

Waged Campaign From Parlor Rather Than Public Platform

MOOSE JAW, (CP) — Margaret Aitken, Progressive Conservative member of Parliament for the Ontario constituency of York-Humber, substituted the parlor for the public platform in the federal election campaign last August.

Miss Aitken, in an interview here while attending the annual convention of the Saskatchewan Progressive Conservative Association said she did not make a single speech at a public meeting throughout her campaign.

"Instead, I attended coffee or tea parties from 11 in the morning until 11 at night, day after day, until I had pretty well met all the women in my constituency."

HOW IT WORKS

Miss Aitken says the tea and coffee-drinking marathon worked like this:

A woman on each street in the riding was contacted and invitations were sent out by her to all other women in a block to drop in for morning coffee or afternoon tea. Miss Aitken met them informally, answered their questions, and "just plain got to know them all."

Her usual campaign was aided by 20 members of the Toronto Women's Press Club. Although

some were not of the same politics, they stumped for Miss Aitken, also a newspaper woman. In their leisure hours they mapped out the constituency street by street and went on a door-to-door informal canvass.

HECKLED IN HOUSE

Miss Aitken says she still hasn't made many speeches in the House of Commons. She admits she was "a trifle nervous" when she made the first. And she receives the same heckling from opposing members that they accord to male opponents.

"They allow you a little leeway for your maiden speech and listen more or less in respectful silence," Miss Aitken says. "But after that you're fair game for heckling from both sides, whether you are male or female."

Miss Aitken says she spent the first week of her parliamentary career working on a procedure, but still has a lot to learn after her first year in the Commons. She says she doesn't believe politics have a specific women's angle.

She still keeps up her outside work. Her daily column in the Toronto Telegram, "Between You and Me," is a light resume of behind-the-scenes events. She has written a book on her political career called "Hey, Ma! I Did It!"

To Recognize A Broken Bone First Aid and Home Nursing (St. John Ambulance)

How do you know when a bone has been broken?

In many cases, of course, this is quite obvious. But further injury has often been caused because it has not been realized that there was a fracture. First of all, remember that if there is any doubt whatever, the injury should be treated as a fracture.

The general symptoms to watch for, says St. John Ambulance are: Pain at or near the place where the bone is broken and tenderness or discomfort when gentle pressure is applied over the affected area.

There is often swelling around the fracture and this swelling frequently makes it difficult to discover other signs of the fracture. In this case, care must be taken not to treat the condition as a less serious injury.

There is usually limitation of natural movement so that the injured part cannot be used normally.

Deformity of a limb often occurs. The limb may assume an unusual position, and be misshapen. The contracting muscles may cause the broken bone to override, making the limb shorter.

If the broken bone is near the skin, irregularity of the bone may be noticeable.

Fony grating may be heard or felt.

There may be unnatural movement at the point of fracture.

(These last two signs should never be sought deliberately but they may be noted during examination.)

All these signs and symptoms may not be present and those which are may vary in degree. Other things that should be noted are marks on clothing or skin which may help to locate the fracture. The injured and uninjured sides should be compared to see if there is a difference and people present (or the patient himself) should be asked if they heard the snap of the bone.

The main thing to remember, however, is to treat the injury as a fracture if there is any doubt.

WOMEN

Page 8 The Guardian Wednesday, June 30, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

"Canada, Canada, land of the bravest, Sons of the war-path and sons of the sea; Land of no slave-lash, today thou enslavest Millions of hearts with affection for thee."

These lines remembered from our school days, and written by the Irish poet John Keats, on the occasion of a first Dominion Day are as apt now as then. To what depths are our hearts enslaved by this great country of ours, bound to her by affection and reverence and pride. How grateful we are for her freedoms—how altogether good to have been born and reared in this Land.

As the year returns now another anniversary of her birth we stop to picture the immensity of the area confined within her far-flung and diverse boundaries. The smallest Province but not the baby, our own little Island sheltered beneath a protecting wing, quite snug there as are our chicks cuddled closely to their mother on shadowed days or when a storm-cloud darkens ominously the heavens.

What think we is Canada? Her wheat fields—she, the bread-basket of the world, ever giving? Her mighty rivers and waterways bearing her ships of commerce to trade at world-ports? Her mines and minerals rare, valuable, life-giving? Her inexhaustible supplies of lumber, harvested for a thousand needs of home and afar? The silvery wealth of her seas. Her manufactured products which reach to the ends of the earth? Her people then—they of a young nation, virile, unafraid?

To us, Canada is the fine confederation of which belongs this green Isle set in a silver sea—a place of lush pastures and flowering haylands and the red of new-sown, new planted, fields.

