

# WOMEN

Page 8 The Guardian Tuesday, Sept. 21, 1954

## Police Emergency—It's Triplets



Dr. Jacob Handler and a policeman of New York City use tubes to pump air into the mouths of two triplets while an ambulance attendant holds another upside down to spark its breathing. Three patrolmen delivered the two-month premature babies to Mrs. Juan Rosa, 24, mother of four other children, before the physician arrived. One of the infants, a boy, later died in Mt. Sinai hospital.—(Central Press Canadian)

## ELLEN'S DIARY

by an Island Farmer's Wife

It so chanced that circumstances dictated us to revive more intimate knowledge today of the threshing. "Perhaps, Ellen," James, smile was wistful, "you could find time yourself to lend us a hand." That was at the noon hour when the pressure of the work indicated that Jamie would be summoned from his classes to assist. "If you would help a bit in the granary—just see that the grain doesn't heap below to clog the conductor. There's no work to it, Ellen; it's really only child's play. . . . A pleasant outing for you I would say! You'll have time to attend to the supper after Jamie comes to replace you."

"We considered" the proposition but made no immediate commitment. About the table which gave no place to us, the men and Mack, contented little mascot of the row, ate. . . . What good things come now to farm-tables out of the fullness of September! Tasty vegetables in abundance, fresh-gathered and good. . . . For added interest and vitamins first pickles.

Today's meat was a favorite English roast. And for dessert, some apple dish? Not this time. It was a tapioca pudding with milk and eggs in its "linings" and to top it, slices of the ice cream we find so useful as a topping for the like, and also for some preserves. It must be true that ice cream is a universal food, because we find it one popular this family! Here, with young and older tastes often divergent, this is one dish that is accepted with obvious relish by all.

Today was a day somewhat melancholy, or more rightly, only pensively, bound about as it was in a quiet gray. "We'll get rain out of this shortly," one said. "After a few nights of frost like we've been having," he nodded. This added its weight to James' suggestion.

So indoor "labor ended" we came to the new barn to take up the proposed task. And "Well, here you are Ellen! I was hoping you'd come." James smiled his thanks.

"Child's work? In a way. . . . interesting. The thrasher used, holds then releases in a uniform measure the grain. Down the conductor it ran, fast heaping the granary. . . . A load of sheaves was drawn up beside the thrasher set just outside the barn-door: an empty grain wagon climbed the farm-lane going

## Household Hint

Floors of linoleum, vinyl plastic or cork are ideal for a children's room, since they are sturdy and easy to keep clean.



## BREAD AND BUTTER PICKLES

1 gallon cucumbers (sliced)  
Use 1/2 cup salt. Cover with water and leave over night. Drain. Add  
2 sliced onions  
4 cups sugar  
1 teaspoon mustard seed  
1 1/2 teaspoon black pepper  
2 teaspoon celery seed  
1 teaspoon turmeric seed  
Add vinegar to almost cover.  
Bring to boil and seal hot.

—Mrs. Jacob Murray,  
Rosebank W. I.

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## A COUNTRY GARDEN

### REMEMBERED BEAUTY

"There is a place in the heart for lovely things. They are stored with folded gossamer cloaked wings.

And how dreary the day with cold and cloud, Or dusty duty, Delight may suddenly soar with shining song. —Remembered beauty." —Bunner

We remember the beauty of our gardens before the storm and we are thankful for these memories. As we trim and mow, it is good to remember the precious moments that were spent just looking at the beauty around us when sitting on garden chairs beside some lovely spot of color in the garden. Now there are some bits left in the shelter of the evergreens and of course all the Begonias and other flowers in the garden house.

Even today several flowers are "coming back" with colorful blooms and just two days have gone since the storm. The roses (Polyantha and the Tree Rose) were not hurt at all and the low-growing annuals are carrying on. The Lilacs seemed to weather the gale better than other shrubs and the Geraniums massed in the beds came through very well. The taller shrubs suffered badly but the season was almost over. Some of the bedding Dahlias in the shelter of shrubs were not harmed and it is good to see all these things when the gale blows over. However, damage to the garden is not a serious matter when there are so many more important losses to many folk everywhere. . . .

