

Life of Ambassador's Wife Is Not Always A Glamorous One

Written For The Canadian Press By MARGARET ECKER

MEXICO CITY, (CP)—The life of a Canadian ambassador's wife is not always a glamorous one. Take Gaby Leger, wife of Jules Leger who is leaving the Canadian embassy here to become deputy minister of the department of external affairs at Ottawa. The charming young matron, in addition to meeting the social demands required of a diplomat's wife, has maintained a close-knit family life during residence in Ottawa, London, Chile and Mexico.

The former Gaby Carmel of Montreal lives every minute of it. But her life is no diamond-studded social gallop. Diplomats—and their wives too, work hard in world capitals to create good impressions of the countries they represent.

The Legers and their two merry schoolgirl daughters, Francine, 14, and Helene, 13, will leave their pinkish-gray stone house in a Mexico City suburb after less than a year in Mexico.

Mrs. Leger is a graduate of the Condon Bleu School of Cooking in Paris. "Cooking fascinates me, I love it," she said.

The mistress of the house is not welcome in a Mexican kitchen, and the cook scored a distinct triumph in her own domain not long after the Legers' arrival in Mexico.

Francine and Helene think mother's cakes are the best in the world, so Mrs. Leger sailed into the kitchen to make the family's favorite chocolate almond cake. The Mexican help scowled, but she carried on until the cake was in the oven.

A little later the cook came running in with the news that the cake was running all over the oven. Mrs. Leger had forgotten that even the best recipes don't stand up at 7,800 feet above sea level, and have to be adjusted.

"Was my face red?" she laughed. "He who boasted of being a Cordon Bleu and my cake wouldn't even stay in the pan."

The Legers had been in Mexico City only three days when protocol demand that they invite 200

guests for cocktails, 25 for dinner. In her first four months there, she also entertained 1,400 visiting Canadians.

Entertaining visiting Canadians is not brown-haired Mrs. Leger's only duty. There are 40 foreign missions in Mexico City. As a new-comer, in her first weeks, she called on the wives of the other ambassadors. Then they had to return the call.

Household Scrapbook

By Roberta Lee

Peel Peaches
Peel peaches with discoloration unless handled rapidly. It is claimed by canners that this discoloration can be removed by blanching the fruit a few minutes in boiling water.

Insect Stings
After removing the sting apply ammonia water, or carbonate of soda and water. Common mud applied to the sting often relieves the pain.

Jar Tops
To keep jar tops from sticking, rub melted wax on the inside screw cover. When ready to open, pour hot water over the top to melt the wax.

STOUT CRAFT

CHESTER, N.S., (CP)—The Saint Elizabeth, a 30-foot sloop in which an English naval architect plans to sail to the United Kingdom, was launched here. Owner Jan Nicholson will take two crew members on the voyage.

TOO MANY FISH
TWILLINGATE, Nfld., (CP)—The engine in Capt. Andrew Greenham's schooner, the Leslie N. Peckford, began to sputter as he approached port. He found the engine's water intake hose plugged with small caplin, drawn in as the vessel moved along.

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KNOW THEIR STUFF

MONTREAL, (CP) — Applicants for posts as city tourist guides must be graduates of a special course at the University of Montreal which includes such subjects as the geology, geography and commerce of Montreal, along with history. Seventy-six persons enrolled for the three-month course this year.

BIG TURTLES

Ascension Island off the coast of West Africa is noted for its fine sea turtles.



7255 SIZES 6-14 by Alice Brooks

DOROTHY DIX

Haunted By A Mme Butterfly

DEAR MISS DIX: I've been married three months to a man who is all any girl could want—kind, considerate, loving and devoted in every way, yet I'm not happy. Before we were married my husband admitted that during his two years in Japan, he had lived with a Japanese girl. He said they loved each other very much, that she had given him a pleasant, comfortable home, but that she refused to come to this country with him since it would be so difficult for her to adjust to new ways.

Later, however, he admitted that he didn't love her enough for marriage, but had grown to depend on her to ward off loneliness and homesickness. I wish he had never told me of this episode, as I haven't had a moment free of worry since. I keep trying to imagine what his life with her must have been, and am constantly questioning him about it. I wonder if he loved her more than he does me, if she contributed more to his happiness than shall ever do, if he misses her or thinks of her. How can I get this whole subject out of my mind? Lora D.

OFTEN TEMPORARY AFFAIRS

ANSWER: This is a problem that faces many young women today—and will continue to do so as long as we have armies of occupation abroad. Many servicemen, especially the younger ones, haven't acquired the stability to adjust to the drastic change that foreign service presents. In an effort to alleviate the almost unbearable homesickness, they welcome eagerly whatever sympathetic understanding is available. Sometimes these relationships deepen into genuine love with resultant happy marriages; more often, however, they are merely temporary affairs soon outgrown by one party or the other.

