

That Body Of Yours

By James W. Barton, M.D.

MENTAL HEALTH IN GENERAL HOSPITALS

When I was about eight years old, an older brother broke his leg and was sent to hospital. As this was the first experience of the family with hospitals, I was greatly alarmed. I thought hospitals and death went together. However, on visiting my brother, I learned how much he liked the hospital, how kind everybody was to him and I felt that day I have had a great respect for hospitals and hospital care.

Our hospital authorities, realizing that a sick or injured patient entering hospital for the first time is naturally upset and worried, make it a point to place a competent, kindly nurse at the admitting desk and select carefully the nurse and orderly who show the patient to his room or ward. This all counts in the happiness and contentment of the patient.

To Mental Health, Albany, New York, Dr. W. H. Dunn states that in these days of specialists and specialties, the relationship between the patient and his physician is threatened by the complexities of modern life and by the impersonality of life in great cities.

There is a growing awareness of the medical profession and allied services of the importance of considering patients as persons and not just as cases.

Thus in the general hospital there should be an attitude of trying to help the patient not only in his illness but in his everyday life in room or ward. There should be an attitude of all members of the staff of all-round helpfulness to each patient, "an atmosphere that will communicate to all patients a feeling of security, acceptance and confidence in the hospital and its clinics as such, as well as in individual staff members."

"Consideration of the patient" should be the motto or the unspoken slogan of the hospital, as this philosophy is the basic method of healing.

I believe the above suggestions from Dr. Dunn are timely and while already being practised by some members of the medical staff, nurses, dietitians and orderlies should be "projected" into the community by cooperation with others interested in health and adjustment to life.

The consideration of the patient first is amply demonstrated by the efforts of the social worker to keep the patient contented and happy about the life of his loved ones in the home during his or her absence and lending a hand in the work and kindly direction of home affairs.

Doll's Wardrobe

What could be sweeter than a pretty little dressed up doll? Every child loves a new costume for her own favorite. The smart little knitted wardrobe pictured here can be made in minutes from 3 ply wool in colors of yellow, green and scraps of rose. To obtain a leaflet complete with directions for the skirt, blouse, beret, panties, socks and coat, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting DOLL'S WARDROBE, Leaflet No. CW-27.

Alice Brooks Designs

EASIEST EVER!

ONE STRAIGHT PIECE for jacket, ditto for cap. That's all you have to crochet to make this precious Baby Set. Of course, if Baby's a girl, you'll want to add a ruffle to cap and jacket. Jiffy-set! Pattern 7344; crochet directions infant's cap, jacket. Send Twenty-five cents in coin 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 and Pattern Number.



7344 by Alice Brooks

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A STRICT adherence to integrity, sound principles and a stern sense of duty may be the impelling force for putting important objectives on a lasting and solid basis, perhaps with a plan for future manipulation. Much depends upon right action in the present if future rewards and emoluments are to materialize. Studied ideas should be supported by quick action and practical tactics. Initiative and daring have value, winning support from responsible sources and against odds.

For the Birthday

Those whose birthday it is may find that a strict sense of duty, obligation, responsibility, may have force to "move mountains" against stubborn opposition, or scant encouragement from high places, by means of quick action, sound plans, and a bold front in the face of obstacles, perhaps stagnation. Force, courage, far vision, a conscientious sense of high principles could make for enduring security and rewards in the future.

A child born on this day is well equipped with practical talents, with initiative for battering down opposition and lack of support. Its strong sense of duty and integrity bring ultimate security and reward for merit.

