes.

Season with 2 tsp. flour and 3 beef bouillon cubes in ¼ c. water. Add 1 tsp. each salt and monosodium glutamate and ¼ tsp. each pepper and thyme. Stir in 2 ½ c. additional water; pour over and into the vegetables.

Top generously with 2 tsp. butter or margarine. Cover and bake 1 ½ hrs. along with the beef.

MARY HAWORTH'S MAIL

Despondent Since Son's Death

DEAR MARY HAWORTH: Seven months ago my husband and I lost our only child, a son aged 16, in an auto accident. We are still so heartbroken that life is most unbearable. We are both slightly past 40.

We are not feeling sorry for ourselves but for the boy, as he had so much to live for; and was happy and loved life very much. The nights are so long and we get so depressed. We have thought of the easy way out; and we keep fighting it for each other's sake, but it is so difficult to go on this way.

We have tried going out with friends and keeping busy; but as soon as we enter the house alone, it is always the same deep heart-ache. How does a person go on living with such misery?

I would like to divorce my husband, so he will be free to marry a young woman who can give him a child. He does not approve of this idea, but he is from a long-lived family and has many years ahead of him. My health isn't too good and I don't care to improve it.

All I want is for my husband to have a child of his own, so that he can again be happy; and, for myself, I want only to join my dear

son, whom I loved more than my life. I have never been a religious person, but now that is all there is to turn to. Do you know a book that will help us? Thank you.

— R. Y.

HER PHILOSOPHY IS NEAR SIGHTED

DEAR R. Y.: Lacking second sight, wherever to read the future, how can we say that this or that person — taken early — "had so much (yet) to live for"? If your son was happy and loved life, then his experience of living was full and complete in the years of his sojourn here. And who knows what a longer stay might have held in store?

To love being alive is the present, to revel as it were in "living-ness" as happy people do, is equivalent to loving God Himself. For God is both author and essence of the good life. And the good life, at the full, is experienced as love — i.e. grateful love of one's own being, one's Creator and one's fellowmen (especially those near and dear). In this respect, apparently your son was already an inhabitant of "heaven on earth."

Your deathly reaction to your son's demise signifies that you had long ago (before his departure) forfeited personal participation in actual livingness. You had been living vicariously through his existence, his activities and reactions thereto, rather than having a stake in life, an exchange with life, in your own right. In the game of life you were a side-line sitter, and now that your son is no longer on the scene (no longer visible on this plane), you want to expire too.

ANOTHER MOTHER'S QUEST FOR LIGHT

Were the roles reversed, had you and his father died abruptly, leaving him here, would you have him with in grief, destroyed by despondency? I am sure you would want him to do better than that — to be healthier, stronger, saner. And you should come up to that braver standard yourself.

Read "With Wings as Eagles" (Rinehart & Company). This is Helen Chappell White's story of coming to terms with the death of her adored elder son — a bomber navigator (of great social promise) shot down over the Baltic Sea in 1944. In Chapter 19, beginning at page 229, she shares with her

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Morning Smile

A medium was giving a seance. Johnny, the son of one of the adults taking part in the seance, kept annoying the medium by asking to speak to his uncle Joseph. Finally, the medium gave in, waved her arms about and said, "Medium — Here's your Uncle Joseph."

Johnny — Uncle Joseph? What are you doing up there? You ain't dead!

Peanut Butter Filling

Carrots and peanut butter become schoolmates when they team up for the filling of the school lunch sandwich.

Combine one cup raw carrots, finely grated, and one-third cup chopped salted peanuts with three tablespoons picallini and one-fourth cup mayonnaise. Makes filling for five sandwiches.

Two-Timing Topper



BY TRACY ADRIAN

Here's a brand new version of the perennially popular sweater set. In this styling just as in the sweater and cardigan combination, the two go together or separately with equal ease.

This ensemble consists of an under blouse with long sleeves, a fine rib turtle neck with striped trim and an overblouse. The overblouse is exactly like a sailor's shirt except that it is striped and has two patch pockets. Both are made of cotton knit and are completely washable.