Our Canada, is the quiet blue skies and every loveliness of summer; of laughing Strait and white-capped Gulf; of warm-sanded beaches and the spice aisles of inland, scented, woodland and grove. It is the blue and gold of the harvest weather and a little rippling

Until Friday ———— Diary
————— Good-night . . .

Trout Recipe is Main Feature At Festival

OTTAWA (CP) — It's one thing to catch a trout; it's another thing altogether to cook it properly. The culinary angle will be taken care of at the Flin Flon, Man., trout festival by two home economists of the federal department of fisheries.

Edna Raynor of Winnipeg and Jean MacDonald of Ottawa will give daily demonstrations of the cooking of fresh-water fish at the festival, which lasts from June 30 to July 4.

Their featured recipe is for a baked whole lake trout. For the benefit of people who can't get to Flin Flon, it goes like this:

Take on 4-5 pound dressed lake trout, wipe it with a damp cloth, sprinkle the inside with salt, and stuff it loosely with rice and olive dressing. Fasten with string, brush the outside with two tablespoons melted fat, butter recommended, and bake in a hot oven, 450 to 500 degrees Fahrenheit.

Allow 10 minutes per inch thickness of stuffed fish.

The dressing is made this way: To ¼ cup melted butter, add ¼ cup chopped onion and 1 cup diced celery, and cook until tender, about 3 minutes. Add 1-1 ½ cup cooked rice, one cup chopped stuffed olives, and ¼ teaspoon each of salt, pepper, dried sage and dried thyme. Toss lightly, and stuff fish.

How Can I?

By Anne Ashley

Q. How can I prevent callouses on the hands when using a broom?

A. This can be prevented by covering the upper part of the handle of the broom with any soft material, sewing it firmly, tacking the lower end of the material to the handle.

Q. How can I keep olive oil from becoming rancid?

A. Place two medium-sized jumps of sugar in equal quart of olive oil, as soon as it is opened, and it will prevent the oil from becoming rancid.

Q. How can I remove stains from knives?

A. The majority of knife stains can be quickly removed by rubbing with a piece of raw potato.

That Body of Yours

By James W. Barton, M. D.

TREATMENT OF ATHLETIC INJURIES

The injuries suffered by athletes in competition are found to affect primarily the soft tissues of the muscles, tendons and the ligaments which support the joints. Fractures are uncommon and it is for this reason that in the past treatment of athletic injuries fell into the hands of "trainers," "rubbers" and others who treated soft-tissue injuries who, by their skill in such treatment, were often able to return the athlete to competition sooner than a physician would.

In the Canadian Medical Association Journal, Dr. Normal C. Delaurie states that it was only during the past few decades that team physicians responsible for the care of injured players, were finally accepted as having their proper place in the management of these injuries.

In the past physicians had usually followed a course of treatment involving prolonged rest and, of course, this was not desirable if the player was to return to the game as soon as possible.

The ideal arrangement is to have utmost confidence between management, coach and physician. The coach should be responsible only for the athletic training and conditioning of the team and the physician should be responsible for the medical condition of each individual player. This training and conditioning of players means a rigorous training schedule before the playing season begins during which time carefully selected exercises must be stressed for the special purpose of strengthening muscles supporting joints, such as the knees, which are particularly apt to be injured.

The usual treatment of such an injury, after any blood has been stopped is to use a pressure bandage and immerse the part in ice water or apply ice packs for 30 minutes to an hour. Compression bandage is left on for 24 hours and part re-examined, to be sure the first diagnosis was correct. Heat is the best healer and this is best obtained in a whirlpool bath, if available.

Better English

By D. C. Williams

1. What is wrong with this sentence: "It looks very much as though it would rain today."

2. What is the correct pronunciation of "discern"?

3. Which one of these words is misspelled? Noncommittal, nonpareil, nonchalant.

4. What does the word "cynical" mean?

5. What is a word beginning with a that means "briskness"?

ANSWERS

1. Say, "as if it would rain." 2. Pronounce dis-surn 1 as in did, accent second syllable. 3. Noncommittal. 4. Contemptuously distrustful of human nature. "Why take such a cynical view of the future?" 5. Alacrity.

Household Scrapbook

By Roberta Lee

Ringworm Remedy

Put 1 part of iodine in 2 parts of water, or alcohol. Touch the surrounding flesh with this solution. It will prevent spreading, and in about two weeks the ringworm should disappear.

Grease Stains

If there are grease stains on wall paper, mix pipe clay and water to the consistency of cream, apply it to the spots and allow it to remain for twenty-four hours.

The Porch Swing

If the porch swing has developed a squeak try wrapping the hooks with pieces of thin leather, or any other material that will not wear through easily.

Contract Bridge

By Josephine Culbertson

CONTRAST

The declarer's play to Trick 1 in the following hand was as good as East's was bad.

