

WOMEN

Page 8 The Guardian Thursday, Nov. 25, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

Continuing good weather? Aye, the best of days for completing the ends of the field-work: for harvesting last turnips, for turning furrows against the days of the seed-time to come.

How will it come we wonder? In a merry wind blowing in fresh and free from the hills, winter-washed, clean. In the full sweet run of a robin's song. In a lambs' quavering bleat, and new green on the slopes. In an exquisite season returned to the farmhands and high hopes and expectations budded anew in folks' hearts.

"We deserve some good weather," our helper offered soberly at breakfast. "Oh, I wouldn't say that," James replied with a twinkle. "If we always got our deservings . . . well," he paused to reflect.

"I don't mean to say that we're so good we deserve fine weather, but at the same time, the last seasons have had their delvements of rain and damp so that we haven't had our usual dose of sunny days. It may be that we'll get some of those now." He smiled to James. "There's no harm in hoping for them, at any rate."

It has been a beautiful day—sky gently blue, worn fields and furrows warmed by the sun's quiet smile. How grateful we were for the mildness and sunlight as were it was obvious the creatures about. By a stable-door the cats lazed in the warmth; the sparrows nest today and not unattractively picketed in the shrubs on the lawn; the pigeons, colorful and pretty, flew down from a haunt in a gable or barn to the yard to glean dropped grains; fowls gossiped in the near fields, while the little flock of sheep foraged afar.

And again cattle were abroad on the hillside. But not those of this farm. The stress and strain of herding them back to the barns and into their stalls is too much. Rob said. So there they are, little and big, young and older, destined to remain indoors, no more to feel the good earth beneath hoofs until the spring shall set them once more on old trails along the fields.

At Alderlea, too, once the cattle-kind are stabled there is no letting out to drink at some trough about 37 down by the old millstream. In recent years that order of living is once again so well on farms has suffered many a change.

But the fall still brings the plowing. And night-lights in the pigeries of these farms, as of old, tell of porcine matrons new-come to motherhood there. There continues too the shipping out of fat hogs as they arrive at "the weight" to market, the bacon to go to the breakfast-tables of the world.

"A couple of pullets' eggs would



Cook's Corner

STEAMED CRANBERRY PUDDING

1 cup flour
1/2 tsp. salt
1 tsp. soda
1/2 cup molasses
1/2 cup hot water
2 cups cranberries (together with an extra 1/2 cup flour in which to roll them)

Sift flour, salt and soda into mixing bowl. Put 1/2 cup hot water into cup and add to the 1/2 cup molasses, then pour into flour, etc. Beat till smooth and add the flour and cranberries. Pour into greased bowl and steam two hours. Serve with the following sauce, which is rich and creamy and especially suited to this type pudding which contains no shortening whatever.

Sauce

1/4 cup butter
1/2 tsp. salt
1/2 cup brown sugar

Put into saucepan. Melt over direct heat, stirring until dissolved. Then add 1/2 cup cream—simmer. Then add 1/2 cup well blended. Add 1/4 teaspoon vanilla and serve.

—Mrs. Milford Buchanan
Bonshaw W. I.



be mighty tasteful these cool mornings. "No—but there was a pullet picking up shell this morning," we offered brightly. "Right busily too!"

"Which could mean anything," James chuckled teasingly.

"You never know," our helper nodded with a smile. "When you're dealing with the opposite sex, you just never know!"

Until tomorrow . . . Diary
— Good-night . . .

Herman N. Bundesen, M. D.
High Blood Pressure Not Serious Threat

If you're short, stocky, nervous or high strung, you're a good candidate for high blood pressure. If you're a woman, you're even more susceptible.

About five per cent of our adult population is affected by this disease, and the above are the types most often hit.

Just What Is It?

Just what is high blood pressure? You've all heard the phrase, but probably few of you know what it means.

Well, think of your heart and the blood vessels as a water system. The heart is the pump, and the blood vessels the pipes.

Heart Works Harder

If you've got high blood pressure, it means, simply, that your heart must exert more than normal pressure to force the blood through your body, usually because of constricted arteries. This, of course, means more work for your heart.