Coordinating Colors In a Child's Wardrobe

By ELEANOR ROSS

GENERALLY speaking, the most uncoordinated looking individual you can find is the nursery-school or public-school-age little boy whose green corduroy jacket is one shade of green, while his green corduroy pants are still another shade, and his yellow shirt that is supposed to match his socks just doesn't quite!

There are some half dozen tones of navy blue in children's corduroy or poplin items, and practically none of the browns match each other. We have this on really try hard to assemble a young wardrobe that can mix and match and still keep some semblance of coordination.

Also Applies to Girls

While we started out by just talking about clothes for little boys, the same thing applies to little girls' school bags, too.

Many a mother has wished fervently that manufacturers would get together more harmoniously on their color schemes. For she must buy, say, an all-weather jacket in one department while another section of the store carries the slacks or overalls that must be worn with it, and still another carries the headgear. And each item in a separate shade of the same color!

Well, this fall, mothers, you're going to have better hunting! For there's a lot of attention being given to coordinating fabrics and colors in mix-and-match outfits for youngsters. For instance, the red Herman N. Bundesen, M. D.

Cures Impetigo

IMPETIGO, an infant-age skin disease, is often so contagious that its spread closes the best of baby nurseries.

The peculiar characteristic of this disease is that the infection is a spread from the face of the body to the entire body if the disease is covered by the sores. The disease most often affects the face, scalp, arms and legs, but it can affect the entire body. It is one of the most difficult and stubborn of diseases to clear up.

Characteristic Rash

The rash is usually described as having little blisters filled either with blood or pus, which crust and become scabs. A germ known as the staphylococcus is usually the cause of impetigo. Before treatment is attempted, the crust and blisters must be removed. This is usually done by thoroughly cleansing the rash and sponging the skin with soap and water.

Recent penicillin, one of the newer antibiotics, was very successfully used for treating stubborn cases of impetigo. This drug originally was used for tuberculosis, but it apparently was not found to be very effective here. It is now used locally for infections of the skin, eyes, and intestinal tract.

Successful Treatment

A group of stubborn cases of impetigo was recently treated with neomycin and the cases cleared up within three weeks. Indeed, half of the cases cleared up in less than one week's time. The drug has also been effective in treating Barber's itch, a fungus infection involving the hair follicles of the face.

QUESTION AND ANSWER

Mrs. B.: Can arthritis result because of injury?
Answer: Osteo-arthritis, or arthritis due to injury, is quite a common occurrence. Usually it occurs after severe injury, but it may occur due to continued aggravation of the joints by repeated small injuries.

MORE POWER

DUBLIN, (CP) — Electricity now is available to 86 per cent of the rural population of the Republic of Ireland, says the annual report of the electricity supply board.

MRS. GORDON MACHILLAN

A COUNTRY GARDEN

"The man who wants a garden fair Or small or very big With flowers growing here and there Must bend his back and dig."

It matters not what goal you seek Its secret here reposes, You've got to dig from week to week To get results or roses.
— From a Country Garden.

Two beautiful gardens were seen last week and certainly the exhibitors must have spent many hours digging and working to make them so lovely for all to see. It has been my privilege and pleasure to see several of these wonderful gardens in our own province in the last few weeks. The one outstanding fact has been that these gardens have all been made by very busy people — professional, business, and women and men gardeners who have made these gardens by working under difficult circumstances, snatching moments in busy days, when strength was not sufficient for any strenuous labor except for very short periods of time. It is possible to make a lovely garden under almost any circumstances if the will to do it is present.

Yesterday I saw such a garden and it was amazing to see what had been accomplished in a few months. Beautiful Dahlias . . . prize-winners, lined the garden boundaries and looked very effective. A large rockerie was filled with color and healthy looking low growing annuals and other rock plants. A new lawn and driveway had been made and an attractive marker made with the name of the owner was placed near the entrance.

Beautiful Begonias and lilies were growing in the shade under the awning on the veranda, as well as other potted plants which made a colorful display. This garden had given much pleasure to the gardener and all who had enjoyed this lovely garden.

