

## LET'S EAT

### Corn Was First in Diet Of the Early Settlers

By IDA BAILEY ALLEN

"HERE is a painting called 'Corn Husking at Nantucket,'" said the Chef, "by the distinguished American artist, Eastman Johnson."

"And corn is truly an all-American food. Chef. It was found growing on this continent by the first explorers. Corn was so important to the settlers that corn husking bees were turned into social occasions by the farmers with neighboring families as guests, exactly as shown in the painting."

#### Corn-Growing Encouraged

"Last the grim and grizzled face of starvation stare upon them, the wise Governors of early American days enforced by law the raising of corn. Each colonist was allowed free 'Corn Ground,' and each was compelled to grow more than he needed, to furnish a surplus to feed the soldiers, fishermen and officers, who had no time to raise crops."

#### Uses of Cornmeal

"Cornmeal was used by our foremothers, instead of wheat flour, for cakes, breads and in many other dishes. And 'succotash,' a combination of corn and beans originated by Indian squaws, was a favorite food."

"How surprised and pleased the early settlers would have been to find this painting of a neighborhood corn husking hanging in the Metropolitan Art Museum in Central Park of New York City — once fertile farmland!"

#### Morning Smile

"The police shot my dog." "Was he mad?" "Well, he wasn't any too pleased about it."

#### DOROTHY DIX

##### Object, Matrimony

DEAR MISS DIX: I am 52, a widow with a married daughter. I am employed as housekeeper in a school for boys. Among my co-workers is a maintenance man with whom I have become friendly. In fact, we love each other and would like to marry. As far as the school is concerned, the arrangement is satisfactory, but my daughter's strenuous objections are providing an obstacle. She thinks the man isn't good enough for me; yet in education and earning power, he is superior to her father. I hate to have anything come between my daughter and me as she is all the family I have, but don't want this chance for happiness to slip by. My girl has her own family and actually pays little attention to me. I visit her frequently and get along very well with my son-in-law, but I would like a life of my own again. There is truly no major fault to be found in my friend; in fact, the standards of this school are so high that he wouldn't be employed here unless his character was unimpeachable.

#### ASCERTAIN WHY

ANSWER: Your daughter must have some reason for balking your remarriage. She should be fair enough to tell you what it is. This, you should insist upon. It's barely possible that her reason may concern something of which you are unaware. Her only other reasons would be selfish—a desire to keep



#### CHERRY PRESERVE

2 lb. sugar  
1 quart cherries  
Boil cherries in their own juice for 10 minutes.  
Add heated sugar and boil for 5 minutes.  
Put in jars while hot.

—Mrs. Harry MacFarlane,  
Augustine Cove W. I.

#### Care of Aged

By Herman N. Bundeon, M. C.

A NEW branch of medicine has grown up along with our growing life span. This branch, called geriatrics, deals with the health problems of the aged or aging. It is a difficult science, because most elderly persons more frequently have hard-to-treat illnesses than do younger people. They do not have the physical comeback or the inner healing power that they did when they were young.

#### Elderly Group Increases

In 1900, more than four per cent of the population of the United States was over 65 years of age. Today, over eight per cent of our population is over that age.

This elderly group has a high incidence of dangerous and disabling illnesses, such as heart disease, cancer and arthritis. However, an older person also has a longer time in which to contract these diseases; therefore, they are more easily afflicted than the young.

#### Gains in Treatment

Many of the aged have a very poor resistance to disease, and do not tolerate drugs as well as a younger person does. Geriatrics has made possible the successful treatment of serious illnesses like pneumonia and high blood pressure in the elderly person. It has also made it possible to perform complete major operations on the aged successfully.

A problem of wide occurrence in the geriatric group is the lack of hormone, particularly the sex hormone. This hormone has functions other than sexual, such as maintaining balance and skeletal equilibrium. Therefore, replacement of these hormones is often essential.

#### Eating Problems

Many elderly persons eat inadequately because it is easier for them to prepare a diet consisting mainly of baked goods. These limited diets very often lack vitamins and minerals.

Moreover, the intestines of the elderly cannot absorb foods necessary for them to take supplemental vitamins and minerals.

#### QUESTION AND ANSWER

D. L.: What is the best method to get rid of superfluous hair?  
ANSWER: The one safe and effective method for permanent removal of superfluous hair is electrolysis. Depilatories are used to remove hair temporarily, and their use, usually, must be repeated every ten to fourteen days.

#### Contract Bride

By Josephine Culbertson

SOUTH was confident that he had engineered a nice end-play in the following hand — but he discovered his error.

South dealer.  
Both sides vulnerable.  
North-South 30 on score.

