Woman's Realm/Social and Personal/Fashions/Literature

ELLEN'S DIARY

By An Island Farmer's Wife

Thoughts centre tonight on the Easter Season about to dawn. We think now of the Easter eggs, the Hot Cross Buns, and all the baking and cookery that belongs only to the days ahead — the Sunday roast that will taste so good to the family in the knowledge that it has been a cut from an animal fattened to a nicety in one or another of the stables in this or the neighboring districts. It is certain that Rob in his liking for stock will recall that he had seen it as a choice yearling on a Summer pasture. Or if not, as a promising calf in stable or paddock, since in his admiration for this husbandry, he has indeed lost none of his youthful enthusiasm, but remains at the sight of these small fry, the same lad whose eyes would light up pleasurably at home, when a new one arrived in stable or field.

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Jamie hailing the holiday this evening put away his school-bag in the room, with the remark: "Not to be used again for more than a week!" Not that Jamie has other than the most pleasant anticipation of his days in school, but any vacation is expected to bring its own diversions. Easter morning it is likely, will contribute the perennially bewitching baskets, a gift of the Easter Bunny, and there will be we know many a delight to fill the ensuing hours. We suppose it will present its alarms for us. We shall beg on occasion: "Do put that knife in your pocket Jamie, before you cut off a finger or the other fellow comes to harm!" There will be "You'd better come down off that tree before you fall and break an arm," and we are sure to call "What are you doing with that axe? Do you want to lose a foot?" forgetting that these elderly apprehensions are not so bad as they seem, and on the one part must be tried, and on the other borne, in the process of growing up.

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For the farmers, and to assure the family at this house "in the road" of a singing tea-kettle through next Winter's months, the wood-sawing came today. Only the heap lately assembled in a field at Alderlea, out of sight, but not entirely out of sound of us here. Thither the farmers and their help converged after dinner. A haze of drying lingered above the meadows then, a kind of deceiving affair at this season, that will be suspended on many a chill day, before these are firm and dry again. Mr. A. was an assistant at the sawing . . . Two Mr. A.'s we have in this neighbourhood left of the number of good farmers of the name, whose farms lay comfortably side by side. Brothers these are, who always have enjoyed and continue, the pleasant relationship the term implies. Boys together, then settled within sight of the smoke from each other's hearth-fire and now into the westering years. We sometimes wonder, considering the like of these of the older generation, if in the course of time, the children nowadays with many an advantage not obtainable in those days — such as Jamie and the younger lad here, will make men as considerate, as God-fearing, as respectful of parents and elders, as gifted and learned in their occupation as those of that bygone era.

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This Mr. A. is an Elder at the Old Kirk at the corner, and with his wife lives cosily in a sheltered spot "down by the old millstream." He brought his "circular" to today's sawing, operating it carefully and well. We remembered the many hazards that attend the season of sawing on Island farms — how fingers and hands have been mutilated or lost in tragic accidents, how easily folks have become entangled in the connecting belt of the gear, to escape miraculously though with broken limbs and bruised bodies, and we were happy to know that the work was in the hands of a tried and trusted crew. We find no uncertain relief when the last shrill ring of the saw is silenced down to its echoing sound, and the task over for the year.

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And so this April day, softly hazy and beclouded mildly brought end of the sawing in the field "out home", and well beyond in the bit of flower-border, it set, for granddaughter to spy with delight, an opening snowdrop!

Until tomorrow — Diary—Goodnight . . . .

Raincoat of Faille

This raincoat can be worn with the hood tied under the chin or as a cape collar. Fashioned in iridescent faille it features a self tie belt.

Cook With Wine Quickest Way To Man's Heart

A Baltimore writer, Audrey Bishop, says that the quickest way to a man's heart is most definitely through his stomach. As a prime lure, she offers hints on "cooking a ham with beer or champagne." Doesn't it sound intriguing?

She writes particularly about Henry Powell Hopkins of Maryland, president of the Wine and Food Society there, who holds out the conviction that skilful wine seasoning is the best thing that can happen to food.

An architect by day and kitchen hobbyist by night, Hopkins is a cook with a following, Miss Bishop writes.

