



### HANDICRAFT VAN HOLDS W. I. COURSES

A Handicraft Van, with two instructors, visits Women's Institutes throughout the Province. Each Institute is given two weeks' instruction in sewing, weaving, glove making, leather tooling, dressmaking, etc. It is sponsored by the Provincial Department of Agriculture. Examining gloves and handcraft products made by members are LEFT Isabel Woolner, In-

### ELLEN'S DIARY

#### March Puts Canada Geese On The Wing

March, it is, who these days in the midwest brings us the echoing crow-call as they "flap over in twos and threes" along the upland fields. March too yesterday in the Sunday quiet put Canada geese on wing. They followed a silver route above our valley, hailing us blithely in passing and bringing to us northern folk with our feet in the snow, tidings of the sunny south—of warm sands and blue seas, of birdsong and blossoms there, whence now Spring too is on the way up.

"Hear them!" Granddaughter smiled watching the dark skein of them.

"They're off to the north to lay eggs to hatch" Mack said. "We'll see them again in the Fall."

March brings sleet to windows and wires tonight. And the wind is in a threatening state, gusty and high. The twigs of the white birch rattled in their glassy coatings, and the path was extremely slippery when we came moments ago from a brief visit to the house across the lane.

This had been a different day for us at Alderlea, in that because one of the farmers was laid up with a misery, the women and children must come to the assistance of the other at his work.

Before school Mack tussled manfully with a hungry calf who carried him along the stable-group at a brisk pace, on its way to nurse. Granddaughter took bundles of hay not only to the bunnies this morning but also helped fill this and that empty manger about. Jeanie too assisted, at the fetching and carrying, while we lent a grandmother's support ("A retired one at that!" James chuckled) to their endeavours.

There was an item of grain-crushing left to us however, with more than one injunction over the project. And when an hour had vanished and we were commencing to be pleased with the result of our efforts, the farmer stopped beside us a moment to offer, "You can shut her off now—think you have enough done to see us through the day."

"See, Ellen!" a sparrow gleaming kernels beyond the doorway trinkled. "And you were being fairly well pleased with yourself—doing big things, eh? And only enough done for the day!" He tittered. "And what's a day in a year? It's 'he scratched his head,' only a summer—stirring in the poplar's leaves, or a cloud resting for a moment on the face of the



By VERA WINSTON  
**SPRING TWEEDS**

Tweed continues its popularity, probably because it is now mostly soft and springy in its weave. Nice soft tweed in gray is used for an easy-to-wear spring suit. The jacket, while boxy, still manages at least a suggestion of shaping. It has bone buttons at the yoke and interesting buttoned, tabbed pockets. The skirt is straight in back and has two stitched seams in front.

# WOMEN

Lenora Caroline McLure, Women's Editor, Phone 6506

Page 8 The Guardian Monday, Mar. 18, 1957

## HAPPENINGS

The ambassadors of Ireland in Ottawa, Dr. Thomas Joseph Kiernan, addressed the Empire Club of Canada in Toronto on March 14. His topic was "The Mind of Ireland."

"Cinderella O'Reilly" and all her associates simply entranced

the listening audience on Saturday evening at the Community Centre.

Mr. and Mrs. John Leard, Cranford, and their little daughter June, accompanied by Mr. and Mrs. Senter are leaving Sunday on a holiday trip to Florida.

### LET'S EAT

#### Nutritious Casserole Is A Meal In Itself

By IDA BAILEY ALLEN  
"The homemakers of Wenatchee are not only good cooks, but they are interested in learning more about food and nutrition," observed Miss M. A. Hughes, Home Service Director of the Public Utility Co. of Wenatchee, Wash. We were attending a reception which was given so that I could meet these homemakers.

These three rooms, when thrown open together, form a large auditorium. They are used not only for cooking demonstrations and contests, but for youth group and community affairs.

During the reception, there was a brief question and answer period. Several women had dietary suggestions. Others asked for suggestions in teaching proper nutrition to young people. Many were concerned about the family breakfast.

**SUSPENSEFUL FEAR**  
"Through God's wonderful plan of things, I knew I would have partial eyesight for 10 years," Mrs. Voll said recently. "But I knew I would eventually become blind. I lived in constant dread of the time the lights would go out."

And the lights did go out 13 months ago. The 10 years of "suspenseful fear" which Mrs. Voll describes as "the hardest I will ever live" were over.

The readjustment made by Mrs. Voll is typified by her attitude towards lipstick.

**CHALLENGES**  
While she had partial sight, she was afraid to apply lipstick, because she thought she would get it on crooked. "Now, I use the works," she said.

Since her blindness, Mrs. Voll courageously meets each day's new challenges. She has learned to type, is working on the last of three Braille books, and helps with the cleaning, baking, ironing, and washing. "My washing must hang perfectly," she said, so the neighbors won't watch and pity.

