

WOMEN

Page 8 The Guardian Tuesday, Nov. 23, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

This morning brought farm folk a fair gentle day, with the sunrise kindling brightly above a cool, quiet hill. It also gave to the duties of our round additional names to stir with those of this household into our cooking-pots . . . into the steaming cauldron of the dinner-brew, mixing only with that witchery which is gained by long experience, muttering it is true, though not such incantations as are associated in mind with the like. Our words were against the fire that burned without grace while the hands of the clock moved steadily, and it seemed fast, toward the deadline of noon-hour. And whatever should we do if we disappointed James by serving a delayed meal!

"The sky won't fall, the mill-stream won't stop running . . . and I reckon James will live through it! He's survived worse disappointments, or so he tries to make me believe. Did he ever tell you about his first love? No! I guess it would not do . . ." we remembered the words and happy laughter of a one-time hired-man we had at Alderlea when we, busy preserving cherries that morning of the having, guessed the dinner might come a little late.

And we chuckled in heart over the memory—and came to a window to admire again before it is lost in a white world, the graceful traceries of the leafless trees, the dark sturdy spires and domes of fir and spruce against the azure-blue of the fall sky. Gathered too for ourself some reflection of the wide peace blessing now the farm-lands that each day in turn brings so much nearer to their season of rest.

And turned then to spread the table, and put the old stone-ware dinner-plated to the oven to warm. We mixed then a magic dessert, recalling with a smile that James is a bit suspicious of the value to a working man of these lighter mixings, regarding them as "maybe all right for a Sunday, or if a fellow needs invalid's fare."

The extra names? They belonged to the young and brisk electricians who had moved in to install lights in the newer barn and to give Rob a second yard-light for better convenience while about his night or early morning choring.

"Now you're sure you have it wired safely?" we fused to the foreman kin to us, as we crumpled a corner of apron in concern over another fire-hazard which now might be posed.

"Sure!" he looked his surprise. "I tell you Aunt Ellen—as the Inspector will, that we made a real good job of it. 'Ha!' he chuckled. "Do you know what makes you think that? You can't believe that I've 'done grown up'! I'm," he smiled broadly, "an old fellow now

. . . an electrician . . . ya-as Ma-am!"

So smartly these little lads of newer generations have come to man's estate, we do find it difficult to think of them as mature.

And another anticipated and necessary endeavour of the farm has thus been written off, before the wintry storms commence to blow.

Without sound of any kind, is this night. Calm it is, serene and still.

Until tomorrow Diary
Good-night

Herman N. Budesen, M. D.

New Serum For Treatment Of Rabies

Science can do a lot to help save your life if you are bitten by a mad dog.

The Pasteur and Semple vaccine treatments probably have saved countless lives. But they are not 100 per cent guarantees against death.

A New Serum

There is a new anti-rabies hyper-immune serum, however, that now gives promise of preventing the disease even when a victim has been bitten severely on the face or head. That is the most dangerous area for bites.

Virus Reaches Brain

As I explained yesterday, the rabies virus reaches the brain through the nerves. Consequently, the closer the bite to the brain, the quicker rabies might develop, with death certain to follow. Sometimes, if a person is bitten on the face or head, the disease may reach the brain before the vaccine gets a chance to go to work.

The hyperimmune serum seems to help the vaccine knock out the rabies virus. To be effective, however, the serum must be given the victim within 72 hours after he is bitten. It is then followed by the regular vaccine injection.

Prompt Action Necessary

Preferably, the serum should be administered within 24 hours. If delayed beyond that, double or triple dosage is usually required.

Serum and Semple injections were given to 250 persons, many of whom had been bitten badly. Not one came down with rabies. The serum now has been made available to the United States Public Health Service.

It is derived from the blood of horses which have been hyper-immunized by repeated injections of fixed rabies virus.

Experiments to develop the serum have been under way since 1889. Now, at last, it looks as though we have really got something.

QUESTION AND ANSWER

F. G.: What is the cause of red spots under the skin on the legs and is there any means of removing them?

Answer: Such reddening of the skin could come from many causes. Irritation due to contact with some substance to which you are sensitive may be responsible. It could also be due to some circulatory disturbance.



JUNE BUGS

1 egg white
1 cup white sugar
1 cup dates
1/2 cup nuts

Thicken with coconut. Drop from spoon on wax paper and cook in slow oven.

—Thelma MacPhee, Bonshaw W. I.

Household Hint

When decorating a dining table for a luncheon or dinner, do not use flowers that have a heavy odor, as this may be disagreeable to some of the guests. Also, choose flowers appropriate for the occasion of the meal, and that will harmonize with the predominating colors of the room and table settings.

If the table is small, the centerpiece should be small; if the table is long and narrow, the centerpiece should suggest the same proportions. A centerpiece should be sufficiently low so that the guests can see each other across the table.

SEAGOING FIREMEN

ULVA, Scotland (CP) — When fire broke out on this small island inhabited by 13 persons a call went out for the Tobarbory brigade on the mainland. The brigade sped 30 miles overland and then was ferried across the Sound of Mull to tackle the blaze.

