

WOMEN

Page 10 The Guardian Monday, December 6, 1954

KEEP IN TRIM Discouraged Overweight Goes On Diet Program

By Ida Jean Kain

One overweight, who has requested help in reducing, states that she is a 234-pound weary soul, with no social interests and few activities. Her clothes closet contains size 18 and 20 dresses — alas, she now wears size 44. A while back she joined a sewing class, but finding all the other members used patterns in misses sizes, she felt ashamed and dropped out. The concluding paragraph of this overweight's letter: poignantly sums up her discouragement.

"I am so very dependent I cannot muster the determination to get down to the 100 pounds my doctor has advised. I stay on a diet for a few days and then think, 'Oh, what's the use!' I slip back into the old ways of eating, even though I leathe everything about being fat. Remarks and kidding by family and friends start my nerves. Overweights are people too. Can you help me? Perhaps your answer to my dilemma will also put other overweights on the right course."

All of you who feel helplessly unable to cope with the burden of excess fat, tune in. Reducing together makes dieting easier. The one thing above all else that can help you to take a new lease on happy living and energize you into purposeful action is to find another overweight with whom you can talk over your problems. Being able to talk with someone who truly understands alleviates the unbearable tensions which repeatedly prod you into overeating. By sharing

experiences you gain enlightenment. For these and many reasons, reducing clubs are effective. A club may be just yourself and an overweight friend. Or it may be made up of 6 or 12 members. Some clubs are considerably larger. In a small club there should be a common interest, such as all housewives or all business women. Improved health must always be the goal, therefore all members should have a check-over. While the number of pounds to be lost is less important than your attitude toward reducing, it helps if your particular reducing goal has somewhere near the same amount to lose.

Successful clubs report that overweights should meet once a week. A definite period for the duration of the club should be established — 12, 16 or 20 weeks. The prime requisite is regular attendance. It is helpful to have a professional person as a leader. In many communities, reducing clubs are formed with the help of home demonstration agents. These agents are home economics trained women with the Extension Service of the State Agricultural College, with offices at the county seat. Inquire at the Extension Service if a reducing club exists and if not, ask if one can be started. Or check with the local Y, hospital clinics or community center. "Seek and ye shall find," the scriptures promise. Tomorrow we'll start our size 44 on the first lap of her slimming course.

ELLEN'S DIARY

by an Island Farmer's Wife

What a night of wild wind this is! It whines in the chimney, blusters about the house-top and passes gustily along the eaves. And the calm which prevails momentarily is blessedly hushed and the succeeding gust noticeably high. And we remember how good it is on a night like this to be within the sheltered haven of the four walls and roof of home.

"But it's not cold" one of the family offers. No there is no frost though all our world about has been freshly blanketed in a still cover of white. "Are the ends of the barn securely fastened... you wouldn't like to find them off the hinges or rollers in the morning" James comments. Yes, all is in order there. "It's a strange thing the sheep didn't come in from the fields this evening," he adds.

"I believe they're in by this 'Rob says. I thought they were headed toward home at dusk. I left the door of their pen open—'tis in the lee of the barn, there."

It is easy here in the warmth of the fire with the lights sending a comforting glow about for the children at their homework of school, the farmers who read, and we who write here.

How disturbing it would be if the electrical power we have come to regard as indispensable to our way of living were suddenly to fail! No brightness to light our chosen paths about; worse still, no drink of water for thirsty human or creature of sky or stable. And in the event of a fire, it comes

Wife Preservers

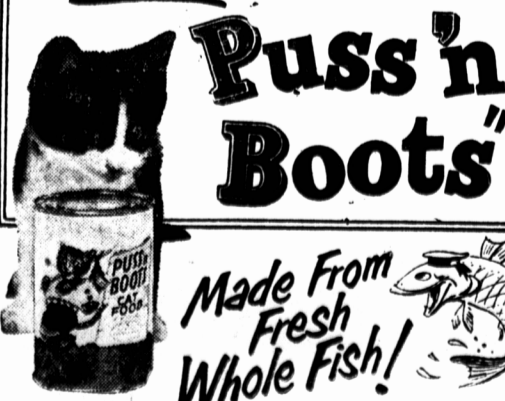


Keep cellophane-wrapped baker's bread fresh by twisting the wrapper tightly closed after each use.