Mr. and Mrs. Voll have two adult children, a third in high school and a fourth in elementary school.

Drain: combine with fine meat. Add 1 tsp. salt, 1/4 tsp. pepper, 1/2 tsp. monosodium glutamate and 1/2 c. fine-grated sharp American cheese mixed with 1/2 a fine-minced green pepper and 1 tsp. table mustard.

Transfer to an oiled low 2 qt. baking dish. Bake 1 hr. in a moderate oven 350 degrees F. Cover the first 30 min.

**Grated Apple Pie Wenatchee:** Line a 9" pie plate with American pie pastry rolled a scant 1/4" thick. Pour in grated apple filling. Bake 35 min. in a hot oven, 425 degrees F. Serve warm or cold.

**Grated Apple Filling:** Wash, peel and grate 7 medium-size tart apples.

Add 2 1/2 c. not-lumpy brown sugar, 1/4 tsp. each ground cinnamon and nutmeg and 1 c. dairy sour cream.

**TRICK OF THE CHEF**  
When making meat casseroles for refreshing flavor.

**MORNING SMILE**  
At the hospital:  
"Isn't it wonderful, George! Except for where you went through the windshield the car is scarcely damaged at all!"

**6,000 CLAIM**  
FRANKFURT, Germany (AP)—The number of victims claiming restitution from the former I. G. Farben chemical combine has risen to more than 6,000. Liquidators of the trust announced Friday. The liquidators are providing payment of \$7,140,000 to former inmates of Auschwitz concentration camp who were pressed into slave labor at a Farben plant.

times in one direction . . . then circle eight times in the other direction. Each time lift hips off hands at height of circle.

The above exercise also can be made easier by starting from the position with one knee flexed, then circling with one leg at a time. Finish with this exercise to slim the waist and tone the bias muscles.

Position: Stand on knees, as in kneeling . . . then sit back so that hips rest on heels.

Movement: Slowly bend sideways toward right, trying to touch right fingers to floor at right side as left hand is stretching upwards. Just before you touch floor with fingers, pull up with giraffe muscles, lifting hips off heels as you sit back—clear to fingertips. This is slimming!

Relax!

Position: Lying on back, have hands under hips, palms down.

Movement: Raise legs slightly off floor, about three inches, and h-o-l-d. Now swing legs apart in wide stride sideways, then swing legs inward, crossing one over the other. Swing legs apart again, and then swing inward and cross. Repeat this routine eight times. Be sure to keep lower back on floor and contract strongly with abdominal muscles.

Position: The same as in first exercise, hands under hips.

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**DON'T THROW MUD**  
Possibly your wife has a lot to hear, and is more injured than offending, if the whole truth were known. Maybe you set a bad example before the break, that finally threw her off stride, too.

Perhaps the rumor is a lie, but if she is seeing another man since the break, maybe it's because she desperately needs affection (crumbs from any source) to keep from going to pieces—and hasn't the educated sense to get specialist help in charting a right way out of difficulties.

My advice is: while solving the problem, don't be a boomer; do not throw mud at the mother of your children. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

### Blind Mother Meets Challenge

KITCHENER, Ont. (CP) — A Kitchener mother, who lived "in constant dread" for 10 years while she gradually went blind, pulled herself back to normal living only after she lost her sight.

"Mom doesn't miss a thing," her children say now.

Mrs. Jerome Voll, mother of four children, began to lose her sight 11 years ago.

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### KEEP IN TRIM

#### To Be Overweight Is No Good To A Person

By IDA JEAN KAIN  
A round dozen pounds of excess weight may enlarge the middle measurement by as much as three bulging inches. Because there is no bony structure in this area, the middle measurement is most dependent upon muscle tone.

To get a rough idea of what happens to the figure when the bias muscles lose tone, take this test: Have forefingers and thumbs encircling waistline at sides, with

forefingers pointed toward each other. Spread other fingers apart widely, spanning side-front of abdomen. That's where the spread begins.

Keeping shoulders relaxed, pull up strongly with long front muscles, then pull in forcibly with bias muscles. That's how the giraffe muscles streamline the figure when bracing tone is restored. Here is an exercise routine designed to tone and tighten those middle muscles.

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### ELEANOR ROSS

#### Picking Spring Fashions Now Is Going To Be Fun

Shopping for clothes this Spring is going to be fun. There is so much that is new.

The cape silhouette is definitely here and appears in separate garments, as part of an ensemble or with suits. There are suit jackets that are part cape or have cape sleeves.

So many of us enjoy wearing suits all year round, not just in the Spring and Fall. On really cold days, suits are just right under a warm coat. But this is the time of year when most of us feel the need for a smart accent or accessory to make an off-worn suit feel new again.