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

The bidding:  
South West North East  
2NT Pass Pass Pass

West opened the king of clubs, and when East discarded a spade, South saw no good reason to hold up the club ace, so he took the trick. He then cashed the heart ace and finessed to the heart jack. East won and shifted to the diamond queen. South ducked in both hands, and East then continued with a low diamond. South's king won, and now a heart was led to the king in hope of a 3-3 break, but without success.

South could now see only one hope. He cashed the ace of diamonds and threw East in with the heart. East took his last diamond, only to discard a club — and when East then "huddled," South said triumphantly, "Aha — now you have to come to me in spades, don't you?"

"That's right," said East — and firmly laid down the queen of spades.

South's trump was shattered as he realized that his beautiful end-play was ruined. Obviously, he had expected East to lead away from the spade queen to the North-South combined tenace, giving South three tricks in the suit, but East's wise selection of the queen put a different face on the matter.

South would have been shrewder to "clean up" all the side suits, and then simply to lead a low club, letting West win two tricks in clubs but also forcing him to yield a second trick to South's club holding.

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### Smooth Look for Milady



By ALICE ALDEN

Very much in the new sartorial scene is the good daytime dress, the sort of thing that is perfect for an important luncheon, a committee meeting, a business appointment—a frock of charm, distinction, and simplicity. Ben Reig does this dress in fluid black crepe with a piping of black silk braid. A jeweled clip marks one of the far-set pockets and black calf circles the waist. Pockets and soft draping break the slim line of the skirt and underarm buttoning is a device cleverly utilized to attain that desirable smooth-all-the-way look that marks the new street-scene.

### ELLEN'S DIARY

by an Island Farmer's Wife

"And how long ago was that?" one of the Grandchildren questioned.

"Oh, quite a spell," James said, "before I was married. I'll tell you the very day it was: your Grandmother and (the sister with the wholly Scottish name) went in the road to a school-closing." Bearing, too, on the subject though in the light of this day apt to be over-looked, he went on to tell them of the fine points of "That young brown horse I drove that spring."

"We both wore and, as we recall it, strapped slippers of the same hue. As a badge of office, we wore, not without some pride, our school-ma'am's watches of gold, the long matching chains and sliding keeper about our necks, watches tucked into belts.

"That school-closing was interesting, we remembered; the supper nicely spread for us that teacher's boarding-house, delectable. And we recalled our personal regrets as we parted with her that evening for she was one whom the West was calling and we felt, as has since proven true, it was unlikely we three should ever again meet.

"The evening, laced with melody of pond piper, came duskily through a lovely afterglow. And who is to say that a car is a more comfortable mode of travel than those two smart carriages drawn by attractively harnessed and petted steeds that "just happened to drop by" that place, at the edge of that gentle summer dusk to attend to the two visiting teachers' homings?"

These were the scenes, altogether good and lovely to remember, that passed in review in mind-pictures made long ago, as we chatted, mostly of the here and now with three vacationing-sisters of five, who visited this House in the Road on a recent afternoon.

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

How were we dressed? As we recall it, in style of gown, not at all different from those worn at present . . . dresses, maybe a bit longer and naturally in those Edwardian days, necks pretty well covered. More and fussier trimmings were used, braids and pipings and delicate laces; belts and sashes drew attention to the neat waists. Hose were neither as "colorful" nor as sheer as now, black or brown being the accepted shades. Shoes too and the slippers of summer kept also to those sober hues with tan for another choice.

Our fellow-traveller wore a pretty gown of muslin, white, decorated throughout with a pattern of tiny pink flowers, which well became her fairness. Her complexion was very fair, cheeks faintly pink and her abundant hair more golden than brown. The bodice was frilled, the full skirt too towards the hem, these edged with fine Valenciennes lace. And beneath? Yes, the embroidered or hand-made-lace-trimmed petticoats of those olden days!

Our dress was of sterner stuff—of linen it was, in a lighthearted "boughen," trimmed here and there with narrow braidings of white . . . on collar and elbow-cuffs and criss-cross on the pocket. Whether or not the shade of our gown complimented our dark hair and eyes, we never learned. Black, slummy hose.

MAJOR PORT  
Montreal has nine miles of deep-draft wharf capable of accommodating 100 large ocean steamers.



Out at home! With so many hard-hitting Little Leaguers like this in the clean-up position, it's no wonder more families ran out of Kellogg's Corn Flakes this morning than any other cereal. But don't blame the boys. Same thing happens every day in every season, because Kellogg's Corn Flakes just naturally taste best to more people. Always have. Still do. That's why so many folks pick up a spare package of Kellogg's Corn Flakes any time they buy any cereal of any kind. Good idea, isn't it!

