

# WOMEN

Page 8 The Guardian Friday, January 14, 1955.

## KEEP IN TRIM

### Inspiration For Slimming

By Ida Jean Kain

#### CHART YOUR PROGRESS TO STAY ON THE COURSE

The esprit de corps among our reducing family at large is heart-warming and wonderful. Today's excellent suggestion from a dieter is to keep posted on your progress.

"I hit upon the plan of recording my weight change each week on a simple graph, which I keep posted on the inside of a kitchen cupboard door that I open frequently. This serves as a reminder of my accomplishments and keeps me from backsliding.

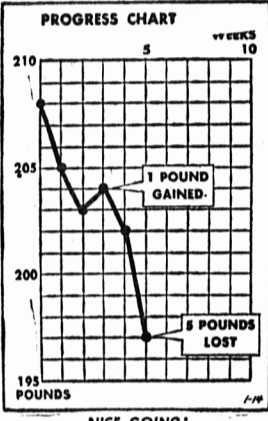
"The graph is very simple. Each small square down represents one pound, and each square stands for one week. I weighed in at 208 pounds. The first week I lost 3 pounds, so the chart started off with an abrupt downward plunge; and down, down two more pounds the second week. The third week I gained a pound. It was discourag-

ing to see that up line charted on the cupboard door. However, the following week, two more pounds came off and the fifth week the line plunged again, for I lost five pounds in that single week.

"On your high protein plan, with three adequate meals a day, there certainly isn't any of the gnawing hunger that I have experienced in previous dieting attempts."

Why not try charting your progress? If you have never made a graph, get your husband to help you. He may become interested, diet with you, and even suggest that you stop fixing fancy desserts.

By the way, what would you say was the most interesting line on the chart described above? It was the UP line indicating a pound gained. Will all reducers who diet



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## Announce New Way To Shrink Painful Piles

Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a world-famous research institution. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

Now this new healing substance is offered in ointment form for hemorrhoids under the name Preparation H.\* The price is only \$1.19 a tube including an applicator. The name to ask for is Preparation H—at all drug stores. And remember—if not entirely satisfied, your money will be refunded promptly.

WONDERFUL is the word—for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, irresistible—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog for right NOW! You'll want to order every wonderful design in it!

## ALICE BROOKS DESIGNS

### SEW-EASY WRAPRON

Sew a jiffy wrapron—trim with gay embroidery. Nothing easier, nothing prettier! See colorful pansy—It's really a handy pocket!

Pattern 7178 contains tissue pattern pieces, embroidery transfers and directions for making a jiffy wrapron. Medium size only.

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.

WONDERFUL is the word—for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, irresistible—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog for right NOW! You'll want to order every wonderful design in it!



### Wife Preservers

It is a good idea to protect your new coat from the bottom by waxing it.

## MARY HAWORTH'S MAIL

### Young Matron Upset By Father's Affection

DEAR MARY: HAWORTH: My father is the typical successful business man, going a breathless pace, and in the nature of things has no time to cultivate the person I really am. Although I love and admire him, we never were quite as close as he fondly imagines; and the artificial strain of a recent situation is beginning to tell on my nerves.

Several years ago, my father, then a widower, married a lady in a distant city. There they remained, except for a few flying visits with my husband and me. Though the objective was business, my father's idea was to sandwich in pleasure also—and we received them cordially. But time for meaningful conversation between him and me was out of the question, as usual. My stepmother seems a very fine person, but she and I have even less in common than my father and I.

Perfunctory civility' all around might seem the indicated attitude—and I agree. But my father is a prolific writer of chatty affectionate letters, and he expects answers in kind, and not to him alone, but to him and his wife as a unit. And while I respect his kindly intentions towards her, and appreciate that his hands may be tied, nonetheless I resent the whole burden of make-believe that has been foisted on me.

