

WOMEN

Page 8 The Guardian Thursday, Oct. 28, 1954
MARY HAWORTH'S MAIL

Sisters Refuse To Help In Care Of 90-Year-Old Mother

DEAR MARY HAWORTH: Can you suggest a way to solve my problem of desperately needing to take a rest, and not being able to take it? I have an arrested case of TB and should dread a breakdown.

My mother came to live with us three years ago and I have had the responsibility of caring for her since then. She is 90 years old and senile—but still a sweet mother who, in spite of her senility, is adorable. She has a wonderful disposition, and not the slightest idea how much care and worry she causes us.

As the situation is becoming quite taxing, both my husband and I feel that my two sisters should share the responsibility of mother. One sister, a widow, is employed and lives in an apartment a few blocks from us. The other sister lives in a midwest city, in a large house—just her husband and herself.

WHAT COURSE IS ADVISABLE? Henry (my) husband suggests that each sister keep mother four months a year. But Ellen, the widow, says her apartment is too small—since being widowed, she has a young woman rooming there. And Joyce, the other sister, says their social obligations couldn't be met with mother in the house; it would be so inconvenient. Her husband frankly states that he doesn't like to have old people around.

Now, I insist that my sisters cooperate and do what is obviously their duty? Or would I be cruel to put mother in a nursing home for a few months—long enough to give us some rest? I have hinted at this plan, but both sisters were horrified. Mother isn't able to take trips or vacations with us; so we haven't been away from home not even for a night, for over three years. Both of us need a change; but how? Please answer if you can.

Morning Smile

Ancient Hero (in appealing voice) as he stood at the back of the cottage on washday—If ye please, mum, I've lost my leg—
Woman (fiercely)—Well, I ain't got it!
And the door closed with a bang.

Household Hint

The diamond in your engagement ring will have renewed sparkle if washed in hot soda with a dash of ammonia. Scrub around the setting with a soft brush. Let cool, drain on tissue, then dip in alcohol and dry.

SHE'S ACTING LIKE A BOOB

DEAR E. S.: The question is, are you a woman—or are you a worm? I am sure you have the intelligence to deal equitably with all concerned in this family problem—but you are acting like a boob in asking a breakdown, for fear of offending somebody. Or for fear of being thought less than the perfect daughter. It seems to me you are being swindled out of your common sense, as well as your fair share of rest and respite from mother-care, by your cagey sisters.

The sisters were "horrified," you say, when you hinted at placing your mother in a rest home for a recess—so that you and your husband might be footloose and companionable for a change, to restore your strength and patience. Horrified at what, may I ask? At the prospect of your being as resolutely selfish as they? At the possibility that the public might begin to take inventory, as to just who was rejecting their mother?

No doubt they figure unconsciously that so long as you do everything for mother, she'll never miss what they don't give of filial devotion. Thus they assuage conscience as regards her; assuming, of course that they have a conscience; and their "horror" at your drastic suggestion indicates they've got some notion of their unpaid debt in the circumstances. As the record stands, they are hypocrites—wanting you to carry their load, to save face, in the matter of their neglected duty.

TIME TO TAKE SAVING STITCH

My advice is to lay on the line with your sisters that you mean business in wanting relief; that either they shelter mother for alternate periods, or you place her in a rest home for a season, and they share the costs. To ease the shift for your mother in that case, explain that you and Henry are going away for a while to benefit your nerves—hence this interim arrangement for her. You might have your doctor testify to your bonafide need of a long holiday. Then take a trip to a health resort, and stay for weeks, if possible.

In the circumstances, "the stitch in time that saves nine" seems in order. You'd be letting yourself and your loved ones down with a bang, if you were to replace into TB or a nervous depression—due to avoidable exhaustion. So be realistic and unsentimental in safeguarding your own well-being, and in upholding your husband's desire to keep the marriage in good repair. Remember you have a duty to this relationship, no less than your mother's requirements.