This condition may develop because of some trouble with the glands of internal secretion, particularly the adrenal glands. Or some kidney disorder may be responsible.

Your doctor can tell if you have high blood pressure by measuring the systolic and diastolic pressure of your heart.

The Two Pressures

The systolic is the pressure at the moment the left auricle or top portion of your heart, relaxes after forcing blood into the left ventricle, the lower portion. The diastolic is the pressure at the moment the left ventricle relaxes after forcing blood into the aorta, thus starting it on its journey through your body.

Normal systolic pressure is somewhere between 110 and 140. Normal diastolic is about 40 to 60 points less. Your doctor can determine these counts by measuring the pressure in milligrams of mercury on his blood pressure testing apparatus.

High blood pressure is indicated when the systolic and diastolic pressures are somewhat less than 40 points apart.

Lessening the Load

As a rule, high blood pressure does not mean you must limit your activities substantially. You can, however, lessen the load on your heart by not overeating and by avoiding mental strain and strenuous exercise.

Tea, coffee and tobacco in moderation are usually all right unless, of course, they affect you adversely. If you are overweight, I would advise you to reduce.

Be Optimistic

But, above all, be optimistic about your condition. High blood pressure is seldom a really serious threat to your life. And worry might make you even more nervous.

QUESTION AND ANSWER

A. B.: How many different types of goiter are there?

Answer: Goiter refers to enlargement of the thyroid gland. There are several types now recognized.

There may be a simple enlargement due to iodine deficiency. A more serious condition is known as toxic goiter.

The gland may also enlarge due to tumor growths, or sometimes as a result of inflammation.

Household Hint

When sweeping a large room, do one section at a time, taking up the dirt in a dust pan before sweeping the next section.

Special offer

OVENWARE DESSERT DISH
inside large **VEL**

Hurry! Get your ivory coloured Ovenware Dessert Dish in the special pack of large Vel. Start building your set of this smart ovenware today.

VEL cuts grease fast

Choose a New Stove That's Easy to Clean

By ELEANOR ROSS

A thorough cleaning of the kitchen stove is an essential weekly task.

Pay special attention to drip pan, oven corners, racks and door storage drawers and such. Because these are out of sight, don't neglect them. They are all vital working parts and subject to their share of grease and dust.

Cleaning Techniques

The drip pan needs hot suds and a hot rinse. Grease on oven linings can be loosened by placing a saucer of ammonia and suds in cooled oven overnight — one tablespoon ammonia to a cup of soapy water. Next morning the cleaning job is easier.

If your oven door is detachable, as it is on many of the newer models, take it to the sink for a scrub-

bing with a soapy brush. Do the same with oven racks. While the door is off, the oven corners can be easily reached with your brisk little brush.

Oven cleaning, incidentally, should never be the distressing project it has become with many women. Only weeks of needless neglect can put an oven in such shape that it's a major chore to clean.

A final word of advice is to wash thoroughly the deep-well cooker, each time the soup or stew has been consumed.

Wipe out the deep well with a warm, soapy cloth, then with a rinse cloth, then dry thoroughly. Lift the well to clean the edges and wipe the cover with warm suds. Don't submerge that insulated cover, remember, unless it is

Thin Girls - Take a New Lease On A Healthier Life

By Ida Jean Kain

Thin girls—stop straining to gain. Try another plan. Give nature a chance to sharpen your appetite, tone up your body inside and out, and you won't have to force yourself to eat. You'll relish food, and change nerves to curves.

Starting this day, spend 20 to 30 minutes out in the fresh air, walking. Walk at a moderate rate, muscles relaxed, chest up, shoulders easy. There's a n.p. in the air and this is an exhilarating time of year. Enjoy your walk.

Breathe deeply, pushing out with your diaphragm as you breathe in. This will bring a supply of oxygen into the blood, in turn improves circulation, digestion and posture. Soon you'll begin to feel like a new person.

Of course you'll need more body building foods, but build your appetite first. Appetite is the promise to take care of food. It's amazing



Walking is a tonic.

But fresh air can do toward normalizing your appetite and relaxing tense muscles. Perhaps you are eating enough, but not enough of the right foods. Choose foods furnishing the protective nutrients which build and repair tissues, regulate and aid assimilation. It's not just fat you want to pile on. A better functioning system will bring a feeling of well being.