Plans can now be made for "next year" perhaps a little bolder than in a normal year, and lessons learned from this disaster can be used for the coming year. It is easy now to see where the sheltered places are in the garden and they should be used more in the planting that is planned. Certainly evergreen hedges have proved their worth in a storm as they are a wonderful protection. My few Chrysanthemums were planted in the shelter of a cedar tree and the yellow dwarf variety in full bloom with dozens of flowers never seemed to know there had been a storm. At this season of the year, I always wish that hundreds of garden Chrysanthemums grew here. I am sorry that more had not been planted in the spring. It is possible to have a very lovely autumn garden with these beautiful flowers. If some are late-flowering, it is easy to lift them for blooming in a sunporch or other cool sunny place.

As far as we know it, the history of the Chrysanthemums commenced in "Far Cathay." So great were the flowers prized by the Emperor, and perchance a few Imperial relatives were allowed to grow them. Later, raising and cultivation became general throughout China and the national interest in Chrysanthemums was demonstrated by the institution of the Order of the Golden Flower. The Chrysanthemum had been developed and improved considerably—according to Far Eastern tastes—by the time it crossed the sea and reached Japan during the era of the Tempeho (724-729). We learn that an Ode to Chrysanthemum Flowers was recited by the Emperor Kwammu on the occasion of an Imperial Banquet given in October 797. Here again, cultivation was limited, at first, to the gardens around the Imperial Palace, and then to nobility.

Herman N. Bundesen, M. D.

### Ptomaine Poisoning?

CERTAIN foods are poisonous by their own nature. Scores of deaths have been blamed through the years on ptomaine poisoning. There is no such thing really as ptomaine poisoning. In the past it was attributed alike to food decay, to the chemicals contained in food. However, today we find that many of these deaths were actually due to certain bacteria known as the Staphylococcus germs. The naturally poisonous foods are not too numerous but they can cause a lot of trouble. Foods that may be toxic even when fresh are certain types of mushrooms, certain shell fish, and several species of other fish.

Accidental Poisoning

Sometimes certain substances which in themselves are poisonous are added to food. An insecticide, known as sodium fluoride, can be mistakenly used for baking powder, flour, or baking soda. This commonly occurs when the sodium fluoride, which resembles flour, is left in an unlabeled jar.

Fruits and vegetables are often sprayed with heavy insecticides containing arsenic and lead salts. The insecticides may not be properly washed from the food before eating.

### New Methods Save Lives

Cases of so-called ptomaine poisoning that are caused by germs are on the decrease with credit due to modern methods of food handling, sanitation, refrigeration, canning and control of interstate shipment of food. Cases of food poisoning that are not due to bacteria can be prevented if the diet is confined to the usual food obtained in large volumes from reliable handlers and reputable restaurants. This course of action makes the odds on food poisoning very small.

### QUESTION AND ANSWER

Q. A.: I have been sneezing for the past three months. My doctor says I have no cold. What could be causing this?  
A.: Most likely you are suffering from a type of allergy. You may be sensitive to a pollen or food. It would be well to have allergy tests done to determine to what you are sensitive.

Long years passed before Chrysanthemums were introduced to European gardens; indeed, it was not until 1862 that they arrived in England. More years passed before early-flowering Chrysanthemums began to contend for popularity with the late varieties that need green-house protection and flower in the last months of the year.

Many, many lovely varieties and colors in Chrysanthemums can now be procured and the Memorial Nursery is experimenting with different varieties as to hardiness. It will be possible to be sure of those that will winter over outside without any losses, and this information will be a good help in ordering for next year.