His black bean soup with a dash of sherry is as famous as his diamondback terrapin, the recipe for which recently was published in a new cookbook.

Meat Dishes With Wine

Reared in an Annapolis family which entertained frequently, he comes by his culinary talents naturally. He has been a Baltimorean 30 years. His wife, who was born in St. Louis and learned how to cook in Los Angeles and New York, also has a reputation as an epicure.

Ham and champagne and lamb with Burgundy are among the few meat dishes in which Mr. and Mrs Hopkins use wine during the actual cooking. Their way of preparing the ham follows:

Boil medium-size ham, wipe dry and wrap in oiled brown paper so that there is no opening except a hole in the top into which the champagne may be poured. Pour in one cup of champagne and bake for two hours in moderate oven, adding more champagne as needed. Reserve one cup of champagne for the sauce.

"If you feel, as I do, that it's rank extravagance to pour a whole bottle of champagne over a ham, use beer or gingerale instead, Mr. Hopkins says.

To make the sauce brown one tablespoon of finely chopped shallots in one tablespoon of butter. Stir in gradually two garlic cloves, minced; teaspoon of minced parsley, dash of cayenne pepper and two cups of beef bouillon (canned). Simmer these ingredients for five minutes. Strain sauce. Add one cup of claret and one tablespoon of lemon juice.

The Hopkins formula for roast lamb with Burgundy follows:

Cut three pounds of breast of lamb into individual portions and lay in roasting pan with fat side of meat down. Season with salt and pepper. Roast in over (375 degrees) for one and a half hours, or until tender.

Add one-fourth cup of currant jelly, two tablespoons of chopped parsley and one-fourth cup of boiling water to one cup of California Burgundy and pour over roast about twenty minutes before it is done. Baste three or four times.

Unduplicated Flavor

In regard to wine cookery, Mr.

Continued on page 8

PRINCESS MARGARET ENGAGED?

Royal romance was reported by the Sunday Pictorial in London claiming Princess Margaret and Peter Ward, second son of the Earl of Dudley, had their own "very personal celebration" at a Mayfair club recently. The paper said many in high British circles believe him to be already "unofficially" engaged to her.

DOROTHY DIX SAYS -

Too Fat

Bachelor Believes Love Can't Survive Added Poundage

DEAR MISS DIX: Don't you think that a man who marries a pretty slim girl, who gorges herself on food and gets fat as soon as she has safely landed her man, has a right to feel that he has been taken in under false representations of the goods he was investing his all in? I think that a woman who has not enough self-control to deny her appetite has no right to complain if her husband has not enough self-control to keep from running after slim young women.

BACHELOR

ANSWER: Fat is a matter of taste. In the Orient beauty is assessed by the pound, and the more a woman weighs, the more beautiful and alluring she is esteemed. It is only among Western people that bones are more admired than flesh, and that the living skeleton has become the standard type of beauty to which all women aspire.

MEN'S TASTE AT FAULT

Now obesity is one thing and a moderate and decent covering for the body's framework is another thing, and personally I not only deplore men's taste in preferring acute angles to gracious curves but I think that they make a great mistake in picking out a bag-of-bones type of girl for a wife, and in making their middle-aged wives feel that unless they lose their weight they will lose their jobs as wives.

The girl with the willowy figure is the result of either ill health and a nervous and neurotic temperament, or else semistarvation, and in either case the man who marries her is likely not only to get a worrier, but a doctor's bill, and to have a wife who will break down under the wear and tear of married life.

On the other hand, the plump girl is generally strong and healthy and good-natured and easy-going and comfortable to live with. Fat people are nearly always jolly.

It is a matter of common knowledge that nothing is so soothing to the nerves and so softening to the heart, that nothing fills one with such amiability and peace and good will toward all the world as plenty of good food. And so why any man would ever encourage his wife to go on a diet passes comprehension. Far, far better a wife who is a household angel than a perfect "36".

DEAR MISS DIX: My husband is past 60. I am 50. We have been married thirty years. Have a family of children, all married and gone. Our married life has been happy and perfectly congenial until of late when I have found out that my husband is unfaithful. His business does not require all of his time now so he has begun playing around with young girls. I wish I could hate him, but he has become a part of my life and I could not exist without him, and I do not want my children to have the disgrace of a divorce and a broken home. Can you tell me the best thing to do?