Cook's Corner

TOSSED WALDORF SALAD WITH SOUR CREAM DRESSING

(Serves 4-6) Three red apples, 4 stalks celery, chopped, 1 cup walnuts or pecans, chopped, 2 tablespoons mayonnaise, 1/4 cup sour cream, 1/4 teaspoon sugar. Core and dice unpeeled red apples and combine with chopped celery and nuts. To mayonnaise, sour cream and sugar, add a few grains of salt and a dash of paprika. Combine fruit and dressing and toss together gently. Serve on crisp shredded lettuce. Many salad makers add the chopped celery last in order to prevent its "weeping." There are many variations on Waldorf Salad. Try serving it in green pepper shells. Try adding pineapple. The apples and pineapple produce a delicate flavor. The juice of the pineapple prevents the apple from darkening.

CHOCOLATE SUNDAE PIE

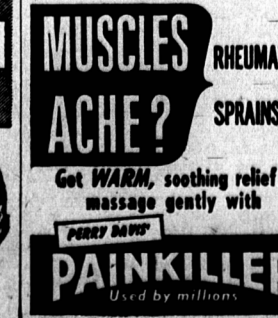
1 tablespoon unflavored gelatine, 1/4 cup cold water, 3 slightly beaten egg yolks, 1/2 cup sugar, 1/4 teaspoon salt, 1 cup milk, scalded, 1/2 teaspoon vanilla, 3 stiff beaten egg whites, 1 cup heavy cream, whipped, 1 1-ounce square chocolate, sliced. Soften gelatine in cold water. Combine egg yolks, sugar and salt; slowly add milk. Cook in double boiler until mixture coats spoon. Add softened gelatine; stir until dissolved. Cool; add vanilla. Fold in egg whites and cream. Pour into chocolate - wafer crust; sprinkle with sliced chocolate, chill thoroughly. Chocolate-Wafer Crust: Blend 1 1/4 cups chocolate-wafer crumbs (about 20 wafers) with 1/3 cup melted butter. Press in 9-inch piepan.

BEEF ROLLS

2 lbs. beef round, cut 1/2-inch thick; 1 large dill pickle, 4 slices bacon; 2 small, peeled onions, thinly sliced; salt, pepper, 2 tablespoons fat or salad oil. Cut beef into eight strips about 4 x 2 1/2 inches. Cut pickle in eighths and bacon in halves. On each strip, place crosswise a piece of pickle, a bacon strip, and two onion slices. Sprinkle with salt and pepper; roll up crosswise. Tie with string. Sauté in fat in skillet until brown. Barely cover with hot water; let simmer about 2 hours, or until tender, adding more hot water if necessary. Make gravy, and serve over rolls, from which strings have been removed. Serves 4-6.

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ELLEN'S DIARY

By an Island Farmers Wife

Now that Winter has spread his beautiful but sometimes grim shadow over the countryside, this Island farm is acquiring its requirements of imported feed, in such supply as will last the hogs for several months to come.

At Alderlea we must always make allowance for those spells when this road of ours will hold that depth of snow which will put an end to all hauling by machine or from the place. So the little truck has been kept busy at late making trips to the city in the farmer's spare time and as well a big one has been engaged to hasten the undertaking to a close. And the rows of stacks, neatly tiered, mount in this or that building to provide a surety of food for the animals and a backlog of satisfaction for the family when wintry winds blow.

James came in dusted in white and smiling at the end of the endeavour this evening to comment: "I was just thinking, Ellen, that methods of farming have certainly changed these last years. There was a time when if a farmer laid in a bit of fish-meal and oil-cake in the fall, he would well away. And now we have come to depend wholly on the stuff bought. I can tell you it doesn't give a fellow a very comfortable feeling to have only a few sacks in a corner now and a storm coming up!"

"I'd say we aren't done any too soon. From the appearance of the sky and the feel of the air, I believe we're due for falling weather shortly. And just over-night, could bring an end to our hauling. It doesn't take much snow to close the road." "And what do you do with the grain you grow. Sell it, I suppose?" a farmer-visitor inquired of ours one day last summer. And James smiled at the very thought of the like, since he is one to feed every last grain and root and bundle of hay on the farm.