**SILK SWEATERS**  
To wear with suits, consider the new silk sweaters coming over from France, Italy and Switzerland. They're so lightweight, so comfortable, so smart.

There are many types of necklines—the high, close-fitting neckline, the open square neckline, the round scoop or the open shirt collar. There's a style for every type, every taste.

A brand-new bathing suit will be on the market that is guaranteed to fit any figure! It's made of that wonderful yarn that was first in-

troduced to us in stretchable socks. The new bathing suit comes in just one size, so that girls of less than sylph-like lines will have the satisfaction of knowing that they're wearing the same suit as any slim young thing.

We're wondering how long it will be before almost every garment we wear will come in an easy stretchable size that fits any figure. This will certainly help to bid adieu to alteration problems. Think of never having to struggle through try-on sessions to get the proper dress or girle!

If you're shopping for fabrics for home sewing, you'll be delighted with the new fabrics. Chiffons, cottons, silks and permanent featured in new weaves and textures. Silk fabrics are especially important. Actually, silk is a strong fibre, for all its delicate look, and new dyeing processes have added to its beauty.

There's much emphasis, too, on co-ordinated materials that combine two or more different fabrics in harmonizing colors and patterns, every taste.

**LITTLE IRONING**  
For the first time, a smoothing iron that requires a minimum of ironing will be on the market. Washability is the word with the majority of fabrics. When you can have machine-washable silk prints—now being marketed—why buy silk that isn't guaranteed washable? Most garments are made with washable threads, binding, linings, buttons.

### Hunter River Has World Day Of Prayer

Quiet music played by the organist Mrs. W. I. Bowman opened the World Day of Prayer service in Hunter River United Church, March 8th.

There was a large attendance from both churches. The theme was "Who shall separate us". Mrs. Orville Sellar as leader read the Introductory words followed by a reading "Flowers in World War II" by Mrs. J. S. MacLeod.

Harold MacLean and Mrs. Dan MacLeod who read the scripture from the Presbyterian Church, Mrs. E. Bernard, Mrs. L. W. Ripley, United Church readers were Mrs. Ivan MacKay, Mrs. J. L. LePage and Mrs. C. D. Montgomery.

The C.G.I.T. led in the singing of the Hymns, "O God our help in Ages past" "When I survey the Wondrous Cross" "In Christ there is no East or West" and "The day Thou gavest Lord is ended" and sang as a chorus "The Love of God."

Mrs. C. R. Moase gave the address. Prayers were offered by Mrs. C. B. Matheson, Mrs. J. E. Andrews, Mrs. Frank Bagnall, Miss Martha Large and Mrs. Cyril Smith.

Mrs. Steve Burns and Mrs. Fred Smith received the offering which was dedicated with prayer by Mrs. L. W. Ripley followed by the Doxology and the Lords Prayer. The meeting closed with the Benediction by Mrs. Sellar.

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## WE STARTED TO LIVE BETTER THE NIGHT WE SMELLED SMOKE-

"The smell of smoke is a frightening thing. Thank Heaven, we caught it in time—the Fire Chief told us hundreds of Canadian families every year aren't so lucky. "The electrical contractor told us a previous owner had wired the outlet that was smoking with a piece of extension cord. "He also told us: Three out of five homes in Canada are inadequately wired or have faulty wiring such as he found in ours. "No wonder they have trouble," he said. "Folks pile today's heavy appliance load on wiring ten to forty years old . . . never give it a thought. Their cars depreciate more in one year than a good, once-in-a-lifetime rewiring job would cost. They want all the wonderful new electric appliances . . . want to be modern without modernizing. When 15 amp fuses start to blow they replace them with 20 then 30 amp. Soon circuits get over loaded, wires get hot, insulation falls off between the walls . . . then s-w-o-o-s-h . . . it would have cost less to have called an electrical contractor!"

"He was right. Rewiring didn't cost much. And we financed it on a Home Improvement Loan. Our new wiring and lighting is the talk of the neighborhood. Our toast is ready faster, the kettle boils quicker—all our appliances operate better—and our light bills are lower. With full HOUSEPOWER we're not only safe . . . we LIVE BETTER—ELECTRICALLY!"

- HERE'S WHAT TO DO!**
- Call an electrical contractor at once. Have him do an ELECTRICAL SURVEY on your home, building or plant wiring for safety, efficiency and HOUSEPOWER rating. Most contractors do this work at no obligation to you.
  - Ask your contractor about Home Improvement Loans . . . how they finance wiring improvements at low interest.
  - Contact your Electric Utility for advice.
  - Contact your Nearest Electric Service League for free literature or advice; or write to the Institute of Electrical Living, 126 Davenport Road, Toronto, Ontario, for informative literature on full HOUSEPOWER for old or new homes.

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