A WORRIED WIFE

ANSWER: Yes. Just have patience. Try to think of your husband as being afflicted with a temporary spell of insanity that he will get over if you will just wait a while. For, in reality, that is what is happening to him. A lot of men have the same trouble. It is what you might call a delusion of youth that they get when they are about your husband's age, and it makes them want to jump the bars and kick up their heels and run with the colts and otherwise act devilish. And the only cure for it is time. Give them that and they recover completely and are ashamed and sorry, and they never have a second attack.

It is enough to disgust any wife as well as break her heart, but she makes a mistake if she punishes him as he deserves by getting a divorce. Because a divorce brings the old wife no happiness. She is too old to readjust her life or find new interests. For so many years she has had no thoughts, no desires, no life apart from him, and it is too late for her to try to separate herself from him. Better far to wait for him to come back to her, as he will surely do.

DEAR MISS DIX: I am deeply in love with a young man who is just a poor, hard-working boy, while I am a girl who has had every indulgence. Would you advise me to marry this young man, or would it be best for me to marry a man who could give me the things that I now have?

PEGGY

ANSWER: It depends altogether on what sort of girl you are, Peggy. If you are one of the women who think more of a man than you do of a pocketbook, then marry your poor man.

But don't do it unless you are a good sport and are going to be able to make sacrifices without whining, and work without considering yourself a martyr.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

The Stars Say - -

By Genevieve Kemble

For Friday, April 14

A RATHER unpromising and unprofitable state of affairs is read from an adverse position of major planets. Funds may not be available or ambitious projects well on the way to completion, or reckless and extravagant use of funds in hand may spell failure and disappointment. Promised capital or other cooperation may not materialize. Friendly assistance may fail. Carelessness may cause defeat.

For the Birthday

Those whose birthday it is, may find themselves in a state of arrested development, probably through want of funds, financial backing counted upon, or influence of important collaborators unconvinced of gainful and profitable investments. Overplaying the hand, extravagance, failing to count initial costs, or over-zealous stretching of facts may bring about defeat or block plans.

A child born on this day, may be prone to exaggeration, over-enthusiasm or extravagance, forfeiting the support of important persons. A tendency to plunge and gamble could be disciplined.

Morning Smile

Lullaby Revamped

"Sleep, my little one; sleep my pretty one, the baby-sitter will come to thee soon."

Social Security

A little boy, at school for the first time, was sobbing bitterly.

"What's the matter, Willy?" asked the teacher.

"I don't like school and I have to stay here until I'm fourteen," wailed the lad.

"Don't let that worry you," said the teacher, "I have to stay here until I'm sixty-five."

That Body Of Yours

By James W. Barton, M.D.

CONVULSIVE DISORDER NEW NAME FOR EPILEPSY

I write often about epilepsy because, as with asthma, in my student days, we did not know the cause of epilepsy nor how to treat it. Keeping the patient from hurting himself during an attack and preventing his biting his tongue by putting a piece of wood or a handkerchief between his teeth was the extent of his treatment. Today, so much more is known about epilepsy that most patients now under treatment are kept free of attacks.

In "Post-Graduate Medicine," Drs. Robert L. Meller, and Joseph A. Resch, University of Minnesota Medical School, Minneapolis, describe and rename epilepsy as "a convulsive disorder." A convulsive disorder is a state produced by an abnormal, excessive neurol (nerve) discharge within the central nervous system.

These physicians believe that the new name "a convulsive disorder" is to be preferred to the name epilepsy for two reasons. First, the name epilepsy to the average person is that of a horrible and incurable disease. Second, here is the danger of accepting the name epilepsy as a disease in itself rather than a symptom of some underlying disturbance of the nervous system, the cause of which is also to be listed to make the condition or disease complete.

It is estimated that 1 in 200 people in the United States and Canada suffer with epilepsy or convulsive disorder. A few years ago the number was 1 in 100, so we can see the progress that has been made in treating this disorder.

Drs. Meller and Resch outline a classification of convulsive disorders according to the parts of the body involved: eyes, ears, nose, jaws, muscles, general nervous system.