Different Look



This picture of Queen Mother Elizabeth, in a relaxed mood and smiling happily, is unusual in that she is rarely photographed without a hat. It was taken as she arrived for dinner with Prime Minister and Mrs. St. Laurent. — (CP Photo).

KEEP IN TRIM

Tests Show Our Children Are Growing Up Soft

By Ida Jean Kain

In our country, where we have the best food in the world, it is taken for granted that American school children could pass minimum muscular fitness tests with flying colors. Actual tests indicate we have a muscular deficiency. American children are bigger, due to better nutrition, but they are muscularly weaker than European children.

Muscular fitness tests were conducted at George Washington University under the auspices of Dr. Hans Kraus, Associate Professor of Clinical Medicine, Rehabilitation, New York University, and Mrs. Ruth P. Hirschland, Research Assistant, Coordinator of the program was Helen B. Lawrence, Professor of Physical Education at George Washington University. Invited to cover the story, I promptly enrolled for the two day special clinic and participated in the testing of children from two schools in Alexandria, Virginia.

Of the 236 children tested, 43.2 per cent failed one or more of the tests. Their ages ranged from 8 to 13 years. On the Eastern Sea Board, where 4500 children were given this test, 56.5 failed at least one test and 16.4 per cent failed two or more of the six tests. Now for comparison: Of 3000 similar age groups in Italy, Austria Switzerland, only 8 per cent failed one of more of the tests, and 0.3 per cent failed two or more.

The Kraus-Weber-Hirschland

studies found one major difference between the two groups of children. European children, having no free use of cars, buses or mechanical aids, walk everywhere. Also they depend on active sports for recreation, rather than seeking their entertainment passively slumped around TV sets.

These muscular fitness tests were started because of the alarming amount of "lower back pain" which afflicts so many American adults. It has long been known that muscular deficiency can produce backache. The doctors, in an effort to determine the age at which muscular deficiency first becomes apparent, tested school children.

They found that first graders are already seriously deficient muscularly. Could this muscular weakness be caused by long hours in play pens, in strollers, or from inadequate play space? Can a share of the blame be due to the absence of sidewalks in many suburban areas, making it impossible for children to roller skate, ride a tricycle or roll a hoop? Admittedly, the answers are not yet known. But there is a strong indication that lack of physical exercise is resulting in muscular deficiency.

Tomorrow's column will give the muscular fitness tests, geared to the minimum muscular strength and flexibility required for that feeling of well being in every day living.

LET'S EAT

Corn's a Vegetable That's All American

By IDA BAILEY ALLEN

Supper in early American days was a rugged meal, often consisting of crumbled hard cornmeal and dried apple cake, served in bowls of milk. Hasty pudding, or cornmeal porridge, was the usual breakfast dish. Hand-ground cornmeal and water bread packed in leaves, baked on the hearth and cut in slabs, was the only form of bread that was available.

Visibly or invisibly, corn appears in our every meal. Our cattle are fed on it, so corn is responsible in part, for milk, butter and cheese. It is used for poultry feed, so indirectly even corn and eggs are related.

We eat the beef and poultry fattened on it, enjoy corn cereals, and cook not only with the cornmeal, but with the wonderful corn oil, cornstarch and other corn-using products modern science has made possible.

Corn is truly the All-American food.

CORNMEAL POUND CAKE AS MADE IN 1776

In a mixing bowl combine 1/4 c. soft shortening, 1/4 c. sugar and 2 eggs. Beat until well blended. Sift together 1 c. enriched yellow cornmeal, 1/2 c. already-sifted enriched flour, 1 tsp. baking powder, 1/2 tsp. salt, and 3/4 tsp. nutmeg. Add alternately with 1/2 c. milk to the first mixture. Beat 1 min., until the batter is smooth.

Pour into a well-oiled waxed paper-lined 7" x 11" pan; bake 25-30 min. in a moderate oven 350 degrees F., or until a toothpick when inserted in the center, comes out clean. Let stand 10 min.

Remove from the pan and peel off the waxed paper. Cut the cake in squares. Serve warm or cold with or without a topping of sifted confectioner's sugar.

OPEN TURKEY SANDWICHES FROM THE CHEF

Spread bread with plain butter or margarine, then with chutney sauce. Top with thin slices of turkey. Garnish with a small slice of cranberry jelly, or top with chopped turkey-celery-chopped-walnut salad and garnish with cress and black olives.

HOLIDAY SUPPER

Frosted Raspberry "Goblet"
Open Turkey Sandwiches
Tomato Wedges
Avocado and Greens Salad
Big Fruit Bowl
Cornmeal Pound Cake
Coffee Tea Milk

Frosted Raspberry "Goblet": In a big cocktail or milk shaker, combine and mix well 1 c. sweetened raspberry juice, 1 c. cranberry juice, 1 pt. soda and 1 pt. raspberry sherbet. Serve the beverage in goblets.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

I know a hill where a pine tree perches
On a rocky ledge in a grove of birches,
Silver birches that seem to listen,
Leaning, assant. Their long trunks glisten,
Touched by nature, the magic tinter,
Pale harp strings for the winds of winter;
Which, awaying, hold exquisite traces
Of delicate twigs, like filmy laces
On the amber sky, where sunset lingers.
Hemlocks point, with grave, dark fingers
Where gleaming Vega, pale amethyst,
Keeps near the zenith, her ancient tryst.