### Candor Might Alienate Him

To spare him a jolt, and because I love him, I might indefinitely pretend a closeness to him that I don't feel; but to further feign closeness to an almost total stranger (his wife) is asking too much. If I were to be forthright and honest, he would be hard-hit, and I can foresee a total breach, which seems a needless tragedy, if an only child, therefore I'd fall in line so far; but it makes me increasingly impatient with dad, and I fear that one of these days I'll explode.

His wife is a sensible tactful person, with daughters of her own, and I've no reason to suppose she insists on bouquets from a woman-to-woman talk with her wouldn't solve anything. At best, if well disposed, she might cajole my father into seeing my side and perhaps even granting me an overdue "get acquainted" session. But frankly, things have reached the point with me, that if he can't reach this obvious solution on his own—if he has to be prodded into it—I'd be more irritated than comforted. It seems an impasse; but have you any ideas?

### Case of Growing, And Facing Fact

DEAR T. S.: It strikes me that you don't quite know what you are fuming about, in your long letter, her cut to fragment. But as I get the pitch, you are in the throes of relinquishing a cherished fantasy about your relationship with your father. Probably the fact of your being married, or of having a husband—somebody of your very own to love—has brought you to the threshold of being able to face the fact of your father's essential remoteness from you, psychologically.

It seems to me that the final straw, that has broken the back of your long-time favorite illusion—to-wit, the illusion that your father was closer to you than to anyone else—has to do with his sentimental attitude of sharing you with your stepmother. Actually you didn't mind too much being make-believe "dearest friends" with him in the past, even though sensing the falsity of the performance—so long as it was an exclusive two-way game.

It was after he married again, and vouchsafed even less time than usual for you, and insensitively (from your view) began to cut his wife in on your saccharine sentimental efforts to please him—it was then that your blood began to boil at the dishonest aspect of it all. There are traces of childish emotion in all adults; and the child in you fiercely resents your father's allegiance to his new helpmeet—which relegates you to second place—even though your womanly sense recognizes that she is worthy of respect and devotion.

### Adjust Maturely To His Defects

This emotionally aroused, you proceed to feel furiously unforgiving of your father nowadays.

## LET'S EAT

### Star Of Southern Menus Is Brown-Braised Hen

By IDA BAILEY ALLEN

"Here is a fine buy," remarked the Chef, digging deep into the shopping bag. "A big fat hen!"

"How nice! Let's have a hen-party!"

"But, Madame, I understand a hen-party is a gathering at which only ladies are present. I had hoped we could plan a dinner for tomorrow at which not only the ladies, but gentlemen, would be invited."

"That's what I meant, Chef; a dinner party featuring the hen! In the South, hens are a favorite form of poultry. Chicken pie, roast hen, hen baked with corn kernels stuffing, brown-braised hen—which will you have?"

"The brown-braised hen, Madame; it is also a favorite in France."

"And let's star it in an entire menu of favorite Southern dishes."

### DINNER FOR TOMORROW

Brown-Braised Hen  
Pan-fried Sweet Potatoes  
Baked Fresh Green Beans  
Floating Island  
Coffee Tea Milk

Brown-Braised Hen: Prepare a big fat hen as for roasting. Rub

By HERMAN N. BUNDESEN, M. D.

### How to Ease A Headache

While headaches sometimes signal real trouble, they are usually only warning you that you've gone at something too vigorously. You're probably tense, nervous or upset emotionally from some recent activity or occurrence.

Maybe you've worked or played a little too hard. Maybe you didn't get enough sleep. Or perhaps you've eaten or drunk more than you should.

### Curing a Headache

At any rate, once you've got a headache, your immediate concern is to get rid of it.

Here are some suggestions which I think will probably work: In most cases, aspirin relieves the pain. Take one or two tablets with a glass of water; then another tablet in about an hour if your head still hurts. Empirin compound tablets may give you faster relief. It depends upon the individual. One tablet followed by a second in an hour is usually enough.