"Oh no" he replied, "it goes to cattle and horses... and it's amazing how it disappears! Indeed you hear the women complain sometimes that there's not enough left to store the hams in for summer!" "There now, we clean forgot to buy any food for them!" we said in dismay to the younger farmer one day when we were returning with him from a spell of shopping in town, which had added a pair of goldfish to our "treasures on earth." Then recalling that granddaughter had an ample supply on hand we settled back as he remarked with a chuckle "I reckon you thought you'd feed them from the heap in the granary - the same as you do the turkeys!"

So not a bit too soon, our winter supply of store feed is in. Because tonight snow is falling and a light drift of it blows along the yards. "This weather makes one grateful for plenty of fuel!" James looms up from his reading to offer, as the fire crackles cheerily, biting into the sticks of maple wood which it is fed. We notice a white rim of frost on the pane and passing steps crunch on the paths about.

"It's good to have the new stable - so snug and warm for the cattle. I guess it's true that people who live on farms are more aware of the Hand of Providence than are those who do not gain a living from the land. At any rate, we seem always to have so much to be thankful for! And Ellen" he adds with a familiar ingratiating smile, "wouldn't a cup of tea be warming on a night like this?" "Until tomorrow... Diary - Good-night"

Song To A Christmas Tree

German Tune Honors Custom Started By Monk

By GAIL DUGAS

Had you been alive in the year 1851, you might have wanted a Christmas tree for the holidays. But if you had been living in Cleveland, Ohio (or elsewhere, for that matter), and had put up a tree, you would have been boycotted in business, possibly threatened with discharge by your employer and otherwise placed under community pressure.

The Christmas tree, which we now take for granted, wasn't known in this country a hundred years ago. It was introduced first to the startled members of Cleveland's Zion Lutheran church by the Rev. Henry C. Schwan, their pastor. He remembered nostalgically the Christmas trees of his youth in Germany. The tree was prettily decorated with candies, apples, gilt, tinsel and candles.

Though the practice of having a tree as part of the Christmas celebration is thus only a century old in this country, it dates much farther back in Europe. St. Boniface, an English monk living around 700 A. D., brought the custom with him to Germany when he was sent there as a missionary. He replaced the sacrifices to idols with fir trees adorned in honor of the Christ child. This custom came from early tree worship and is also related to the laurel of the Romans and many pre-Christian festivals. Eventually, what became a German custom traveled back to England, in 1841, by means of Prince Albert, husband of Queen Victoria. The German Prince had

DOROTHY DIX SAYS—

Middle-Aged Narcissus

This Husband's Only Interest His Clothes And Appearance

DEAR MISS DIX: Can you tell me what's wrong with my husband? We've been married 24 years. He buys all the new clothes he needs, but when I want something new I must earn the money for it. He makes fun of my appearance, then tells me the compliments people pay him on the way he looks. He comes home, sits in a rocker looking at himself in a mirror and fusses with his hair or clothes.

We have two boys, and he says when the younger is 14 he will leave us, and won't give us a black penny. The children are worried about it, and of course so am I.

ANSWER: In the first place, your husband can't abandon you without some support, at least for the children. If he tries it, get legal assistance either from a lawyer you may know, or from the Legal Aid Society, which can be located through your telephone book, or one in your nearest big city.

CONSIDER CHILDREN FIRST

Your husband's constant preoccupation with his own good looks calls for psychiatric treatment. However, since a man who is so in love with himself seldom is unfaithful, you have that consolation at least. Don't let him jeopardize your children's health. If he continues to plague the youngsters with his threats, you'll be better off away from him, even if it's only a temporary separation.

DEAR MISS DIX: What is your opinion of a grandmother who won't mind her grandchild? My husband and I were invited to a wedding and I asked my mother-in-law to mind our 18-month-old baby. She refused. This was the first time we had ever asked her. I don't believe a young couple should make a habit of asking their mothers to mind the children but it seems to me once in a year and a half wouldn't hurt.