Time will help you put your husband's part in its proper place. After three months of married life, you still expect all romance to wear a rosy aura; the slightest cloud would loom large as a tempest to you, the smallest imperfection in your beloved would be tragedy. Having to face the fact that husbands, like all other human beings, have failings is bitter to a bride of 12 weeks. Try to appreciate the fact that you have the man, while the little Japanese girl has lost him. Her love was doubtless as sincere as yours, and her efforts to please were probably sincere. She will not have the happiness that you enjoy and way through constant nagging about the past.

It's impossible for any one person to possess or dominate completely another soul. No wife can own her husband's entire past, present and future. So settle for the present and future; follow Longfellow's advice: "Let the dead Past bury its dead!"

DEAR MISS DIX: I spent a week end in the country with some family friends. There I met a very nice boy, who took me to a dance one evening, and a movie the next. Since I love writing letters, I'd like to have a correspondent with this boy but I'm afraid he'll think I'm running after him if I write. Would it be permissible for me to write him first? I have a very extensive list of correspondents and would like to add him to it. Winnie C.

ANSWER: Surely you may write the boy. Tell him how much you enjoyed the week end, which was made extra pleasant by his company. Then go on with the kind of letter that has made you such a fine correspondent, and I'm sure he won't be able to resist replying.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a young girl to invite a boy into her home for a snack after a date?

A. Only if her parents, or some other mature person, are in the house. It would not be proper if there were no one home who could be regarded as a chaperon.

Q. We frequently have guest speakers at our women's club. Should we applaud them both when they are introduced and after they speak?

A. This is proper — the first time in greeting, and the second time in approval.

Q. Is it all right for a bride to have both a matron and a maid of honor at her wedding?

A. Yes, if the wedding is a very large and formal one.

TRUCKERS PAY FINES

MONCTON, (CP)—Two American truckers and one from Nova Scotia paid combined fines of \$264 today for travelling overweight on New Brunswick highways. The largest fine of \$135 was paid by Robert F. Maloney, Dorchester, Mass., paid \$73. Jewel L. Cahoon, Sydney, was fined \$55.

Aylward-Douse Wedding



Pictured above following their wedding in Charlottetown on May 22 is AB/LR William Everett Aylward and his bride, the former Phyllis Ruth Douse, daughter of Mr. and Mrs. Albert Douse, Malpeque Road. The groom is the son of Mr. and Mrs. Wm. Aylward, city.

Contract Bridge

By Josephine Culbertson

A VALUABLE CLUE

Keener analysis of the opposing bidding would have told South how to make his contract in the deal below.

West dealer. Neither side vulnerable.

♠ A 10 8	N	♠ 9
7 3	W	♠ J 10 8
♥ K 6	E	♠ 5 4 3
♥ K J 9	S	♠ 10
8 5		♠ J 10 8
♣ 6		♠ 7 2

West North East South
1 ♠ Pass 2 ♥ Pass 3 NT

The bidding:
Both West and North went in for some "shading" on the first round — West, by opening the bidding, and North, by doubling for a takeout. As for East's two-heart call on a hand containing only two jacks — since this bid would easily be read by West as a rescue, there was considerable to be said in its favor.

South, of course, was on solid ground, even though he had no sure heart stopper, in leading to game at notrump. His honor-count was extremely impressive opposite a takeout double.

West opened a low diamond. South won with the queen and led a spade to the queen, then returned a spade, his king going to West's ace. West persisted with diamonds, and South took his ace. Doubtless thinking about East's heart bid, South then went to dummy with a club and led a heart toward the queen. West won and cashed three diamonds, setting the contract.

If South had analyzed the bidding he might have come to the proper conclusion, which was that West couldn't have had an opening bid without the heart king, where as East did not need that card for his rescue bid. That being so, the logical line of play was to cash three rounds of clubs and the hat high spade, then to throw West in with a spade or by doubling. West could take two tricks, but then would have to lead away from the heart king to the North-South tenace.

Of course the throw-in play should not be used if, on the run:

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FOAMY SAUCE

3 tablespoons butter
1 cup powdered sugar
2 eggs separated
¼ teaspoon vanilla
½ cup cream (whipped)
Cream the butter and sugar together. Add well beaten egg yolks and beat thoroughly over hot water in double boiler.
Remove from heat and fold in stiffly beaten egg whites, vanilla and whipped cream. Serves 6.
Serve with hot gingerbread, steamed or baked puddings, etc.

