

# WOMEN

Tuesday, March 22, 1955 The Guardian Page 3

## Many Varieties of Fish Available Country-Wide

By Ida Bailey Allen

"There are 165 varieties of fish available, Madame," said the Chef, "almost all of them on sale during the year in coastal city markets. Many kinds are available in inland sections, also. Fish can now be readily obtained either fresh, frozen, canned, smoked or dried, and in the form of the exquisite new frozen oyster, shrimp, lobster, clam and fish chowders and soups. At last, people are beginning to appreciate the foods of the sea!"

"On this government release here on my desk, Chef, there's a list of 75 kinds of ocean and fresh water fish right now available in fresh or frozen form—75 adventures in good eating!"

### TOMORROW'S DINNER

Tuna Saladettes with Cole Slaw  
Tureen Fish Chowder  
Toast-at-the-table

### Sells Babies On Black Market

Fam Bodnoff, of Montreal, operates a unique business—smuggling black-market babies from Canada into the United States. He has been doing this for five years and says it's an easy way to make a bank roll. In The Standard this week, in the first of two parts, he reveals the inside story of how the baby-selling racketeers operate. Read about it in The Standard—on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

### The Standard

### NEWS in SPRING SUITS

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MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

SUGAR BUSH

March sun is warm. Deep snow is done. With nights frost cold The sap will run.

Smell of wood smoke. Falls on trees. Crisp sugar snow. Warm southern breeze.

Sap is boiling. Skins are clear. Maple syrup. Time is here.

Long icicles. At edge of shed. Shadows shorten. Winter's dead.

Gay boys and girls in slacks and snoods Will picnic in the sugar woods. —Bourinot.

Sap is boiling on the kitchen stove and gallons must be boiled down to make a little syrup, but not good! Sugar Maples grow in the garden here and for many years in the month of March have been tapped; cans catch this clear sap which is carried in buckets to the stove. The Sugar Maple is a wonderful tree! It is the best all round ornamental tree, beautiful in autumn when the autumn tints are upon it and lovely all summer, then in early spring giving us sweet syrup.

There is a New Hampshire Maple called Sweet Sue, nine per cent of Sue's sap is sugar. This is three times sweeter than the average for a sugar maple. Research is being made by scientists and the ultimate goal is to give farmers pedigreed maple trees with sap as rich as, or richer than, Sweet Sue's.

The sugar maple is a tree of marked importance in regions where it abounds. Just as its sap is a valued item in the economic lives of the country folk, so do its autumn foliage splendor and its impressiveness through the rest of the year contribute richly to the beauty and hence the fame of the landscape. Finally, its pale, hard, close-grained wood is highly valued for cabinetwork and the flooring and interior finish of houses. Under abnormal growth conditions the wood warps and is distorted into that distinctive and most pleasing pattern known as curly or bird's eye maple. Always, though, you can count on two outstanding interior woodwork advantages: subtle variations in color and pattern and the ability to take and hold a fine finish.

By nature the Sugar Maple is found in lower Canada and the northern tier of states as far west as Wisconsin, and southward through the Alleghenies to Georgia and in our own Maritime Provinces in Elgin, Albert County they hold a Maple festival. This Festival first originated about one hundred and fifty years ago. Vis-

itors come to sing and eat the delicious maple candy made by pouring the hot golden syrup over a pile of clean white snow outside where it hardens instantly into golden candy.

Maple sugar and syrup are used in a variety of delicious ways in every Maritime home. Here it is used to make grand ice cream, and it is very good on buckwheat pancakes. It can be used to make cakes, candy and many desserts; and after the long winter how good it is!

When the maple trees are tapped we know that spring is near.

### LAST SNOW

Although the snow still lingers Heaped on the ivy's trunk webbed fingers And painting tree-trunks on one side, Here in this sunlit ride The fresh unchristened things appear. Leaf, spathe and stem, With crumbs of earth clinging to them To show the way they came But no flower yet to tell their name. And one green spear Stabbing a dead leaf from below Kills winter at a blow. A Brown

Yesterday was supposed to usher in the Vernal Equinox and spring follows. The appearance of the sky changes, cumulus clouds by day tell us that spring is near, and the sun is "getting power" and as it crosses the line we can tell the difference, especially in the longer twilight hours.

It is a remembering time as we walk around the garden, finding the plants and shrubs that we had almost forgotten. It is a good time to make plans on how the garden must be improved this season. Also being thankful for the garden work that was accomplished last garden year.

A garden that one makes oneself become associated with one's personal history and that of one's friends, interwoven with tastes, preferences and character, and constitutes a sort of unwritten, but with all manifest autobiography.

When spring really comes we in these northern gardens enjoy this season more than others who have lived in southern countries as an old gardener wrote many years ago... The meadow glows with buttercups in spring, the hedges are green, the woods lovely but these are not to be enjoyed in their full significance unless you have traversed the same places when bare, and have watched the slow fulfillment of the flowers.