Household Hint

If the coat or suit you purchase is fur-trimmed, look for lustrous, thick fur with no thin, weak spots. Feel it for soft, supple pelts. Notice the color; it should be even and characteristic of the kind of fur it is. Persian lamb and beaver are

"I ALWAYS ME-E-OW FOR Puss 'n Boots"



Puss 'n Boots is by far the best food for cats and kittens because it's specially made from fresh whole fish... blended with other valuable health-building ingredients.

Feed your cat or kitten Puss 'n Boots regularly for 2 weeks. If you don't notice added energy, silkier coat, brighter eyes and new alertness, your money will be cheerfully refunded.

MARY HAWORTH'S MAIL

Divorcee Has Problem Over Next Marriage

DEAR MARY HAWORTH: Would appreciate your advice concerning a problem of mine. I am a divorcee and have a young daughter, Charles (let's call him) and I plan to be married next month.

We have been going together for two years and in that time I thought my daughter and Charles got along quite well. I know that she adores him. Therefore I was shocked when, only recently, he told me that he doesn't even like the child, and thinks of my former husband every time he sees her. Also he says that in future, during our marriage, he will be thinking "There goes money that could have been saved for a child of mine" every time I buy something for her. (Her father pays for her support, medical bills, etc.) He adds that he will be very embarrassed when friends of his come to see us, and he has to explain that June is his step-child.

Charles is very well educated and the children in his neighborhood are very fond of him. He seems well adjusted and mature in most matters, except those concerning my child. Do you think it would cause too much unhappiness to marry under these circumstances? My second marriage MUST be successful.

C R

Finds It Hard To Face Truth

DEAR C R: Surely you know, without being told, that it would cause great suffering for your neighbor and June, and Charles also, if you were to marry him when he is jealously disposed to reject the child, as a burden and embarrassment, whom he doesn't even like.

In treating the matter to anxious discussion, you are simply backing away from the painful choice that starkly confronts you, namely: 1. Whether to renounce Charles, in decent loyalty to your child. 2. Or whether to marry Charles and thereby sacrifice June to the role of outcast in the new relationship.

Also sparking your request for advice, is an inarticulate wonderment as to just what prompts Charles' unhappy disclosure, at the eleventh hour. It is my surmise that as the day draws near, when he is slated to become your husband (and boss, from his viewpoint), he is speaking out more boldly about his negative feelings, in general and in particular.

Why He Seemed Kind To Child

Earlier in courtship, when things were less settled, or his chances indeterminate, he was engaged in putting his best foot forward, probably. He was eager to enlist your wholehearted interest, perhaps; thus willing to manifest any attitudes that might net your approval. And in that time his winsomeness to June may have been part of his sales campaign, when in fact, he was hardly aware of her—accepting as a means of approach to your good will.

Now, since your allegiance seems assured, he is able to relax and take stock of the situation into which he was leading; and he feels free to register objections to June on various counts. His lack of consideration for you and her, in this respect, is staggeringly immature; and qualifies him for the bassinet, rather than the marriage bed, on the score of psychological age.

If you intend to marry well, you cannot afford to gamble on Charles—at least, not until both of you have been deeply reeducated, in a series of sessions with a psychologist. To understand the risky nature of your ven for each other, read "Divorce Won't Help" (Harper & Brothers) by Dr. Edmund Bergler, who lays bare the self-damaging neurotic drives of people who mis-marry. Insight into this unconscious drift helps to put an end to it.

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

HERMAN N. BUNDSEN, M. D.

How To Keep Poisons Away From Children

Your home may be loaded with booby traps for your youngster. If it's like many American homes, even a mildly inquisitive child can find bottled death in the bathroom, kitchen, basement and probably the garage, too.