M. H.
Changes in the diet may also be value. The type of diet commonly used is one which produces a loss of weight, but which contains



GUM GUM COOKIES

1/2 cup shortening
1/2 lb. cream cheese
1 1/2 cup sifted flour
1/2 tsp. salt

FILLING FOR COOKIES

1/2 cup hot water
1/2 cup sugar
1 cup chopped nuts
8 quartered marshmallows.
Cook slowly, stirring until mixture is thick; cool. Roll cheese pastry very thin. Cut with cookie cutter. Put filling on each. Fold over and press edges close. Bake in fairly hot oven, 350 degrees F. from 10 to 12 minutes.

—Mrs. Harold Barlow, Bideford W. I.

Relief For Psoriasis

PEOPLE too often put up with physical ailments that at least can be relieved, if not completely cured, because of a mistaken popular belief that their disorder cannot be helped. This is especially true of the skin disorder known as psoriasis.

In this condition, patches of red skin develop, particularly over the elbows and knees. The patches are covered with shiny silvery scales. When the scales are removed, red bleeding spots are formed under them.

Control Most Important
Since this is a skin disease, patients often feel hesitant about treating it with ointments which, in themselves, are often inelegant or unattractive. This, of course, is unfortunate. The important thing is to control the skin disturbance.

A number of preparations have been used, such as crude coal tar or chrysarobin. Usually, together with the ointment, ultraviolet light treatments are given. The treatment must be kept up until the skin returns to its normal appearance.

Freedom From Strain
If a severe attack of the psoriasis should develop, it is important for the patient to remain in bed, preferably in a hospital, where he can be relieved of worry about home problems and from emotional strain. In these more acute cases, mild lotions or ointments are used instead of the strong crude tar preparations. Of course, the patient with psoriasis does not like this period of confinement in bed, but in the end it is more economical than a prolonged course of treatment at home.

Medicine and Diet
Sometimes medicine taken internally may also be helpful in this condition. It has been suggested that calcium or lime preparations, together with vitamin D, may be helpful.

Changes in the diet may also be value. The type of diet commonly used is one which produces a loss of weight, but which contains

LET'S EAT

A "Gem" Of A Pudding One Scot's Specialty

By IDA BAILEY ALLEN

BRITISH Information Services calling: "Would it be convenient for you to have a little chat on foot with a young man from Scotland?" "Sounds interesting," I answered. "Can he come over now?"

An Attractive Visitor

In a few minutes, he appeared, tall, slender, young and handsome, with alert eyes, a warming smile, and a light Scotch "burr." His name, Ian Easton.

"I started to cook in my mother's kitchen when I was ten years old. It's one of my hobbies," he explained.

"May I inquire the other?" asked the Chef.

"A dance band; I believed that music, gaiety and food go together," he added. "That's why I always trim every dish I prepare."

Trim or Garnish

"Bravo, Monsieur!" the Chef exclaimed. "Trim is a good word. In this country, they say 'garnish'." "But, don't you think 'trim' sounds gayer? You trim a Christmas tree; ladies trim hats. Sometimes I like to change the flavor of simple everyday foods, too. For instance, I make a plain chocolate junket enlivened with mint and decorated with whipped cream crowns, jewel-like, too!"

Here's Mr. Easton's recipe:

Crown Chocolate-Mint Junket:
In a double boiler, blend 2 oz. sweet chocolate, 4 tsp. sugar and 1 tbs. water. Heat over boiling water until the chocolate melts. Then add 5 drops essence of peppermint, and 2 c. whole milk, 1/2 cup at a time. Do not allow the mixture to get above 100 degrees F.

Then stir in 3 tsp. rennet (or use 2 junket tablets dissolved in 1 tbs. cold water). Pour at once into individual glass dessert dishes. The junket will set almost immediately.

Then let imagination take control, and top with balls of stiffly whipped cream shaped with a teaspoon into coronets, and for "jewels," trim them with chopped walnuts and candied cherries.

"What is served in Scotland for the evening meal?" I asked.

"We have what we call 'high

tea.' Just two courses, one of fish or meat, such as bacon or eggs, skinned pork sausages wrapped in bacon, then grilled, and served with scrambled eggs, and pancakes or baked or dropped scones cooked on a griddle."