Plan your three meals around the Basic 7—milk, eggs, meat, fish or fowl; whole grain or enriched cereal and bread and butter; fruits, including a citrus fruit or juice daily; vegetables, including a dark green leafy or yellow. To increase the vitamins, have liver or some meat organ at least once a week. Do you like bread and butter? Many underweights do not eat bread. Go to a bakery and find a bread that tastes home made. In-

Morning Smile

"Now tell me, do Frenchmen understand American slang?"

"I guess some of them do. Why?"

"Well, you see, my youngest daughter is to be married in Paris, and the Count has cabled me to come across."

For Children's Stomach Upsets

For quick, happy relief, give Children's Own Tablets, designed for youngsters from 2 to 15. Speedily help soothe your upset stomach, clean out bowels gently—yet thoroughly. Pleasant, easily-swallowed. Made by the makers of Baby's Own Tablets—your assurance of a reliable product. Be sure to get a package today at your druggist!



Children's Own TABLETS

permanently sealed and described as "Immersible" by the manufacturer.

Study Before Purchase

Since cleaning a range is such an important part of keeping it in good order, take a good look at any stove you are planning to buy.

Avoid intricate designs that will prove hard to clean. Avoid overhanging and curlicues that can be easily reached with your brisk little brush.

Oven cleaning, incidentally, should never be the distressing project it has become with many women. Only weeks of needless neglect can put an oven in such shape that it's a major chore to clean.

A final word of advice is to wash thoroughly the deep-well cooker, each time the soup or stew has been consumed.

Wipe out the deep well with a warm, soapy cloth, then with a rinse cloth, then dry thoroughly. Lift the well to clean the edges and wipe the cover with warm suds. Don't submerge that insulated cover, remember, unless it is

Queen Elizabeth II Spoon!

Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium inside each giant package of NEW BLUE Super Suds.

Ask your grocer for it—or mail 25c and any Super Suds box top, along with your name and address and your grocer's name, to: Super Suds, P.O. Box 1010, Aurora, Ontario.

HERE AT LAST! The Modern Way to do Dishes!

GAY LIQUID DETERGENT

For FASTER, EASIER DISHWASHING AT HALF THE COST!

JUST POUR IN ONE CAPFUL GIVES LOTIONS OF SUDS

DISHES SPARKLE WITHOUT WIPING!
No murky deposit to leave a film on your dishes. GAY cuts grease in a flash. No need to rinse or wipe!

FLOODS OF SUDS IN A SECOND
Just pour in one capful—GAY bursts into instant suds! GAY dissolves instantly in hard or soft water!

CUTS COSTS IN 1/2—SO KIND TO YOUR HANDS
One bottle of GAY does as much as 2 boxes of old-fashioned powders—GAY is so easy on your hands. Contains no caustics.

NOW AT YOUR GROCER'S

SHORTBREAD WITH A SPECIAL XMAS FLAVOUR

Shirriff's delicate true almond flavoured extract . . . the traditional Christmas flavouring—gives this Shortbread a Yuletide fragrance and flavour that spells old-fashioned hospitality. Rub together two cups all-purpose flour, 1 cup quick-cooking oatmeal, 1/2 cup brown sugar, 1 lb. butter. Add 1 tsp. Shirriff's True Almond Extract, shape into fingers 1 1/2" x 2 1/2", prick with a fork and bake in a 350° oven for 15 to 20 mins.

Shirriff's Flavouring EXTRACTS

Canada's Largest Flour Millers Bring You **CANADA'S BEST FLOUR**

Cream of the West
all purpose flour

GUARANTEED by Maple Leaf Milling Company Ltd. to give you better baking than any other flour or your money refunded.

Wax once... relax months!

Johnson's Paste Wax
makes floors shine longest!

Johnson's Paste Wax
brightens wood floors
By deep-shining the grain, seeping into the pores!

It protects and reflects the Johnson way
With an all-wax seal that won't wear away!

Johnson's Paste Wax
Wax once... relax months!
Johnson's Paste Wax makes floors shine longest!