ANSWER: I agree completely with your conclusions, but many grandmothers feel that if they mind a youngster once, his mother will make a habit of going out and grandma will be stuck with baby-sitting every day. Of course, this happens just often enough to give justification to her worries.

Most women are happy to mind their grandchildren now and then but care should be taken that they are not imposed upon with this task. After all, they have raised the generation for which they were directly responsible, and the task is now handed down. Grandma has earned whatever rest she can get (which in these hectic days usually isn't much) and should be free to enjoy her children and grandchildren as she herself feels able.

DEAR MISS DIX: We are a couple of girls aged 17 and 18. We are worried over losing our boy friends. They claim to like us very much but won't come calling at our homes. We always have to meet them at a snack bar. Then they just stay around acting as though they wanted to be noticed by other girls. They are very nice to us otherwise.

ANSWER: Are boys so scarce in your town that you have to latch on to such undesirables as these? Any boy worth his salt would be glad to call for a girl at her home. They know the nicest girls will consider no other meeting place. Apparently all these boys like to have you notice how popular they are. Let them hang around the snack bar themselves and delight the feminine customers with their charms. You two find some boy friends with a little more respect for young ladies.

DEAR MISS DIX: I went with a boy for four years, then we broke up. Now I find he is planning to marry someone else and return here to live. His home will be directly across the street from mine. I have tried every possible way to forget him but can't. It will be heart-breaking to see him every day; what can I do?

ANSWER: You are indeed faced with a difficult situation. If it is at all possible, why not take a job somewhere else for a while and live away from home? Of course, this is only putting off the day when you'll have to see each other every day, but it will help until the adjustment period is over. If this course is impossible, there's nothing for you to do but face the problem squarely. It really won't be as difficult in actuality as it seems in perspective; few things are. Continue your own social life as actively as possible and in time the heartache will pass.

Modern Etiquette

By Roberta Lee

Q. How do a man and his wife go about notifying business and social acquaintances that they have legally changed their name? A. The quickest and simplest way to do this is to mail out of formal announcements, as "Mr. and Mrs. William (original name) announce that by permission of the court they and their children have taken the family name of Jones."

Q. Should a girl working in an office give or send her employer an inexpensive Christmas gift? A. No. She should wish him a Merry Christmas as he or she is leaving the office on Christmas Eve. In some cases, a Christmas card addressed to him and his wife is appropriate.

Q. When an elderly woman brings a young man over to a girl who is seated, for the purpose of an introduction, should the girl rise? A. Yes; in this instance the girl should rise, as deference to the elderly woman who is standing.

Q. How can I repair a valuable vase when a piece has been chipped out of the top and lost? A. This has been done by molding a piece of putty into the cavity, and after it has hardened, painting it the same shade as the rest of the vase.

Q. How can I clean photographs? A. Wipe them delicately with a piece of soft cloth dipped into a weak solution of ammonia.

Q. How can I stiffen a crocheted basket? A. It may be stiffened by use of diluted gum arabic.

Household Scrapbook

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A More Attractive Dish

The cold ham platter for luncheon will look particularly nice if the ham is plunged into ice water immediately after the boiling water in which it has been cooked. The fat will harden white and firm and the meat will be a fine color.

Dried First

Dry pillows thoroughly before putting them away. This also applies to naps and scrubbing brushes. Roaches are easily attracted to these articles.

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It's Arms Down

Please, In The Country Dance!

To the Editor of the "Weekly Scotman"

Dear Sir,—I would like to reply to the letter from the U. S. A., headed "Is It Arms Up, or Down, in the Country Dance?" in which Mr. George Gourlay asked for comments on a problem that is troubling members of the Scottish Country Dancing Group of Washington, D. C.

