

WOMEN

Thursday, Oct. 21, 1954 The Guardian Page

ELLEN'S DIARY

by an Island Farmer's Wife

How potent was that wine of this season of loveliness as distilled by today! Of what, think we, was it made—this beverage which in its vining scarfed the hillsides with a filmy mauveish veil? It took a sunbeam, we are sure, tender and yellow though but a left-over from summer's stores; a touch of the azure-blue of the sky, and a bit of the marshmallow-white fluff of the clouds, that in fascinating shapes and sizes moved so beautifully there; a leaf from the old maple which still flames by the streamside and one from the poplar on the lawn, dropped, crumpled and here, a beechnut, a spruce-needle for stibble woods' flavor; an apple from an old, old orchard since, once upon a time, and we suspect ever, young dreams are made, the rustle of sheaves, the sign of a mature wind, one grown from the seed of the spring; and for more color a marigold . . . all of these went into the rare brew of today.

So lovely it was, the sunshine the more appreciated after days more and less gray. What did it do for us? In the morning, because Rob must go to town for "store-feed" for his hogs, it brought us an opportunity to enjoy a spell of shopping with the two boys of this place. Like other youngsters they have a habit—how else would we have it!—of quickly out-wearing and out-growing their clothing. And besides there is the call of the season for warmer gear. So warm socks, shirts, sweaters were among our buyings, our part to puzzle over required sizes, theirs to make, within the limits of their budget, their own selections.

As it happened, the most pleasing purchases of all, paid for from

KEEP IN TRIM

What to do When you Stop Losing

By Ida Jean Kain

Success in reducing, as with most things, is in knowing how long it takes to succeed. But instead of making it a test of endurance, as acquainted with water swings, so that failure to lose will not tarrow you off the slimming course. Doubt dampens enthusiasm.

You will feel less alone in your struggle when you know that all reduces face the problem of water retention, sooner or later, and not only once, but many times in the course of slimming down to normal weight. These exceptions from two letters are typical:

"Approximately how many weeks does one retain water in the body before there is a steady decline in weight? First week I lost 5 pounds; second week 2 pounds. Then it was three weeks before I lost two more pounds. The last four weeks I've lost not one ounce . . . some days I even gain 1 to 3 pounds! The next day it will be gone. I can see where the fat is dissolving, but weighing is most discouraging. Please help."

The second letter is from an overweight who has stopped losing, although she is still considerably overweight. "I have taken off 25 excess pounds this past year, but now to save my life I cannot budize a pound although I am still carrying 25 pounds of excess."

With considerable overweight, it is not uncommon to lose 5 pounds the first week, and sometimes 4 pounds the second and even three weeks of dieting. Part of this weight loss is in water. After this watery

When children's eyes are bigger than their stomachs

There is no need now to administer drastic, old-fashioned laxatives which may shock a child's system and leave them feeling weak and listless. Try the new modern help—Children's Own Tablets—made especially for children, from 3 to 15 years, by the makers of Baby's Own Tablets—your assurance of a reliable product. They go to work at once to help sweeten the stomach, relieve distress and bring about a thorough performance of the bowels in a gentle manner. Get a package today at your druggist.

Children's Own TABLETS

for boulier leg

Chausser NYLONS



COOK'S CORNER

BUTTER TARTS

Line patty tins with rich pastry.

FILLING

1/2 cup butter
1 cup brown sugar
2 tbs. cream
1/2 cup currants
1/2 cup walnuts (chopped).
1 egg (beaten)
1 tsp. vanilla
Mix ingredients and fill patties lined with pastry. Bake in hot oven until delicately browned.

—Mrs. Wallace Donald, Alma W. I.

Herman N. Bundesen, M. D.

Dental Health And Diet

THE chemist, in order to make certain that materials react, grinds them up before mixing.

The processes of digestion are chemical processes. Nature has provided for grinding the food material in the mouth by chewing. Before digestion begins in the stomach, some chemical changes also go on in the mouth by the action of the saliva. Thus, if the teeth are decayed and painful, there is difficulty in chewing and, obviously, interference with the digestion.

Sugar and Tooth Decay

In recent years, there has been much written about the effects of high sugar diets on tooth decay and many have been led to believe that there is direct relationship between the amount of sugar in the diet and the amount of tooth decay which occurs.

However, recent studies made up of a large group of more than 400 persons over a period of five years has shown that the important thing in preventing tooth decay is a well balanced diet; that is, one supplying all the necessary food parts, including vitamins, minerals and proteins, and such foods as milk, meat and eggs.