Oatmeal Scones: Pour 1/2 c. scalded milk over 1 c. Scotch oatmeal (or use crushed rolled oats measured after crushing). Add 2 tbs. butter; set aside until cold.

Sift together 1 1/2 c. already-sifted enriched flour, 3 tsp. baking powder, 1/2 tsp. salt, and 2 tbs. sugar. Thoroughly mix into the oat mixture. Divide it into 2 portions.

On a floured board, roll each into a round 1/2-inch thick. Cut each across to make 4 triangular-shaped cakes. Place on an oiled pan. Brush with milk. Bake 15-20 min. in a hot oven, 400 degrees F. Split, butter, and serve at once.

"Let's plan a Friday dinner around one of your own favorite fish dishes, Mr. Easton?"

TOMORROW'S FISH DINNER
(Featuring Scotch Dishes)
Homemade 7-Vegetable Soup
Poached Eggs on Creamed Finnan Haddie
Parslied Potatoes
Scones Stewed Fruit
Coffee Tea Milk

Mr. Easton's Poached Eggs on Creamed Finnan Haddie: Cut 2 lbs. finnan haddie into 6 portions. Into a deep frying pan, measure 3 c. milk and heat. Put in the finnan haddie. Cover and simmer about 20 min., or until it flakes. Remove to a deep platter. Top each serving with a poached egg and keep warm.

Pour over a cream sauce made by adding to the milk in which the finnan haddie was cooked, 2 tbs. flour mixed with 2 tbs. cold milk; add 2 tbs. butter, a teaspoon at a time and a little pepper. Stir until thickened and boiling. Trim the dish with parsley.

"By the way, Mr. Easton, what's for Sunday dinner in Scotland?"

"The average family would have a meal that can be largely prepared before morning Church service."

SUNDAY DINNER
Split Green Pea Soup
Roast Mutton (or lamb in America)
Fan-Roast Potatoes
Cauliflower with Butter Sauce
Crown Chocolate-Mint Junket or Fruit Tart
Coffee Tea Milk

"Are church services well attended?"

Young Mr. Easton's eyes twinkled. "On the whole, yes. But attendance could be better."

Suddenly I remembered, picked up a copy of a New York City morning paper, and there in headlines was a report I'd just read of a sermon preached in The Broadway Tabernacle Congregational Church the day before by visiting Minister, Ian A. G. Easton, Pastor of the North Church of Dumbarton, Scotland.

Identity Revealed
"So you're the Reverend Mr. Easton! And your hobby is cooking!"

He laughed. "You know, it's easier to preach to a man with a satisfied stomach."



BANANAS, lb.	19c	F R U I T	GIANT Robin Hood Oats 5 LB. 49c	
ORANGES, 2 doz. ..	75c			
CRANBERRIES, lb. ..	20c			
GRAPES, 2 lbs. ...	35c			
GIANT		B A K I N G	DESICCATED COCONUT, lb.	33c
TIDE	65c		MAGIC BAKING POWDER ..	39c
VERIBEST			LANTIC SUGAR, 10 lbs.	85c
TEA	89c		FLUFFO SHORTENING	29c
HALLOWE'EN KISSES, lb.				35c
FLOUR (Purity) 24 lbs.				\$1.49
FRESH MUSCOVY	LIMITED SUPPLY	GRADE A	FRESH	
DUCKS		MEATS	FOWL	
BROOKFIELD PURE PORK SAUSAGES, lb. ...	39c		PEAMEAL BACON, lb.	63c
CORNED PORK, lb.	39c		PORK HOCKS, lb.	19c
SHOULDER PORK CHOPS, lb. ...	49c		SCALLOPS, 12 oz. ..	49c

REMEMBER BOY SCOUTS ON APPLE DAY

Get Your Belonger
Stoves and Parts
From Us.



Well worth the slight extra cost!

bake with the prize-winning flour—

Robin Hood Flour



- Swept all top white bread baking prizes at the Canadian National Exhibition — for the third year in a row!
- "Bake-Tested" — not once, but twice!
- Guaranteed to give you better results or your money back plus 10%!

CANADA'S FASTEST SELLING
FLOUR — BY FAR!