### Other Measures

There are other measures you can take, too.

At the first sign of a headache, lie down in a quiet, darkened room. Apply either hot or cold to your head. Determine which is the most soothing. You can use wet cloths, but you'll probably find an ice bag or hot water bottle more convenient.

You can also try plunging your hands into ice water for one minute. Repeat this procedure three times at one-half hour intervals.

### Hot Foot Bath

For never having been what you wanted or hoped for from him. And I think he knows (unconsciously, at least) that he missed the boat. And he is trying to camouflage, or hold at bay, a discomfiting sense of deep failure in relation to you, when he rushes around, spreading sentiment with a trowel (figuratively speaking), while never daring to face the realities of mutual feeling, in reflective conversation.

Your problem is how to adjust maturely to a father who probably never can have a self-revealing, fully accepting exchange with anyone. You soul echoes to wistful frustration on this score—so no use looking to him for redress, nor does it make sense to be vexed at him either. He is the victim of his defects, even as you are in this grievance. As a guide to poised expression of personal integrity, you might study "The Mature Mind" by Dr. H. A. Overstreet, and (or) "The Mind Alive" by Dr. and Mrs. Overstreet (W. W. Norton and Company).

M. H. Marg Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

the body cavity with 2 tsp. salt and 1 1/2 tsp. monosodium glutamate. Then almost fill with herb bread stuffing. Fasten the opening with pics, and lace with white cord. Fill the washbone area with stuffing; fasten the neck skin to the back with a pic. Tie the leg ends to the tail. Rub all over with softened butter or margarine, dust with 1 tsp. each salt and monosodium glutamate, and 1/4 tsp. pepper.

Brown in an uncovered roasting pan in a hot oven, 450 degrees F.; allow about 30 min. Add to this pan 1 c. water, 1 sliced onion, 1 c. sliced celery and the heart, gizzard, liver and neck. Cover, and simmer-bake 3 to 4 hrs., or until the bird is fork-tender. Add more water if it evaporates.

If desired, top the breast with thin half slices bacon, and uncover the last half hour to brown and crisp. Serve with plenty of giblet gravy made with the strained pan drippings, equal parts chicken stock and whole milk or light cream.

### TRICK OF THE CHEF

Add a little powdered ginger when seasoning chicken gravy.

### HOUSEHOLD HINT

Choose fast colors. Non-fast dyes require cooler water, milder soap and shorter washing time than is necessary for effective cleaning.

Sometimes a hot foot bath will help. This may change the circulation enough to relieve the head congestion.

If, after trying these procedures, you still have a headache, you'd better call your doctor. Even if your headache is not of a really serious nature, your physician can prescribe more powerful drugs than those I have mentioned to give you almost certain relief.

### Relaxation Vital

But, above all, you must relax. Worry or excitement will only make your headache worse.

As I advised you yesterday, look on the bright side of things, even when you've got a headache. It won't last forever.

### QUESTION AND ANSWER

I. V.: About 18 months ago I had a "strep" sore throat. Since that time I have a feeling that I have a large lump in my throat. What could cause this condition?

Answer: The exact cause for this condition could only be determined after a careful examination. A feeling of a lump in the throat may be due to some infection or inflammation in the throat or, possibly, to a tumor growth. However, in a great majority of cases, it is due to a nervous disorder. When the cause is found, proper treatment may be carried out.



### New Appointment

Miss Mair Davies has been appointed assistant to the director of the labor department's Women's Bureau. A native of Wales, Miss Davies was employed in the research division of the health department for the last two years. (CP Photo).