Last year about 1,250 Americans were killed by accidental poisonings. Four-fifths of those fatalities occurred in the home. And almost half of the victims were four years old or less.

Causes of Poisonings

Now, what causes these household poisonings? What can you do to keep your child off this or next year's fatality list? The Chicago Poisoning Control Committee, of which I am a member, gives us a pretty good picture of the source of most home accidental poisonings in Chicago. And I think the statistics will hold up throughout the rest of the country.

In a study of 153 cases of accidental poisonings (only one of which was fatal), the committee found that medicines carelessly left where children could find them, caused the great majority of illnesses.

They accounted for 67 of the 150 poisonings. Cleaning agents accounted for 34; fuel oils, 20; pesticides, 14; disinfectants and antiseptics, 10; and the remaining five were caused by miscellaneous items.

Breaking down the report even further, we find that aspirin, a medication found in virtually every home, caused 20 accidental poisonings—more than any other single item.

Half of these poisonings were traced to the young victim's fondness for the candy-coated variety of aspirin. The youngster simply liked the candy coating.

Other internal medicines most often found to have caused poisonings when they got into the hands of youngsters were laxatives and sedatives. External medications also caused a number of illnesses. Lintiment and potassium permanganate, a disinfectant, were most often at fault.

Other Causes

Of course, fly bleaches, turpentine, furniture wax and cleaning fluids took their toll, too.

Sleeping pills are especially dangerous when swallowed by a child, because they tend to depress the circulation and the nervous system. Such an accidental poisoning might result in pneumonia.

The Committee's study turned up a couple of other interesting facts. Most of the young victims got hold of the bottles or jars were left on the floor within easy reach.

Critical Hours

And most of the accidents occurred between 8 a. m. and 5 p. m., hours when papa is at work and mama is usually tending the children alone.

These, then, are the everyday household ingredients most likely to be swallowed by your youngster. What should you do if he does swallow some of them? I'll tell you tomorrow.

QUESTION AND ANSWER

J. C. Is psoriasis hereditary? If so, at what age would it first appear?

Answer: Psoriasis is not a hereditary disease. It occurs most often between the ages of 15 and 25. It is uncommon in children.

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LET'S EAT

All Age Groups Enjoy "Buzzing" a "Blender"

By IDA BAILEY ALLEN

Kitchen and dining areas are so closely related, it is smart to make food preparation casual, even for guests.

"Blender" or liquefier can be used by the whole family from ten-year-old to grandpa, in buzzing refreshments for guests or a snack for themselves. Blenders are priced at various amounts, and in many cases a blender will cost the entire gift amount allotted to a family. But it will add gaiety and service the year through.

"The children can 'buzz' their own velvety ice cream and milk drinks and 'shakes', observed the Chef. "For adults watching the waitline, I suggest fruit and fruit juice drinks 'buzzed' with a little fruit sherbet."

"And mother will love it for quick-preparing cream soup mixtures ready to heat, whipping potatoes, salad dressings, and blending sauces," I added. "A minute or two, and the job is done."

TOMORROW'S DINNER

Fish-Onion Chowder: Remove skin and bones from 1 lb. codfish, haddock, or white fish. Add to 4 1/2 c. cold water. Cover and simmer 30 min. to make fish stock. Then strain.

Fry 1/2 c. small cubes salt pork until fat runs freely. Add 2 c. thin-sliced onions; saute until yellowed. Add fish stock. Cover and simmer 10 min.

Add 1 1/2 tsp. salt, 1/4 tsp. pepper, 1/2 tsp. monosodium glutamate, 2 c. thin-sliced peeled white potatoes and the fish cut in bite-sized pieces. Simmer 15 min.

Add 3 c. whole milk. Bring to boiling point. Stir in 3 tbs. enriched flour blended with 1/2 lb. butter or margarine and 2 tbs. milk. Cook and stir until boiling again. Pass hot toasted rolls.

STUFFED CHEESE OMELET FROM THE CHEF

Beat 6 eggs until frothy with 1 tsp. salt and 1/4 tsp. pepper. Add 3 tbs. boiling water.