He is not old, who looks on barren boughs And sees the hidden beauty of returning spring. He is not old, whose ears can hear the vows Of love that wildbirds whisper when they sing. But he is old, no matter what his years, Whose heart is not attuned to Nature's ways; Whose eyes are blinded, and whose deafened ears Keep him in hibernation all his days. Montgomery

I have been reading about very early gardens which were made in a neighboring province and I was wondering about the early gardens in our own Province. Can remember the lovely gardens and hedges of my grand parents home. At the time when as a child I visited them I could not know of the struggle they must have had to make such gardens in the new land, to remind them of their homeland so far away.

Fruit trees and ornamental shrubs and trees and old fashioned perennials all were there and beautifully trimmed evergreen hedges. Fragrant pale pink rose planted at the doorstep and well kept driveways. They were proud of them too as the faded large garden photograph shows that hangs on the wall here where I write.

A very interesting description of the "Loyalist Gardens" written by J. Russel Harper in the Maritime Advocate tells of the struggles of the Loyalists to make a garden under difficult circumstances.

In the year 1783 and even before, there were gardeners who tried to garden without seeds or

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### ELLEN'S DIARY

by an Island Farmer's Wife

The wind frets now about the housetop, like, we fancy a child miserably or left for a while desolate and lonely in the absence of loved ones. And "It's a March wind" we say. And remembering the month's vagaries, and how quickly it could become a gale, wish we had joined with a better heart in James' suggestion made before rising this morning. Even if we had waited, we think...

"If we have the time, Ellen, we should clean those kitchen stove-pipes and the flue first thing. We've burnt a heap of wood since they were last cleaned. It's a chore but, it's putting off the like of that leaves folks homeless you know."

But when we came down stairs James must hasten to the barn to assist the younger farmer in welcoming a litter of newcomers there. And noting the (chance) tidiness about we were a little pleased at the delay as we made the fire and went on then to prepare the breakfast.

Now our minds run alike. Hearing the wine and unrest without, he offers from his armchair where he reads with interest though we suspect with little conviction about "This 'Zero' pasturing". "Quite a wind, Ellen! We must make it a-point to clean those pipes, the first chance that comes."

Today was blue-skied and sun-kist, the yards threaded with the sounds we on farms know belong only to spring: a calf lows, a hen cackles, a ewe bleats... and from over the fields comes the cawing of crows.

"Aren't folks funny!" a sparrow-bird in a lilac bush twittered to a companion nearby, in the

brilliant sunshine of the afternoon when we moved aside an end of leafy litter from the flower-border to see if there was any sign yet of a spring snowdrop. "Yes" the other nodded. "So impatient they can't seem to wait for the snow to be gone; they would hurry it away!"

It was a day for a lad to drop by—and this evening two little girls, to go to the stables with Granddaughter and Mack to admire the calf of pure white.

"Wouldn't you suppose, Ellen, that if a goose laid her first egg on St. Patrick's Day, as our old one did—and nearly every year does—the shell would be green?" the lad remarked with a touch of whimsy. "It's a queer thing, but when I find it in the nest. You know how a goose covers her eggs in the straw?—I always expect it to be a pretty green."

"It's only the East eggs that are colored" Granddaughter smiled.

"But when we come to think of it" we said, "the goslings are mostly green!"

This night which goes from us is dark. And blowing: a March wind that is fretful. Until tomorrow — — — Diary — — — Good-night . . . . .

### YOU CAN TELL... BEFORE YOU GET THEM HOME



Hold them up to the light... slip one over your hand... look carefully at Harvey-Woods hosiery before you buy. The name Harvey-Woods on any garment means you can tell—right there and then—that you're getting extra value in quality and appearance. Harvey-Woods nylon hosiery... clinging sheerness that will not twist or sag... your moulded measurements in extra high gauges to give a fine smooth texture, less likely to snag.

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MARY HAWORTH'S MAIL

## Girl's Family Trait Reduces Potentials of Love Relationship

By Ida Jean Kain

DEAR MARY HAWORTH: I am a girl of 20, a student, just beginning to realize that I am missing much joy in life, because of my attitude towards family and friends. I don't know how to enjoy them, nor how to make myself enjoyable to them, although I would like to.

My family background never offered much attention, tender understanding, but since I've realized what is lacking, I hope, in remedy the shortcomings and be more congenial.

I belong to a number of clubs and groups but seem unable to contribute anything specific; or to give anything of self in conversations. Hence I appear gloomy, as I can't get interested in others—or others in me.

### Could She Make Marriage Happy?

I am at ease, and easy to talk to, when first meeting people; but after several meetings I seem unable to continue the friendship and get to the real person—or to show myself a likeable person. I bring religion into my living and realize the spiritual purpose of life and the brotherhood of man; but this doesn't make it easier to show devotion.