### COOK'S CORNER

#### RABBIT STEW

1-3 lbs. rabbit  
6 small onions, peeled  
1 bay leaf  
1 1/2 c. diced celery  
3 tsp. salt  
1/4 tsp. pepper  
2 qts. boiling water

Have rabbit drawn, cleaned and cut up. Wash and place in stew kettle with the above ingredients. Cover, bring to a boil and let simmer for 2 hours or until the rabbit is nearly tender. Then add—  
2 c. diced carrots  
2 c. diced potatoes  
1/4 lb. sliced fresh mushrooms

Cover and simmer for 30 minutes longer or until the meat is tender. Thicken gravy by mixing 1/2 c. flour in 1/2 c. cold water and stirring into the gently boiling stew. Cook until thickened. Add 1 tbs. thick condiment sauce and seasonings to taste. Enough for 6 servings.

### MORNING SMILE

"Dear Sir: I just remembered that I owe you five dollars, and an apology. Please accept the apology herewith."

## ELLEN'S DIARY

Granddaughter goes to school this year to a teacher who during the holidays became her relative.

"If her husband and my Dad are first cousins, that should make her mine too—once removed," she reasoned it out this morning on her way to classes. In the good sleighing obtaining at present it falls to us to take her the mile, thus leaving the two farmers more time to attend to the barn-work. And as we go, in mind we watch sw lads of another farm quite out of sight as we used to do, until they were hidden behind the line of spruces on the road toward theirs.

"And if it should happen that we have gone to the stack for hay, Ellen, when you come back, just unhitch her and put her in her stall," James said smoothing down the Nell-mare's mane before we left the yard. "Too busy, did you say? The outdoors will do you a heap o' good—put roses in your cheeks, it will. Mind what old Mr. used to say? 'Whatever else you do, don't keep your woman too much indoors. Especially if she's anyways peaky. Let her come out and help with the chores... milk a cow or two, knock down some fodder and clean up a stable. There's nothing better to spry her up and give her an appetite.'" James chuckled, handing us the reins. "You needn't take off her harness, Ellen," he called after us down the lane, "I can attend to that."

And for them it was to bring hay to the yard, and grist from the mill—and give housewives the reminder to "listen in the market reports if we're not indoors... it's curious the way hog prices are fluctuating these times—there's no steadiness to them at all. Not that we have any to market right away—more's the pity, I guess," James said, "but it's good to keep in touch with the trends of it, all the same."

We saw piglets cuddled against a broad bosom in a piggery, personable matrons with an air of expectancy about them, and hogs in the fattening pens, headed now toward the required marketing weights... And it was a day to read a while: Betty MacDon-ald's "And Onions in the Stew" enjoying it, finding a new maturity, a serenity about this book that was missing from her former writings.

It was a day to make a "for-Sunday" cake, and a batch of the spicily molasses-raises cookies that with a glass of milk make tasteful fare for between-meal snacks or for the bedtime lunch... And it was a day to take note of the changes the short new year had already brought: the babes who had come to it, to be ever Winter's children; the anniversaries of loved ones; the accidents and illnesses which for a period will confine folks thus afflicted to hospital or home.

And if January is a trying month to those thus mislaid, it is also one of much promise. Fast wing the days, bearing us ever nearer to those of strengthened sunlight, of warmed breezes, and the joy of first snowdrifts.

"When the two hands of the clock are like this," Mack said today, "I have to go home to my dinner." When they are as now we must follow in James' steps up the stair. And there our request will be: "Now 'Mr. Sandman bring us your dreams!"

Until tomorrow—

Diary  
Good-night...

## Mace & Orange Sweet Bread

Mix and sift 3 times, 2 1/2 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 3 1/2 tps. Magic Baking Powder, 1/2 tsp. salt, 1/4 tsp. ground mace. Cream 1/2 c. butter or margarine and blend in 1/2 c. fine granulated sugar; beat in 1 well-beaten egg, 1 tsp. grated orange rind and 1/2 tsp. vanilla. Add dry ingredients to creamed mixture alternately with 3/4 c. milk. Turn batter into a loaf pan (4 1/2" x 8 1/2") which has been greased and lined with greased paper. Bake in moderate oven, 350°, about 1 hour. Allow loaf to cool in pan. Spread sliced cold bread with butter or margarine for serving.