FRESH from Kellogg's

### Duchess of Kent To Realize Her Ambition

By COLIN FROST

LONDON (AP)—The Duchess of Kent, "Aunt Marina" to Queen Elizabeth, this month achieves a life-long ambition—her first visit to Canada and the United States. With her 17-year-old daughter, Princess Alexandra, she flies Saturday to Quebec and will remain in Canada until Sept. 14, when they go to New York. They leave New York by ship Sept. 22 for home.

The duchess, at 47, still is high on the lists of the world's best-dressed women. In her clothes, in her travels and in friendships she has sought to hide the pangs of a broken heart.

#### ROYAL LOVE MATCH

She came to England in 1934, the fiancée of Prince George, younger son of King George V. The prince had wooed his slender Greek princess at a Balkan house party. The gossips called it a royal love match—and this time they were right.

Their Westminster Abbey wedding was a fairy-tale affair. The young prince and his bride, now the Duke and Duchess of Kent, seemed supremely happy. Soon a family came along—two boys and a girl. And then came the war. The duke was killed on active service with the Royal Air Force.

The duke's death left her lonelier than most people knew. Many of her closest relatives were on the other side in that bitterest of wars. With the war's end she was able to go visiting again.

#### LIVES SIMPLY

Occasionally—especially now that she is bringing her 17-year-old daughter Princess Alexandra before the world—the duchess meets her friends in London's better night spots. But more often she holds court at Coppis, her country home 35 miles from London.

She lives simply. She is far from rich. Sometimes she does her own shopping at the local village store. Her elegance is governed by one simple rule: Never over-dress. She is stock size—five-foot-six, bust 36, hips 38. Before the war her clothes were made by Molyneux of Paris. Now she shops just anywhere, and much of her wardrobe is bought off the rack in London stores.

The Stars Say  
By Estrellita

#### For Tomorrow

ANOTHER stimulating day! These in the literary and advertising fields should be especially benefited, but practically all fields of endeavor should show some gain.

If you have planned to make changes in your environment, occupation or merely in a routine chore, this is the time to do it. The planetary aspects also favor social and romantic matters.

#### For the Birthday

If tomorrow is your birthday, your horoscope indicates that, while you may not see any spectacular results for your efforts during the next four months, they can be effectively used to lay the groundwork for greater achievement during 1955. October will be an excellent month in which to try new methods, experiment with up-to-date equipment and otherwise modernize your work. This applies to household matters, too.

You may have to shoulder some additional responsibilities in November, but you can handle matters without straining too much, so don't worry about them. Guard

### CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

#### Nervous Habits

Part 1

The expression "a nervous child" has different meanings for different people. Some think of the bed-wetter or thumb sucker; others will picture the overactive, easily excited child or the thin, whining youngster who tires easily. To many it means the nail biter, or the child with twitching habits.

The child who is easily excited, or who tires quickly, does so in most cases for some reason other than stress or defect in his nervous system. Sometimes a physical condition such as malnutrition or chronic fatigue is to blame. Frequently the trouble lies in the child's fears and worries building up a tension within him.

Such fears and worries—of which he may not even be aware—may seem foolish to a grownup but they can be terribly real to him. The fear of not being loved by his parents is probably the most common one. If you expect him to behave with grownup manners, or you are bringing him up under too strict a discipline (too much "Don't's") he will feel insecure in your love.

Arrange a medical examination. Your doctor may suggest taking the youngster to a child guidance clinic or a mental health clinic where specialists are available on children's behavior. Your provincial health department can inform you where such clinics exist. In any case, ease up on discipline on the child and not expecting too much will often help greatly.

#### Why He Bites His Nails

A child bites his nails to get relief from stress or anxiety or to stave off boredom. Twisting a strand of hair or biting the lips are similar actions. Your child won't stop biting his nails because you dislike his habit and tell him he "mustn't."

And he won't stop just because you tie his hands, or put bad taste-

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finances in December, however, and avoid extravagance. A child born on this day will be endowed with a magnetic personality, great versatility and a charming sense of humor.



SPECIAL Perfection ICE CREAM ORANGE ICE PINEAPPLE  
by Alice Brooks

### Anne Adams Patterns

#### WEEK'S SEW-THRIFTY

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Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

Boxing as carried on by the old Greeks and Romans was often fatal because leather gloves loaded with iron or lead were used.

#### Wife Preservers

When you are measuring confectionery sugar, which is fine granulated sugar, remember that it packs down almost as much as flour. Therefore, spoon lightly into the measuring cup — as overflowing — then level off with a straight-edged knife or straight razor. Granulated sugar is sifted only when lumpy.



4594  
12-20; 20-42  
by Anne Adams