South dealer.

North-south vulnerable

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

♠ A K 5 ♠ A K 5
♥ Q 5 4 ♥ A J 10 9
♦ A K 7 ♦ A K 7

The bidding:

South West North East
2NT Pass 3NT Pass
Pass Pass

West made his natural lead, the top of his incomplete heart sequence. A low card was played from the table, East put up the king—and South took time out to give the situation due thought.

South could count two tricks in spades, one in diamonds, two in hearts, and two in clubs but the trifling two tricks would have to depend on unknown factors. If the club suit broke 3-3, dummy's lone club could be established, but this chance was not as good as the opportunity to win three diamond tricks.

Development of the diamond suit would probably need two leads from dummy, and obviously, dummy's only possible entries were in the heart suit. The heart ten was marked with West, so South simply played his heart queen under East's king.

East returned a club. Declarer won and led a heart. When West played low, dummy's nine was spot held, and now a diamond was led. East ducked and declarer playing the nine. West won and returned the club jack, East overtaking with so valuable to the declarer?

HOLMAN STORE NEWS

— G. H. M. —

The most reliable of statistics tell us that more people stay at home during the Summer than travel the country over! That being so, you'll want to fix up a place in the sun . . . in your own backyard—where you'll be able to enjoy every last minute of your leisure time. Here's about SUMMER FURNITURE that will both delight your eye as well as satisfy your desire for cool comfort. The Furniture Departments of Both Holman Stores in Charlottetown and Summerside have grand arrays of the Summer Furniture you'll need. Made of natural finished, sturdy hardwood, light-as-a-feather Aluminum or woven rattan with seats and backs of either colorful duck or glowing, serviceable "Saran". Prices are reasonable, they start at 2.25 for a well made Camp Chair. Come in today—you'll find exactly what you want to make your Summer-at-home a pleasant and thrilling as well as restful interlude. The Furniture Departments of Both Holman Stores.

TO be really "cozy"—you'll be right in the Swim in a pair of the smart, comfortable SWIM TRUNKS from the Men's Wear Department of Holman's in Summerside. There are a number of styles from which to make your choice . . . All are well made, have inner linings and supports and are in sizes from 30 to 42. For the non-swimmer, there is the Safety Suit—"Marksway" in a variety of colors and priced 5.95 (very little to pay for guaranteed safety in the water). Boxes Trunks of pure nylon in a handsome, low-shine are 4.95; elasticized "skin in look" style Trunks are 3.95 and 2.50. Our Swimming Season is short enough and you'll want to make the most of it—choose Swim Trunks today for fun on the beach and in the water. The Men's Wear Department of Holman's in Summerside.

DIVE right into the swim in one of the smart as paint SWIM SUITS from either the Budget Shop in the Charlottetown Store or the 5 and 10 of Holman's in Summerside. There are some beauties from which to make your important choice—Cotton Print or Cotton Plisse in Bloomer or sophisticated skirt styles may be worn strapless or with a halter strap, these are priced a wee 2.98! Shimmering satin with a cuffed bodice, front skirt and elasticized back and decorative fish motif, these are 4.98; then for 5.95 you can get a "Lastex" Suit of rich bengaline in a tailored style with boned bra lining. Sizes are small, medium or large and 32 to 40. Swim with vim—lounge in leisure . . . You'll be smartly clad in a Swim Suit that's inexpensive but good-looking from the Budget Shop or the 5 and 10 Department of Holman's.

Alice Brooks Designs

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Use straw material or cotton to crochet this beauty of a basket! Sugar starch gives its stiffness—perfect for fruit, as a handsome centerpiece for your table.

Pattern 7035: pineapple design combined with solid single crochet—easy, attractive.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

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the queen. For additional safety, South ducked this trick. He won the club continuation, re-entered dummy with the heart ace and took another diamond finesse, which succeeded. The diamond ace now dropped East's queen and gave declarer three diamond tricks.

East was a little shortsighted when he played the heart king at Trick 1! Why squander an honor on his partner's honor? And, more important, why give dummy a second entry that might be (and was)

DOROTHY DIX

Philandering Mystery

DEAR MISS DIX: I have been married six years and have two children, four and five years of age. The first year of marriage was blissfully happy; then followed four years of constant quarrels and, as I learned later, infidelities. There was one particular girl with whom my husband lived while I was in the hospital having our second child. Eventually he admitted he loved her and wanted a divorce. Then something happened between them that it was, I never knew, but he said everything was over, he realized what a heel he had been and knew that I was the only woman for him. That was a year ago, and he has been simply wonderful ever since. However, I cannot get the thought of this girl out of my mind. I go out of my way to pass her house, ask people about her, think about her constantly. It is a form of mental torture that I cannot stop. Should I tell my husband how I feel, or will that bring the whole story back to him?