Always Dependable

## Monarch CAKE MIXES

### GIVE YOU THE BEST "HOME-MADE" YOU'VE EVER MADE!

- WHITE CAKE • CHOCOLATE CAKE • GOLDEN YELLOW CAKE • ANGEL FOOD CAKE • FRUIT CAKE • CHERRY POUND CAKE • GINGERBREAD MIX • PIE CRUST MIX • TEA-BISK

There just isn't anything to compare with the results Monarch Mixes will give you. Next time you shop, reach for the Queen of the Cake Mixes—Monarch Mixes—all seven of them, each complete even to the milk and eggs. You ADD ONLY WATER—mix and bake. For extra flaky easy-to-roll pie crust, be sure to get a package of Monarch Pie Crust Mix. And Tea-Bisk is the perfect answer as an all-purpose basic baking mix. All Monarch Mixes are guaranteed to give you the best "home-made" you've ever made.

## WIN A SUNBEAM MIXMASTER JUNIOR

IN THIS NEW, EASY "WHO WAS THE MONARCH" CONTEST

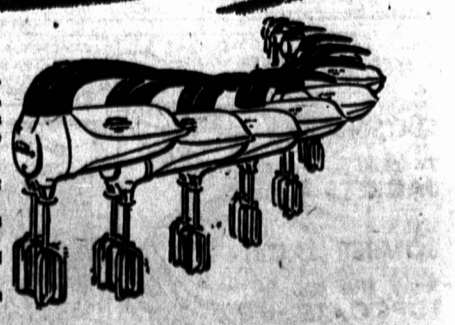
50 SUNBEAM MIXMASTER JUNIORS TO BE WON THIS MONTH! CLOSING DATE JANUARY 31st

It's fun to enter!

HERE'S HOW! Write on plain paper your name and address and the answers to these four questions about Kings and Queens of the English Monarchy:

- Who was the English Monarch that had six wives?
- Who was the English Monarch that was crowned on June 2nd 1953?
- Who was the English Monarch that signed the Magna Carta?
- Who was the English Monarch for whom Sir Walter Raleigh reportedly laid down his cloak?

Mail your entry to "Monarch Contest", Box 325, Saint John, New Brunswick



Don't miss this grand opportunity to win a Sunbeam Mixmaster Junior—It mixes, whips, beats, stirs, blends and folds! The correct-mixing speed for every mixing need is instantly selected by thumb-tip control.

Easy to clean, the Sunbeam Mixmaster Junior has large beaters for producing greater volume in less time—light in weight for easy handling. This month, fifty of these superior food mixers must be won by users of Monarch Mixes. Be one of the winners. Enter this easy contest to-day!

CONTEST RULES

- Each entry must be accompanied by the top half of the front panel from any Monarch Mix package.
- Entries must be postmarked no later than midnight January 31st, 1955.
- Prizewinners will be the first fifty correct entries opened after the contest closes and will be notified by mail within 14 days after closing date, and a list of prizewinners will appear in this paper.
- This contest is limited to residents of the Maritime Provinces.
- Employees of Maple Leaf Milling Co., Ltd., its advertising agency and their families are ineligible.

## JANUARY CLEARANCE SALE

Thursday - Friday - Saturday

- DRESSES — ONE RACK GOING AT \$2.00
- SLIPS, HALF-SLIPS, GOWNS — 1 LOT GOING AT \$1.98
- SWEATERS — 1 LOT GOING AT \$2.98
- 1-3 Off All Winter COATS & DRESSES
- NO APPROVALS -- NO CHARGES -- NO REFUNDS

KENNEDY'S LADIES' WEAR  
166 Queen St. Next Door to Bus Stop

## Monarch CAKE MIXES

THE COMPLETE MIXES—EVEN TO THE EGGS AND MILK!