Have you ever seen 10,000 prize-winning Gladioli on a sunny morning in the early September light? It was a wonderful sight last week to walk down a gentle slope and come to this blaze of color. Hundreds of Marigolds in orange and yellow made a lovely border to the many colored glads. Several rows of Snapdragon in all the colors of the rainbow except the blue shades were in the garden too and I spent a happy hour among these flowers. The growth was wonderful and not a stake was seen in the garden. Although there had been wind and rains all the glads and other flowers stood straight and tall. Much care and work had made this beautiful garden in the city which covered about an acre of backyard garden. Notes were made of some of the three or four hundred varieties of glads blooming at the time. In the double planted rows some of the plants reached a height of six feet, and there were the miniature Glads much admired by all who enjoy making arrangements of them. Cherry trees were planted near the boundaries of this garden and must have been lovely when

in bloom. Hundreds of prize-winning Dahlias were also grown here with some of the largest blooms ever seen. I especially liked the many small Pom Pom varieties, in many colors.

Then the owner of this wonderful garden was asked about his favorite glads, he said, "Some of the older varieties are as fine as the new" and personally, Bridesmaid, Spic and Span, Mrs. Mark's Memory and Beauty's Blush are some of the good exhibition varieties as well as being very beautiful.

Monarch Grand, Polynesia and Rajah are good new glads. Notes were made of lovely colored flowers that appealed to me . . . Dolly Varden, Preview a rose-red Crown Jewel in mauve, and Sweet Sixteen which is well-named in a soft color with good shaped florets. Factious and Ladrons in orange and blotch of scarlet and yellow. Friendship was a straight tall pink frilled with cream center that I liked. Minuet in a primula type was a beautiful mauve with a cream center. Twinkles a tall rosy pink and Trail's End, a large blooming rose with cream blotch were others admired.

A day or two would not be too long to really see all there was to note in this wonderful garden which had been made by a very busy man in his spare moments. He was giving pleasure to many people and he had a satisfying hobby to pursue every day of the year as a small heated greenhouse was filled with autumn and winter plants.

Coming home to my own garden I found many flowers in bloom but not many of exhibition quality. Looking down from the upper terrace I was thankful for the lovely view of the wide river and the evergreen hedges. These are wonderful all year when the perennials have passed by for another year. As I write the centre bed of bedding Dahlias have never been so colorful, the abundant moisture has made them good this year. The late Phlox and Asters are making the borders attractive and the separate beds at the foot of the steps are a mass of soft pink Geraniums with border of Sweet Alyssum. This is the first year for those here and the effect is good now that sunshine has come to make them bloom profusely.

The Fuschias in boxes have been placed where most needed near the house and are now beautiful. It

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Wife Preservers



If you dip the knife in cold water before you begin to cut a lemon meringue pie, the meringue will not stick to the knife and pull away from the slice of pie.

Caramel Corn Flakes Crunch

¼ lb. caramels (about 38), 2 tablespoons water, ¼ cup salted peanuts, 7 cups corn flakes. Place caramels and water in top of double boiler. Cook over boiling water, stirring frequently, until caramels are melted. Stir in peanuts. Measure corn flakes into large bowl; pour on caramel syrup, mixing until corn flakes are well coated.

Spread lightly in large shallow pan, separating into bite-size pieces. Let stand until firm. Serve as a confection or as a topping for ice cream or puddings.

Household Hint

Before using iodine on a cut, be sure that it has not stood so long that it has thickened. Stale iodine is likely to burn the skin.



Cook's Corner

HUNTERS PIE
Place in bottom of baking dish minced beef or pork. Cover with a mixture of:
1 teaspoon mustard
2 teaspoons Worcestershire sauce
2 tablespoons good gravy
2 tablespoons milk
1 small onion, sliced
Season to taste.

Cover this with well-seasoned mashed potatoes and brown in oven half an hour or more.
— Mrs. B. J. Keefe, Bloomfield Station W. I.

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