Dolores D

FORGIVE AND FORGET

ANSWER: Your husband, hav-

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Anne Adams Patterns



BASIC BEAUTY!

Sew it in a jiffy—wear and wear and love it from now through summer! See the easy-to-sew ticks—they're a smart, new detail this season. Note the comfortable, graceful 4-gore skirt—it has a pocket in the side seam. Have it with or without sleeves.

Pattern 4713: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 3 ½ yards 39-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Morning Smile

Sighting behind the Iron Curtain a visitor noticed two oil paintings. He inquired about the first, and was told it was a picture of the "great Russian inventor Ivanov, who invented radar, wireless, artillery, railways, X-rays, and so on."

After he had recovered from this, the visitor asked about the second picture, which was considerably bigger. "That," he was told, "is a picture of Petrowitch, our greatest inventor."

"And what did he invent?"

"He invented Ivanov."

Life In Mexico May Seem Exciting But There are Also Drawbacks

Written for The Canadian Press By MARGARET ECKER

MEXICO CITY, (CP) — To a young housewife in Canada it might seem exciting to pack her worldly goods and family and move to Mexico City to set up housekeeping.

She has probably heard that household help here is cheap and plentiful, and it's summer all year round.

Part of the picture just might come true, but there are a lot of "ifs," according to two young Canadian housewives in the Mexican capital. Estelle Glover of Port William and Pam Tregaskis of Ottawa haven't found life in Latin America all tequila and tortillas. Their respective husbands, Clyde Glover and Stewart Tregaskis, are with the Canadian diplomatic mission.

help. "The children are picking it up faster than us," they go to the American school.

The two servants, seamstress and gardener that are necessary for even a small menage, were hard to find.

"You can get a good cook for \$35 a month, if you're lucky," she said. "But she will have no touch for mechanical things, so you have to be with her a great deal." Cooking is done with compressed gas in cylinders.

Mothers are in constant fear that Canadian children will absent-mindedly drink tap water and expose themselves to dysentery or typhoid germs. Drinking water is specially bottled. Most Canadian women have learned to avoid the colorful native markets. They travel across town to a supermarket where they know food is up to Canadian standards.

KEEPS THEM BUSY

"If you are lucky, you may finally get good help," says Mrs. Glover, who also lived in Ottawa, "but housekeeping takes twice as much time here as in Canada, so even with help you're still busy all the time."

"Yes," agrees Scots-born Pam Tregaskis, "you may live in a lovely house, with help but often the water system doesn't provide a drop of water, due to lack of pressure."

Finding the right house isn't too easy in Mexico City and rents are expensive. The Glovers finally found a large, ultra-modern home in Lomas, one of the fashionable suburbs. Stone and wood has been used with dramatic effect downstairs and painted walls are rose, green and cocoa. All very smart, but the Glovers didn't have furniture.

SERVANTS' HOLIDAY

Mrs. Tregaskis said that at Christmas time, when Canadian social life is at its height, the servants take off.

"At Christmas, according to custom," she said, "Mexican help gets two weeks holidays and one

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The Stars Say

By Estrellita

For Tomorrow

DURING the morning some adverse influences may lead to confusion in family and other personal relationships, but tact and consideration on your part could ease tensions considerably. Compromises could also be helpful, but not to the extent of putting yourself under heavy obligations to others.

The Evening Hours

The evening hours are excellent for cultural and creative activities, and entertainment projects which call for originality and imagination are under especially beneficent aspect. Romantic and domestic affairs should prosper, and the influences are good for travel.

For the Birthday

If tomorrow is your birthday, the last half of this year should be an exceptionally happy period for you, with business and personal relationships at their most satisfying, and domestic matters under excellent control. Even though you will solve many of your financial problems, avoid large expenditures during this period.

FURNITURE COSTLY

"We found inexpensive furniture was of poor quality, good things were expensive, so we saved money by having ours made," said Mrs. Glover. "But it took time. You can't hurry a Mexican. Now they have a most attractive dining room suite of mahogany that would have cost much more in Canada."

The Glovers had both studied Spanish in Ottawa but Estelle admits that, after more than a year, she still finds it difficult enough to do her shopping and instruct her



Cook's Corner

MEAT LOAF

1 cup diced carrots
2 lb. ground steak
1 lb. ground pork
1 egg
1 cup canned tomatoes
1 cup diced celery
¼ green pepper
Salt and paprika
Grind the vegetables and add to the meat. Mix all together. Make in 2 loaves, cover with a strip of bacon and bake 1 hour at 400 degrees F. Delicious hot or cold and almost a complete meal in itself!

—Mrs. Howard Affleck, Mount Stewart W. I.

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