Now I have fallen in love with a really sincere, kind and wonderful person. We have much in common and I feel he truly knows me; and he doesn't notice my social handicap. Could I step into marriage and become a normal loving spouse, and create a benevolent environment? Or would I disqualify, and cause an unhappy situation? I can't seem to fashion the problem, or achieve friendly relationships. Please advise.

### Underestimates Her Qualities

DEAR P. V.: In a beautiful poem titled "Waiting" the naturalist John Burroughs says: "I stand amid the eternal ways and what is mine shall know my face." I think something of this philosophy applies to you—that you don't have to be on everybody's wave-length, ready to get cozy after a few encounters, in order to be significantly alive.

If you've already found mutual love with a harmonious acceptance.

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KEEP IN TRIM

## Choosing Winner In Slimming Club Poses Problem

By Ida Jean Kain

"We've heard that before!" chorused the husbands when their wives talked of diet. Their skeptical response and laughter sparked the formation of a slimming club in McClara, Ohio. In just two months, this club has progressed to the point where the problem now is which "loser" should be adjudged the winner! Here's the story...

"In a recent column, you asked for reasons an individual fin-



Aiming to win!

ally starts dieting. This is how it came about (or several women in this area...)

"Before Christmas, during a social hour after our Grange meeting, a group of us decided we were greatly overweight. We started talking 'diet' and our husbands laughed outright. They said they had heard that story too often before. We made up our minds to show them it could be done! Due to big dinners at Christmas and every other thing that comes with the holidays, we voted to make it a New Year project. And we did!

"We have nine women in our little group, and each has a graph sheet with her accomplishments, starting with weight and measurements as of January 1. Every Wednesday we measure and jot down our losses. Then every second Wednesday, after our Grange meeting, we get together to 'weigh in,' get officially measured, and to talk out our problems.

"Each of us has two jars at home. In one jar, we deposit a nickel each time we forfeit a calorie counting food. At the contest end, this is our personal money to use for something special. In the other jar, we put in a nickel each time we eat cake

or any other food not called for in our diet plan. The money from these jars will be collected and used for a gift for the woman who has done the best during the contest.

"Believe me, when you're in a contest of this kind, that is all the incentive you need. One girl weighed in at 172 — she now weighs 152, goal 140. Another weighed 198 — she now is 184, goal 150. So you see it can be done!"

"Our problem now is how to determine which reducer has really won. Some have only 8 pounds to lose, others 48. Can you tell us how to pick the winner? We hope the story of our project may help other overweight girls get started. It's easy, once you have lost a few pounds."

Cheers for your spirited club! Here's the dietitian's suggestion: At the end of the contest period, vote by secret ballot for the person you feel has overcome the greatest obstacles in order to reduce. Award this reducer half the money, and reserve the rest for the member who, six months from that date, has held her a new weight and measurements. That's the test of success.

Actually, the REAL reward is the accomplishment itself. The improved health and appearance brings new confidence and makes every member of the club a winner. The husbands are winners, too!

### MORNING SMILE

Cyrus B. Sweet, an official of the U.S. federal housing administration, tells a story about a woman who flitted from one counter to another in a department store, taking up a good deal of time of the salesmen but making no purchases. Finally, a floorwalker approached her and said: "Madam, are you shopping here?"

"The woman gave him a surprised look. 'Certainly,' she said. 'What else would I be doing?'"

The floorwalker hesitated a moment. "Well, madam," he said, "I thought perhaps you were taking inventory."

Cook's Corner

## How to get along with others

When your child screams, "I hate you!"; when your husband blows up over nothing—can you figure out why? What are the real feelings behind such behaviour?

In April Reader's Digest you can learn how to develop "empathy" (putting yourself in the other fellow's shoes without getting emotionally involved), and how this ability can smooth your daily life, both at work and at home. Get your April Reader's Digest today: 39 articles of lasting interest, including the best from current books and leading magazines, in condensed form.



### SPICED APPLE SAUCE

6 medium sized cooking apples  
1/2 asp. grated lemon rind  
Nutmeg  
1 c. sugar and  
1 c. water (boiled 2 minutes)  
1/2 tsp. cinnamon  
Quarter and pare apples. Cook in sugar syrup until soft. Add spices. Put through strainer. Serve



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SANFORIZED DENIM — For children's play tags, such as shorts, overalls, and jeans. The ideal fabric for any sportswear item. "Sanforized" trade mark on bolt so you'll know it won't shrink. Plain colors, stripes, and plaids in light and dark shades 36" 89c to 1.25 yd.

RAYON SHANTUNG — To make a smart afternoon dress or tailored blouse. A crisp slub weave rayon, hand washable, iron damp. 45" at 1.50 yd. Available in summer shades coral, blue, pink, yellow and navy.

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