Even now the sunny mornings in the garden are wonderful. R. S. Bridges writes: "Now thin mists temper the slow ripening beams Of the September sun. His golden gleams On gaudy flowers shine, that prank the rows Of high-grown hollyhocks, and all this shows That Autumn flaunteth in his busy hours; Where tomits hanging from the drooping heads Of giant sunflowers, peck the nutty seeds; And in the feathery aster bees on wing Settle and set free the honied thousands almost over. Some of the Till thousand stars leap with their visiting. While ever across the path lazily flit, Unpiloted in the sun the dreaming butterflies With dazzling colors powdered and soft gleams. White, black and crimson stripes, and peacock eyes. Or on chance flowers sit with idle effort plundering one by one The nectarines of deepest throat-deep blooms."

September is a lovely month in spite of wind and storm and there (Continued on page 14)

## Banana Bread

1 cup sugar.  
3 bananas (smashed)  
4 tbs. melted butter  
1 1/2 cups flour  
1/2 tsp. salt  
1 tsp. soda  
2 eggs.  
Mash bananas to a thin batter. Add sugar and eggs. Beat up, then add butter salt and soda, sifted with the flour. Bake in loaf tin in a fairly hot oven.  
(This recipe is repeated in correction of the one appearing in Saturday's paper.)

## MARY HAWORTH'S MAIL

### Today's Teen-Age Problems

DEAR MARY HAWORTH: One afternoon recently my teen-age daughter had a date to go riding, and the boy who came for her was a shirless. I mean he was "in the raw" above the belt. I refused to let her go, and I told her to tell the boy why she couldn't go—so that either he would get put on a shirt, or she could get rid of him. Ann wouldn't tell him why she couldn't go, so she stayed home and was quite upset. I believe the boy had a shirt in the car—but I do think a boy 18 would know never to call on a girl, unless properly dressed.

How many dates a week should a teen-age have? Seems they think every day isn't too often. They just drop in, in the afternoon, as if they lived at your house.

In a certain neighborhood in our town (a small city in the mid-west), there is a frightful condition. The teen-agers won't speak to the younger girls or older people—just to their small select group. And one teen-age girl's mother goes so far as to ask the neighbors not to make noise if her daughter is sleeping late. This doll is one of the select, who thinks old people should die off. She is almost too nice to walk—her hair, might blow out of place.

I just want to hear another person's view on the subject. I certainly shall be looking forward to an answer.  
C. L.

### BOY IN NEED OF GUIDANCE

DEAR C. L.: At a seaside resort, for an afternoon in the sun, slacks or shorts or bathing trunks, minus shirt, may be appropriate garb for a teen-age youth, if he will be

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## Taken From The Indians



BY TRACY ADRIAN

From the Mexican Indians comes the inspiration for this skirt which is awfully with the color and richness of wool in a most handsome look. It's a fascinating evening skirt designed with an Aztec stripe in tones of fuchsia blue and fuchsia red. Full, and neatly waist-nipping, it sports a rustling crinoline for added flare. Top side there is a velvet blouse which is daintily cuff collared and scooped. Both separates blend beautifully with other skirts and blouses for a life that is casually dress-up in the manner of today.

## KEEP IN TRIM

### Mid-Morzing Slump

By Ida Jean Kain

If you work for a living, and most of us do in one way or another, then it's pretty wonderful to feel up to par—with energy to burn. The first meal of the day has a decided effect on energy, disposition, and weight as well.

Of course you won't believe a word of this if you have a little interest in breakfast, with only time for a cup of coffee, hastily gulped. But read on, just to see if you disagree with the dietitian! Studies on the effects of breakfast are linked to blood sugar levels, for there is convincing evidence that low blood sugar results in irritability and fatigue. What has all this to do with breakfast? During sleep, the blood sugar of normal people reaches a low which is maintained until breakfast. When you skip or skimp the first meal, your energy limps along in low gear. . . .

Research has shown that the amount of protein in breakfast plays an important role in maintaining the blood sugar level throughout the morning. Those who break the fast with coffee and nothing else really punish their bodies, for the blood sugar falls below the fasting level. "So what?" you may shrug sleepily. So the body fights back with headaches, backaches and general dreariness.