Morning Smile

An under-sized husband was trying to intimidate his wife. "I warn you," he raged, "not to raise the animal in me!"
"That's all right," his wife retorted, "I'm not scared of mice."

That Body of Yours

By James W. Barton, M. D.

AN EASY METHOD OF TAKING DRUGS FOR MIGRAINE

Migraine headache, a particularly vicious form of headache, often appearing on one side only and accompanied by nausea and vomiting and other disturbances, attacks large numbers of persons, usually not just one, but at regular or irregular intervals of time. Sometimes it is so severe that the patient must go to bed in a darkened room for days at a time before it goes away. It is particularly likely to affect those who are "perfectionists," who drive themselves, who are over-conscientious.

Several years ago Dr. Mary O'Sullivan advocated the use of ergotamine tartrate in the treatment of migraine with great success in many cases. However there are some patients who find that taking drugs by mouth has the disadvantage of increasing the tension, with self-confidence and foresight. Accordingly we read of an experiment using ergotamine tartrate and caffeine in the form of a rectal suppository in 28 patients with migraine headaches.

Every one of these patients reported that they usually had some sort of warning that an attack was on its way. For instance, 7 had some disturbance of vision, 5 had stomach upsets, 18 were over-sensitive to noise, 6 were over-sensitive to light, 6 noted stiff neck, 9 noticed more frequent urination, 9 had various emotional upsets. These persons were instructed to insert a suppository of the ergotamine and caffeine preparation at the first signs of an attack. This preparation is called EC 112.

What were the results? One suppository was usually sufficient to control symptoms in an hour!

Last we become unduly optimistic about this method of taking ergotamine, we must remember that it was known in each of these cases that they responded well to the use of this drug when used in other methods of administration, such as by mouth. However, there are many cases where it is not possible or wise to give the drug by mouth or by injection under the skin or into a vein and in such cases this method of the rectal suppository may be very useful.

In all cases of migraine treatment should include: (1) enough outdoor exercise, (2) a simple, varied, well-balanced diet, and (3) regulation of the bowels so as to produce daily, free movements.

The Stars Say

By Estrellita

For Tomorrow

YESTERDAY'S restrictive tendencies continue throughout the morning hours, especially as they affect moods and emotions. But, as yesterday, determination to take things in stride and maintain an optimistic outlook will conquer any possible disappointments or confusions. A sense of humor will help, too.

During the evening hours, the accent is on social functions and, whether on a large or small scale, participants should be extremely congenial, jovial and in a mood for fun.

Romantic and domestic affairs should also prosper and you may receive a wedding invitation.

For the Birthday

If tomorrow is your birthday, you can make the coming year a banner one if you pursue your goals with self-confidence and foresight. Even though you may have been under some pressure during the past six months, the time has come to cast anxiety aside.

You are entering a good cycle now, so mobilize your efforts to their utmost and profit by the excellent period ahead.

By early fall, your harvest of success should be abundant and, during the same period, a great deal is promised in the way of social popularity and prestige. Romance and travel are under good aspects now, and social contacts made during the summer months should be carefully cultivated since they could play an important part in your future.

A child born on this day will be loyal, understanding and extremely methodical in all things.

of clubs, West discarded a heart. His distribution had been revealed as 5-2-5-1 — hence, if he discarded the heart, South should read him for the blank king.

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ELLEN'S DIARY

by an Island Farmer's Wife

What long, lovely, days these are for the children of the farms, on holiday from classes and free now to enjoy favorite pastimes about-soaking up the sunshine, to have it in store in stout red copious for the bleak months to come; to follow field-paths and cool chequered woods' trails, or loiter along brook and stream and shore, wherever young fancies may lead.

"I'm going barefoot every day!" Jamie promised himself on the first morning of vacation. "It feels so good!" With a finger he touched the tender white of his soles.

"So, am I!" Gage agreed with marked enthusiasm. "And, boy," he nodded, "won't they be tough by the time the holidays are over!"

And "Go barefoot!" James smiled his approval "for I can still recall the relief I felt when I was your age, and the warm days came to let me shed my boots."

So barefoot they go. Bare of head, too. And during warmer hours, bare of shoulders, already well tanned from the practice. Today for a while Jamie was his Dad's right hand at the carpentry, fashioning from new boards forms for the foundation of concrete which are to carry the weight of the moved and extended barn. And then freed from this work, the two lads were away along a corner of grain-field to make repairs to the bridge of their making, which in a shallow spot and wide, spans the stream.

They heaved stout stringers of fir from the wooded slope close by, lopping them "by main strength" and their own ingenuity, to replace those in the original structure lost to the strength of the freshets of spring.

