

## That Body Of Yours

By James W. Barton, M.D.

## CITIZENS' ORGANIZATION TO HELP ESTABLISHED MENTAL SERVICES

Years ago there was such a demand for hospital beds in mental institutions that it was estimated that within 50 years one half of all the people in the world would be needed to look after the other half, who would be in need of mental treatment.

The National Association for Mental Health tells us that today there is a definite trend upward in the quantity and quality of care and treatment for many of the 750,000 patients in the nation's public mental hospitals as well as an increase in the outpatient psychiatric facilities.

Despite this encouraging note in the Association's annual report, mental illness continues to be our nation's number one health problem; today there are more people in our mental hospitals than there are in all other types of hospitals put together, and mental hospitals are badly understaffed.

What is being done to combat this increase in the number before mental and emotional care? This Association sponsors and helps finance inspection and rating programs for public mental hospitals. These surveys, conducted by the American Psychiatric Association, are designed to promote the establishment of higher standards of these hospitals.

It is admitted that governments are granting large sums of money to further the work in mental hospitals. The National Association for Mental Health, Inc. is a national citizens' association and devotes itself entirely to bringing improvement and expansion of the mental services through consultation, education and research.

## Modern Etiquette

By Roberta Lee

Q. What are suitable materials for the wedding gown at an informal spring or summer wedding?

A. Organza, batiste, pique or white cotton net are suitable. A short veil can be worn, or a small cap, lace handkerchief or picture hat. Crepe, linen or cotton shoes are worn, either white or the same color as the dress. Gloves are not necessary.

Q. When cheese is served with apple pie, should it be eaten with the fork or the fingers?

A. Usually it's more convenient to eat it with the fork. But it's not improper to pick it up with the fingers if you choose.

Q. What should a person do when he has completed introducing two persons?

A. He should try immediately to draw the two new acquaintances into conversation.

## Cook's Corner

### BUTTERSCOTCH ICE CREAM SAUCE

Rich and delicious, this sauce has perfect consistency to boot. If it is hot when it strikes the ice cream, it will become a little bit pulpy—just what most people like it to do.

- 1 cup lightly packed brown sugar
  - 1/2 cup corn syrup
  - 4 tablespoons butter or margarine
  - 1/4 teaspoon salt
  - 1/2 teaspoon vinegar
  - 1/3 cup cream from top of milk
  - 1/4 teaspoon vanilla
- Measure the brown sugar into a saucepan and add the corn syrup and butter or margarine; combine well. Bring to the boil, stirring until the sugar dissolves; boil fairly rapidly, stirring occasionally, until a little of the syrup dropped into cold water will form a soft ball—temperature on a candy thermometer should be 238 degrees.
- Remove from heat and stir in the salt and vinegar.
- Very slowly stir in the cream and vanilla.
- Serve hot or cold.

## ELLEN'S DIARY

By an Island Farmer's Wife

March plays—and will continue to play variable tunes over the countryside. Out of his collection of winds and clouds he will make sundry offerings; gales, gusts and fearful about house-eyes; rains we suspect, and snowfall to cling to the windows and reach even higher than February's goals.

"It's a funny thing" grandfather observed coming in this morning from visiting the farmers, their cares and their prides in the stable to linger awhile with us, watching intently as we mixed a cake.

In place of orthodox frostings we would fold three parts of a cup of brown sugar into the stiffly beaten white of an egg, spreading it gently then over the almost-baked cake, returning it with cautious hand to the oven to brown.

"It's a funny thing, my grandfather says that this year—the first one he can remember that Candlemas Day was cloudy—we should get so much snow. And don't you think so too? By rights she nodded 'the winter should be almost over, but she laughed 'by the looks of things, I'm afraid Mr. Groundhog made a silly mistake!'"

Exceedingly quiet these were today, silent and still but serene. We know we shall long for just such a day as this when we have been suddenly precipitated into the busy spring season towards which March so steadfastly bears us.

So much snow lies about! With James, by the fire, we looked back tonight through time to wonder which winter of the number we have experienced had given of its snows as liberally as this one. He recalled some distressing ones of boyhood, pointing out some contrasts with the present.

"Why with what's about now, it would be no trouble to bring home a load of wood—if one had to. There's little snow on the fields. And into his conversation moved the figure of this or that horse of the past—the 'old mare of all' or those of her contemporaries in the neighborhood round . . . they that were 'so good in snow.' To hear him, was like . . ."

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

## DOROTHY DIX'S COLUMN—

### False Friends

#### Envious Girls Enjoy Spoiling Romances

DEAR MISS DIX: Some time ago I met Gary, and though it wasn't exactly love at first sight, we liked each other from the beginning and had many things in common. We began to go steady, and some of my girl friends told me I was making a mistake because he had gone steady with several other girls.