Sugars added to meals, or given between meals in forms that would not tend to be retained in the mouth, had little effect on tooth decay. However, when such things as toffee and caramels, which are forms of sugar that tend to be retained in the mouth, were added there was some tendency toward an increase in tooth decay. When persons tested with these things were returned to a normal, well balanced diet, the tendency to have decayed teeth disappeared.

The important things to remember are that a well-rounded diet is important for preventing tooth decay, particularly in early childhood and in pregnant women, and that sugars taken in forms which quickly leave the mouth do not have any particular tendency to increase damage to the teeth.

QUESTION AND ANSWER

J. B.: Is it possible to cure toxic colitis with medicine, if it is caught in time?
Answer: In some cases, toxic colitis may be cured with the use of proper doses of iodine, or with such drugs as propylthiouracil, used under the direction of a physician.

GREAT CHURCH
The massive tower of the new Anglican cathedral at Liverpool, England, reaches 341 feet from the ground.

MARY HAWORTH'S MAIL

Unhappy Wife Yearns To Go Back to Mother

DEAR MARY HAWORTH: I am turning to you for advice about my daughter Carla, 20 who is unhappily married. She is not in love with her husband, nor he with her; they made no secret of that at the wedding ceremony. They were more or less obliged to get married.

Carla is an only child, and I suppose I should help her in her hour of need—but I haven't done so. It was a year since she married, and she wants to come home and get a divorce. She talks of getting her old job back, and her salary, plus money from her husband, would pay for keep. But this would mean I'd have charge of the baby during the year. I have refused to let Carla move back home; I've told her it is her cross to bear, not mine. I have been noticing how tired and worn she has been looking lately. Each time I see her she cries and begs me to accept her again as my daughter—not just as Mrs. John Doe.

I was married fairly young myself and am in good health. I refuse to act as nursemaid, because I feel this is not my problem. Am I being selfish? After all, I have my own pleasure to think of.

FAMILY LACKS SPIRIT OF LOVE

DEAR V. N.: This is a case of the sins (or weaknesses) of the parents being visited on the children, even unto the third and fourth generations, it seems. Both you and your daughter are victims of emotional deprivation, obviously. Neither of you received adequate mother-care (that is, protective warmhearted love), in formative years. Thus neither of you is prepared to cope constructively with the stresses and trials of human experience.

Your insistence on the right to seek your "own pleasure," at a time when your hands are free and your daughter is begging for help, is a plain revelation of a joyless history—a struggle for survival unbled by any tenderness. You've never known happiness, and, alas, you never will, until you become—as befits maturity—a channel of comfort, consolation and downright helpfulness to others.

As a guide to future behavior with family and neighbors, bear in mind these words of Ralph Waldo Trine: "If you wish for kindness be kind. If you wish for truth, be true. What you give of love, you receive; your life is a reflex of you."

Limitations of Human Level

Appraising your abilities on the strictly human level, I realize it is the almost impossible, to ask you love Carla and her baby—in terms of befriending them sym-

pathetically in this crucial period of love in humble spirit, asking simply that His love for the needy person become manifest in your words and actions, that you may meet the situation helpfully. In effect, this is "losing" self on the "give" plane, and rising to the next-higher level, where all your experiences will be gentler, happier, richer, gayer—if you abide faithfully there.

In fairness to yourself and Carla, get guidance from the local Family Service Agency, in planning how much help, and what kind to give her.

M. H.
Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

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This is done by addressing the mind to God in humble spirit, asking simply that His love for the needy person become manifest in your words and actions, that you may meet the situation helpfully. In effect, this is "losing" self on the "give" plane, and rising to the next-higher level, where all your experiences will be gentler, happier, richer, gayer—if you abide faithfully there.

Household Hint

If nail polish has spilled on wood and been allowed to dry, gently rub a liquid cleaning and polishing wax on the spot with very fine steel wool. Follow this by buffing with a clean, soft cloth to restore the shine to the surface. Do not use nail polish remover, since this will damage the finish.

Morning Smile

A man, having hurt his forehead, was advised to rub it with brandy. Some days after, being asked if he had done so, he answered: "I have tried several times, but can never get the glass higher than my mouth."

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WAX BEANS, 20 oz. . . 2 for 35c	CORNED PORK, lb. 39c (PICNIC OR CUT LOINS)
PORK & BEANS, 20 oz. 2 for 39c	BEEF LIVER, lb. 29c

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