How Can I?

By Anne Ashley

Q. How can I keep peaches from discoloring when peeling them?
A. Peeled peaches will discolor unless handled rapidly. It is claimed that this discoloration can be removed by blanching the fruit in boiling water for a few minutes.

Q. How can I prevent having blistered heels?
A. Blisters on the heels caused by shoes slipping, can be prevented by rubbing paraffin or soap on the stockings. This will stop the slipping.

Q. How can I restore the color that has been destroyed by white wash?
A. By washing the surface immediately in strong vinegar.

Better English

By D. C. Williams

1. What is wrong with this sentence: "The acoustics of the room are very bad, and I couldn't hardly hear the speaker."
2. What is the correct pronunciation of "bindery"?
3. Which one of these words is misspelled? 1. Scouful, 2. scrou, 3. orous, 4. somnolence.
4. What does the word "siccary" mean?
5. What is a word beginning with "u" that means "to yield"?

ANSWERS
1. Say, "The acoustics of the room is very bad, and I could hardly hear the speaker." 2. Pronounce bin-der-i, first i as in ice; three syllables, and not bind-ri. 3. Scouless. 4. A cheerful readiness or promptitude. "He obeyed his father with alacrity." 5. Succumb.

INDIAN STEED

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Basic COFFEE CAKE Dough

Scald 2 cups milk. Remove from heat and cool to lukewarm. In the meantime, measure into a large bowl 1 1/2 cup lukewarm water, 2 teaspoons granulated sugar, and 1 tsp. active dry yeast. Sprinkle with contents of 2 envelopes Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well. Stir in lukewarm milk and 4 well-beaten eggs. 1 teaspoon vanilla. Mix together twice. 7 cups once-sifted bread flour. 1/2 cup granulated sugar. 1 tablespoon salt. Stir about 6 cups into the yeast mixture; beat until smooth and elastic. Work in remaining dry ingredients and 2 1/2 cups (about) once-sifted bread flour. Turn out on lightly-floured board and knead dough lightly until smooth and elastic. Place in a greased bowl and grease top of dough. Cover and set dough in a warm place, free from draft, and let rise until doubled in bulk. Turn out dough on lightly-floured board and knead lightly with smooth. Divide into 4 equal portions and finish as follows:

- CINNAMON SQUARE** Combine 1/4 cup granulated sugar and 1 tsp. cinnamon; sprinkle on board. Place one portion of dough on sugar mixture and roll into a 12-inch square; fold dough from back to front, then from left to right; repeat this rolling and folding twice, using a little flour on the board. If necessary, use egg whites. Place in greased 8-inch square pan; press out to edges. Grease top. Cover and let rise until doubled. Grease 2 tops, butter or margarine, 1/4 cup granulated sugar and 1/4 tsp. cinnamon; mix in 1/4 cup broken walnuts and 1 tsp. milk. Bake at 350°, 30 to 35 min.
- APRICOT FIGURE EIGHT** Combine 1/4 cup brown sugar, 1 tsp. flour, 1/4 tsp. salt and 1/4 cup finely-chopped nuts. Roll out one portion of dough into a square about 22 by 6 inches. Spread with 2 tbsps. soft butter or margarine; sprinkle with nut mixture. Twist dough from end to end; form into figure 8 on greased pan. Grease top. Cover and let rise until doubled. Bake at 350° about 30 min. Fill cavities of hot figure 8 with thick apricot jam; sprinkle upper surfaces with white icing; sprinkle with nuts.
- FRUIT COIL** Knead into one portion of dough 2 tps. grated orange rind, 1/4 cup raisins, 1/4 cup chopped nuts and 1/4 cup well-sifted sugar. Place, with 1 tsp. salt, in greased pan. Roll out dough, using the hands, into a rope about 80 inches long. Beginning in the center of a greased deep 8-inch round pan, swirl rope loosely around and around to edge of pan. Brush with 2 tbsps. melted butter or margarine. Grease top. Cover and let rise until doubled. Bake at 350°, 15 to 20 min.
- SUGARED JELLY BUNS** Cut one portion of dough into 12 equal-sized pieces. Shape each piece into a smooth round ball; roll in mixture of 1/4 cup granulated sugar and 1/4 tsp. salt. Place, with 1 tsp. salt, in greased pan. Roll out dough, using the hands, into a rope about 80 inches long. Beginning in the center of a greased deep 8-inch round pan, swirl rope loosely around and around to edge of pan. Brush with 2 tbsps. melted butter or margarine. Grease top. Cover and let rise until doubled. Bake at 350°, 15 to 20 min.

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