I belong to the United Kingdom Alliance of Professional Teachers of Dancing. I am a competitive Highland dancer, and I hold classes in Scottish country dancing and advise and coach people for Caledonian Balls. I should like to make the following points for his consideration:—

(1) At all times the gentleman must be ready to guide, assist, and support his partner, as in modern ballroom dancing. How can he do this properly and neatly if his arms are not always held at his side and ready to help the lady?

(2) Any raised position of the arms lacking in "line" is lacking in grace and beauty, and much study is required to achieve good line. Few dancers equipped with the necessary ballroom technique have had the training in ballet or Highland dancing to achieve these raised positions without presenting the usual ugly "Hands up or shoot" picture commonly seen when people raise their arms in most Scottish dances.

(3) There is very little swinging in Scottish country dancing, with the exception of the Reel of Tulloch and Round About the Hulla-choan.

There are however, controlled turns, and the gentleman must be able to place his partner for the following figure or movement at the completion of any turn. At the end of a linked-arms turn, the gentleman cannot possibly hand or guide the lady.

(4) If the movements are correctly performed with "flow" and a good sense of musical phrasing and rhythm, they have joie de vivre, and how on earth can anyone call a dance so performed insipid or uninspired either to do or to watch?

(5) Have you ever seen a lady in a strapless evening gown setting with raised arms? In elegant, isn't it? Have you ever had a poke in the eye or a deafening "hooch" in the ear from an over-exuberant dancer in a crowded ballroom? These dances are elegant and graceful, and it is a sad misunderstanding of the character of a reel or strathspey if the dancer cannot perform it joyously and with gaiety within the confines of good taste and suitability.

(6) Because it is a matter of good taste and of good manners. A gentleman dancing solo in the centre of an eightsome or setting to another gentleman in the Tulloch may "go to town" with raised arms and Highland-style steps, but it should be obvious bad manners to show off in such a fashion when setting to a lady.

(7) Until dancers can think of this question for themselves as one of what is suitable and what is not, they have failed to grasp the true beauty and spirit of Scottish country dancing.

There is all the spirit in the world and nothing wooden or puppet-like in a reel which flows with a happy gaiety. This is not the same as boisterous rowdiness. Spirit comes to you from within; it has nothing to do with waving one's extremities in the air.

(8) That is no argument to say that what is generally seen in any ballroom must be correct. Any teacher of dancing—modern, old-time, or Scottish—will tell you that.

I think I've said quite enough to start a good old argument among the Washington Scots, and I'm more than sorry I cannot be there to join in the fray!

Alexander Donald, 34 Gainsborough Gardens, Golders Green, London, N. W. 11.

Better English

By D. C. Williams

1. What is wrong with this sentence? "He doesn't do his work properly, and apparently has no capacity as a machinist."

2. What is the correct pronunciation of "emeritus"?

3. Which one of these words is misspelled? Veneer, ventriloquist, ventilation, vengeance.

4. What does the word "linguivorous" mean?

5. What is a word beginning with ad that means "praise"?

Morning Smile

worst To Come

A man with a caustic wit was quarrelling with his wife. After a particularly biting remark, she burst into tears and said: "How can you treat me like this when I've given you the seven best years of my life!" "Good Heavens!" replied her husband, "were those your best?"

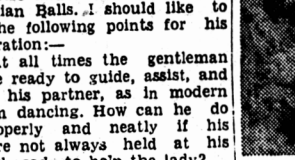
Wins Eight Baking Prizes at St. Stephen Fair

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And when the judging at the 1951 fair was completed, Mrs. Armstrong had taken eight prizes! Commenting on her success

in the field of yeast-raised baking, Mrs. Armstrong says: "I can certainly recommend Fleischmann's Yeast to any one who wants to turn out top-baking. My own experience is that you can't beat Fleischmann's for dependable fast rising. I use it constantly."

Good advice! Champion bakers all over the Maritimes make it a rule to use only Fleischmann's Yeast.



"I have never had a failure with Fleischmann's Yeast," says Mrs. Allan Armstrong, who bakes for a table of 13.

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