—Keats.

corodes, wrote his herbal, and, for a thousand years after, doctors the known world over prescribed these herbal remedies and affected cures by them.

Sweet herbs are those of aromatic fame odoriferous, pungent leaves and flowers. The distilled oils used in perfumes and having other industrial uses are of great importance. Rosemary, lavender sweet marjoram, thyme, anise, fennel and basil are among the sweet herbs.

Pot herbs are succulent, leafy vegetables and roots which add once unsuspected value to the boiling pot of "spring greens." As "salad herbs" they are eaten raw, but the line between these herbs and herbs in other groups is not sharply drawn. Chives, parsley, tarragon and chervil are admitted here, and the common salad herbs are lettuce, dandelions and spinach.

This year the herb Bergamot was planted in the garden because of the fragrant leaves that were loved when it was grown here some years ago. The Bergamots, especially if grown in mixed colors are amongst the most decorative plants in the garden. Both the flowers and the

leaves are edible and the flowers especially those of the scarlet Bergamot look very attractive scattered on a salad. They do best on a light rich soil and like some shade. Bergamot flowers can be used like Rose petals in sandwiches, and so can the leaves although rather strongly flavored.

Thyme was also planted again and many plants transplanted to the garden steps and rock garden where they can be seen almost every month in the year.

It is interesting when reading this lovely book on herbs to count the herbs in the garden here that are described in the book. Some are centuries old. Southernwood was written about in 1114 B. C.

We load the sacrificial stands Of wood and earthen ware; The smell of burning southernwood Is heavy on the air.

It was our father's sacrifice;
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FOR YOUR WONDER-BRA VISIT THE FASHION SHOPPE

for the "growing years"

The "teen-age" challenge vitality. That's why young people so often need the extra vitamin "D" protection and building ingredients of Wampole's Extract of Cod Liver. It contains no oil and is pleasant and easy to take. A trusted family tonic for over 70 years.

WAMPOLE'S EXTRACT OF COD LIVER

MARY HAWORTH'S MAIL
Girl Plans Escape From Stepmother

DEAR MARY HAWORTH: My granddaughter, 14, is planning to run away from home, she tells me in strictest confidence. She also says if I tell her father, she will commit suicide. This is no idle threat, I fear; she is the most miserable child I have ever seen. Her brother, 12, says (ungrammatically): "Don't worry none about me, grandmother, I just try to keep out of the way."

The trouble is with their stepmother. Their father also seems unhappy. He is a fine young man, and we came to love him as a son during the seven years he was married to our daughter—who died in her 25th year, leaving a son and daughter, then ages 5 and 7.

John brought the children to us, and we loved and cared for them the next four years, until they seemed like our very own. When he fell in love with Ann and I learned they intended to marry, I talked many times to the children about her—telling them to be always nice and respectful to her, and she would be a real second mother to them. We knew we would miss them terribly, but we wanted John to have his children.

Morning Smile

Forty years they have been hitched, and forty years she had made the living; then he died. The thrifty widow instructed that his body be cremated and the ashes delivered to her. Carefully placing them in an hourglass she set on the mantel, sat down to rock and said:

"Now you worthless bum, at last you're going to work."

BACKGROUND ON FEUDING

Almost at once something caused us worry, to wit: We kept the children while John and Ann were away on a combined honeymoon and business trip. On their return Ann was irritable and cold when John took the youngsters in his arms and listened to their eager prattle. She criticized all three for "boisterousness" and for "musing" their clothes.

Now Ann has two babies of her own and Johnnie and Mary Jo are shut out. They are seldom per-

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Wife Preservers

If a small picture or calendar tends to hang crooked on the wall, attach it to the wall on each side with a small strip of cellophane tape.

They're BAKED! BAKED! BAKED!

HEINZ OVEN BAKED BEANS

She's the envy of her friends...

No Wonder! She makes the most of her appearance. The attention paid to the smallest detail in her ensemble is important...her figure appeal is important, too...she has tried them all, but now only wears the Wonder of Wonder-Bras...

Petal Burst

This happy discovery can be yours, too—enjoy the Wonder of 'Petal Burst' by Wonder-Bra. 'Petal Burst' is waiting for you now at your favourite store in nylon, satin or broadcloth (in bandeau, cinch or longline).

'Petal Burst' the wonder of Wonder-bra!

PETAL BURST the wonder of WONDER BRA In Nylon Satin or Broadcloth Bandeau Cinch or Longline awaits you In our Lingerie Dept. At MOORE & McLEOD LIMITED

Clean, Freshen Refrigerator with SODA Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odour. Recommended by leading refrigerator manufacturers.

COW BRAND BAKING SODA

BURNS Healing, soothing and antiseptic, Dr. Chase's Ointment brings quick relief. A safe home remedy. Used for over 50 years.

BRUISES DR. CHASE'S OINTMENT