On an adequate breakfast, energy carries over into the afternoon, even when a light lunch is eaten. The body needs fuel after a twelve hour fast, and the food eaten at breakfast is used efficiently, and not as apt to be stored. Science now emphasizes that a good breakfast is the key to successful slimming. Three meals a day, with complete protein in each meal, keeps your metabolism elevated throughout the day.

It's wise to allocate a fourth of the day's calories for breakfast, always including a complete protein. On a reducing diet, here is what you can have for 250 to 300 calories: fruit or juice, egg and a strip of bacon/ thin slice of toast, lightly buttered and coffee. Or have two eggs and skip the bacon. Or choose fruit or juice, hot or cold cereal, 3/4 cup whole milk and a teaspoon of sugar, plus coffee. Any of those menus furnishes fewer calories than a toast, jelly and coffee breakfast.

Not being hungry for breakfast is partly habit and the result of overeating at dinner or eating before retiring. By the way, late day calories are prone to go to fat, for fewer calories are needed during sleep.

Eat according to nature's demand for energy through the day. Try it for three weeks, and let this dietitian hear from you.  
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### BE FLEXIBLE ABOUT DATES

As to how many dates a week a teen-age should have, I don't think any fixed number should be rigidly specified. When teen-agers are on vacation (from jobs or studies) they take to dating as a sort of main occupation—like ducks take to water. It is simply part of the pattern of being competently sociable and acceptable to their generation.

The number of dates a week isn't (Continued on page 14)

## LET'S EAT

## Preserving The Flavor Of Baked Vegetables

By IDA BAILEY ALLEN

### PRESERVING THE FLAVOR OF BAKED VEGETABLES

"MORE people would eat more vegetables if these were cooked to retain more flavor. Madame," pronounced the Chef. "I have the honor to announce a new method direct from the test kitchen."

### Bake in Aluminum Foil

To test vegetables for "doneness," use a fork to pierce through the foil to the center. If cooked on a barbecue grill, turn once.

Potatoes: Scrub and wrap medium-sized whole potatoes separately in aluminum foil. Bake until tender in a hot oven, 425 degrees F., or over a barbecue grill.

Carrots: For each serving, wrap 2 scrubbed, unpeeled whole carrots in aluminum foil. Bake until tender in a hot oven, 425 degrees F., or over a barbecue grill.

Snap Beans: Wash and cut off the ends from 1 lb. fresh snap beans. Arrange in 6 servings on squares of aluminum foil. Top each with 1 tsp. butter or margarine; add a dusting of salt and monosodium glutamate. Wrap securely. Bake 25 min. in a hot oven, 425 degrees F., or over a barbecue grill.

### A Platter of Packages

"A platter with the shining packages of these vegetables neatly arranged would be an innovation, Chef, good outdoors at a barbecue or indoors any time. Each person opens his own. Your savory ham sauce would be excellent to spoon over the vegetables, and add the protein necessary to a complete main course."

The Chef's Ham Sauce (First of all ladies, make plenty!): A good proportion for 6 persons would be 3 c. medium-thick white sauce seasoned with 1 tsp. lemon juice, 1/2 tsp. mayonnaise, 1/4 tsp. table mustard and a dash of onion salt. Add 1 1/2 c. diced cooked ham or small-diced canned chopped ham, and heat thoroughly.

### Favorite Hot Biscuits

Mix well together,  
3 cups flour (bread flour)  
2 tbs. baking powder  
2 tbs. baking powder  
1/2 tsp. salt  
1/2 cup brown sugar—add  
1/2 cup shortening — part butter  
2 eggs beaten well with  
1 cup sweet milk. More milk may be needed to make a soft dough.  
Pat or roll out on board and cut about 1/2 inch thick. Bake in hot oven 12 to 15 minutes.

## Alice Brooks Designs

### JUMPER AND BLOUSE

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### Morning Smile

It was in a western city recently and two men were standing on the sidewalk of a downtown area watching a hook-and-ladder truck come screaming down the avenue and swing into a side street. When it had passed one man said to the other: "I don't see why they have a man steering from the rear of that fire truck."  
"Neither do I," replied his companion. "It's a woman's work!"

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