Melt 1 1/2 tbs. butter in a 9" or 10" frying pan. Pour in omelet mixture. Place over medium heat; tip pan back and forth so any liquid will come in contact with the hot pan. If necessary, lift the edges with a spatula.

Slow-fry until pale golden brown on the bottom. Then heap cheese stuffing in the center, and fold sides of the omelet over to encase it.

Hold platter over frying pan. Quick! Turn it over. If you are handy, the omelet will land smack in the middle of the platter without

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Anne Adams Patterns

FIGURE FLATTERY

Fashioned for the half-sizer — cut to properly fit the shorter, fuller figure! Sew-easy — you're sure to want more than one. Select stripes — they're slimming, form lovely chevron-effect in front! Popular 4-gore skirt drapes gracefully from hipline.

Pattern 4786: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 1/4 yards 38-inch fabric. 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.

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Morning Smile

A passenger on his first airplane flight was being comforted by a fellow traveller.

"You have nothing to worry about," said his pal. "If your time has come, you can't do anything about it."

"That's OK," he answered, "but what bothers me is, suppose the pilot's time has come and mine hasn't!"

as plump as a new broiler chicken. Cheese stuffing: Heat 3/4 c. sharp American cheese or cheddar in 1/2 c. very thick cream sauce. Add 1/2 c. crisp buttered fried thin croutons. Use stuffing as directed.

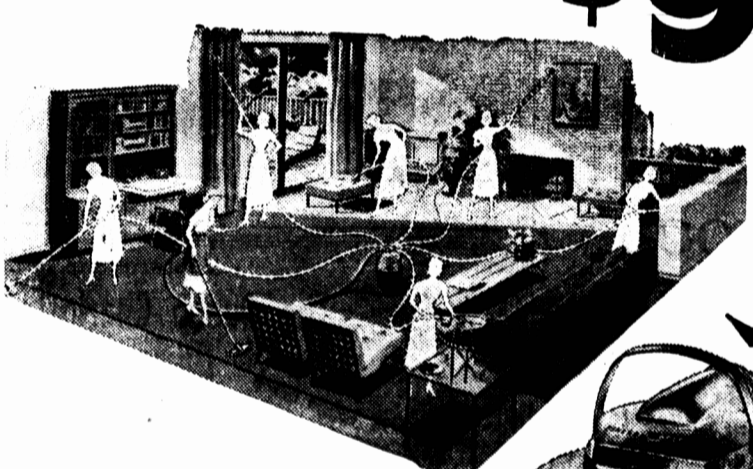


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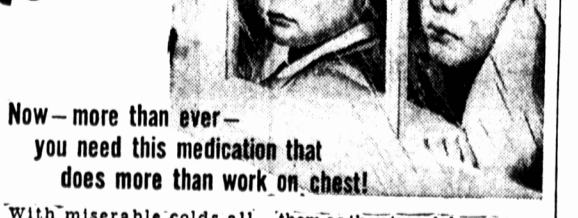
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Bad Colds Are Hard To Avoid.



Now — more than ever — you need this medication that does more than work on chest!

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When a chest cold strikes, you need relief deep in the cold-irritated large breathing passages. And one reliable way to get this relief is to use Vicks VapoRub... because VapoRub acts two ways at once:

1. VapoRub relieves muscular soreness and tightness, stimulates chest surfaces.

2. At the same time, VapoRub's special medicated vapors also bring relief with every breath. You can't see these vapors, but you can feel them... feel

them as they travel deep into the nose, throat and large bronchial tubes! The congestion starts breaking up... Coughing eases. Soon you enjoy warming relief that lasts for hours.

So when a bad cold strikes, insist on this medication that does more than just work on the chest to bring relief. Rub on VapoRub... breathe in relief with Vicks VapoRub!

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For most effective relief from croupy coughs, that congested feeling... use Vicks VapoRub in steam as directed in package. You'll get such fast, direct relief!

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