Since the coming of phenobarbital many physicians have considered this drug the complete treatment, whereas these research workers state that drugs are only a part of the treatment, as there are various factors which must receive attention to prevent or lessen tht number and severity of attacks. Such factors are anxiety, frustration, tension, fatigue, too much liquid, including alcohol. Besides these factors there is the diet factor.

The general treatment, then, for convulsive disorders is: (1) More fats, less starches, less liquids, less table salt. (2) Acquiring calmness of spirit. (3) A daily dose of phenobarbital as prescribed by the physician.

Cook's Corner

APPLE CUP SALAD

Core the apples and scoop out the pulp to make apple cups. Fill a bowl with cold water and as each apple cup is made put the cup in the water. This prevents the flesh turning brown.

Dice enough celery to equal one-half the apple pulp. Mix celery and apple pulp with one cup cottage or cream cheese. Blend with salad dressing.

Dry apple cups and fill with mixture. Serve on crisp bends of lettuce.

POPULATION DOUBLED

The population of Great Britain in 1948 was 49,990,000, an increase of nearly 100 per cent in 100 years.

Better English

By D. C. Williams

1. What is wrong with this sentence? "That there child spoke to me for at least fifteen minutes."

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

3. Which one of these words is misspelled? Habilitate, tet-a-tete, accentuate, reinstatement.

4. What does the word "moot" mean?

5. What is a word beginning with he that means "to pause"?

ANSWERS

1. Say, "That (omit there) child spoke with me for at least fifteen minutes." 2. Pronounce the u as in unit, not stoo-pid. 3. Tete-a-tete. 4. Debatable. "Whether it is wise to proceed is a moot question." 5. Hesitate.

How Can I ! ! !

By Anne Ashley

Q. How can I remove burnt food from an aluminum pan?

A. Fill the pan with cold water to which a little vinegar has been added, and bring to a boil. Allow to boil for five or ten minutes. For pans other than aluminum, use a solution of one tablespoonful of washing soda to a quart of cold water and boil.

Q. How can I keep celery and lettuce fresh?

A. Celery and lettuce can be kept fresh, and can also be freshened, by standing the stem, head down, in cold shallow water.

Q. How can I improve the appearance of shiny and worn black silk garments?

A. Sponge them with strong black coffee, and then iron on the wrong side.

Modern Etiquette

By Roberta Lee

Q. Isn't it all right to expectorate while walking along a street?

A. This is an indecent habit at any time, but to do so in the company of another man or woman is unpardonable, and is an insult to that person. If absolutely necessary, use a handkerchief as unobtrusively as possible, and don't be guilty of the vile habit of examining the contents of the handkerchief. Dispose of it as quickly as possible.

Q. Who should precede, the woman or the man, when leaving the dining room of a hotel?

A. The woman precedes, the man following. Neither should forget the "Good night" to the waiter or headwaiter.

Q. How soon after receiving a marriage announcement should one send a gift?

A. When an announcement is received, a gift is not necessary.

Household Scrapbook

By Roberta Lee

Measuring Fats

The next time lard or butter is measured for pastries, dip the spoon or measuring utensil into very hot water before using. This will cause the fat to slip out easily, and you will not have to dig it out.

A Little Starch

Table linens which have been given a light coating of starch are more resistant to stains and spots. This is especially good for mats and doilies.

Deodorizer

An economical deodorizer for a sick room can be made out of a pint of vinegar boiled with one quart of myrrh.

-Needlecraft-

— FOR THE HOME —

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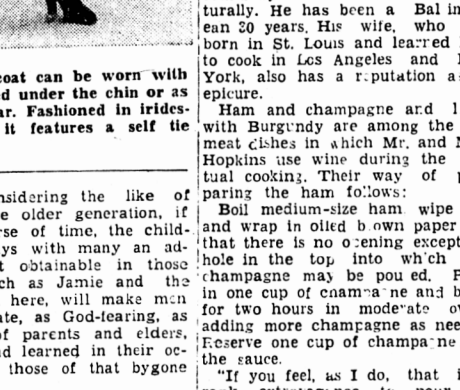

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