It beats me why a girl who won't take a word of advice from her mother is so easily convinced that all her contemporaries are oracles of wisdom, fully capable of plotting their own and anyone else's course of life.

By now you realize the necessity for discretion in following advice, especially that given too freely. You also, I sincerely hope, have learned not to listen to vicious gossip, but to form your own opinions.

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### Morning Smile

Remembered  
"Do you remember that night I kissed you?" asked the young man about town.  
"Oh, yes," replied the chorus girl.  
"And you remember my saying that you would be mine, all mine, for ever and a day?"  
"Yes, yes!"  
"I was afraid you would."

### Better English

1. What is wrong with this sentence? "I have sympathy with him on the death of his father."  
2. What is the correct pronunciation of "menial"?  
3. Which one of these words is misspelled? Friendless, lifeless, soulless, remis.  
4. What does the word "imitable" mean?  
5. What is a word beginning with imp that means "threatening"?

### How Can I . . .

Q. How can I prevent boiled potatoes from becoming watery?  
A. This is usually caused by allowing the potatoes to remain in water after they are cooked. Test them with a fork, and as soon as they are tender, drain and shake them for a minute over a low fire.  
Q. How can I remove beer stains from linens?  
A. Soak the linens for five minutes in salt and cold water, and then pour a stream of boiling water, held at a height, through the stain until it disappears.  
Q. How can I treat bruised fingers?  
A. Immerse the hand in water as hot as can be borne, and rub vigorously. Then apply sweet oil, or Vaseline jelly, and bandage.

## A Country Garden

By Mrs. Gordon MacMillan

Instinctively we brace ourselves, with the onset of March, for stormy weather but always with a feeling of exhilaration; for we know that he will bear us away from winter durance to the fair and fickle April, to the full bird-song, blossom and leafage of spring—C. Vyvan.

Some Begonias have been potted up for spring and summer blooming, they need good rich soil, and a fairly large container. We will continue our description of the Royal Gardens and Balmoral is the Scottish home of the Royal Family. Here nature is the landscape architect.

Balmoral Castle seems to have remained "outside of time" and imbued with the spirit of Queen Victoria, whose happiest days were said to have been spent in the Highlands. Here the landscape is the garden. Those readers who have motored along, or walked round the Crathie side of "Balmoral Forest," will know what I mean.

It was largely due to her interest and that of the Prince Consort that Balmoral is now surrounded by luxuriantly wooded slopes. When the Prince Consort bought the estate, which covers thirty thousand acres, from the Earl of Fife in 1852, he immediately commenced planting the hillside with Conifers and other forest trees.

Windsor Castle is the most stately of the Royal homes, standing on a hill overlooking a glorious stretch of the Thames Valley. It is bounded on the east by a remarkable sunken formal garden and the gloriously wooded slopes; on the south lie the Home Park, Frogmore House and the kitchen and fruit gardens; on the west is the delightful Moat garden of which part is shown in the coloured illustration on the back of the cover of this book on the Royal Gardens.

To the keen horticulturist one of the most delightful explorations is the Moat garden near the Round Tower which stands on a lofty artificial mound surrounded by a deep, dry moat. During the early years of this century General Sir Dighton Probyn set out to transform the moat and the hill into a charming garden. Later, under Lord Wigram, the work progressed further.

The East Terrace garden is a magnificent sight in spring and summer. In April and May the formal flower-beds are filled with Wallflowers, Tulips, Forget-Me-Not's and Polyanthus. In summer these are replaced by masses of Snapdragon, Begonia, Lobelia, and other showy bedding plants which furnish a blaze of color throughout several months.

The central fountain, the stone figures, and the flights of steps which lead from the surrounding terrace to the sunken parterres add to the architectural beauty of the scene. "The use of Gardens hath been the inclination of Kings and the choice of philosophers, so it hath been the common favorite of public and private men; a pleasure of the greatest, and the ease of the meanest; and indeed an employment and a possession, for which no man is too High or too Low."

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walls that the enthusiast will find the kernel of the delights of the Windsor gardens. The walls and borders were stocked with hardy flowers, with trees and shrubs, annuals, bulbous plants and al-pines. The stone used for the rock garden is the brown stone of Norfolk.

The wall bounding the exterior of the dry moat supports climbing plants, among them Clematis, and Cydonia. There are trees on the lawns, and such delightful shrubs as Lavender, Juniper and Cotoneaster on the wall which divides the lawns from the bank sloping up to the famous Fountains Terrace.

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A child born on this day, while having excellent constructive talents and abilities, with promise of success through its own initiative, may not be able to impress others of their value.



4644 12-20 by Anne Adams

## The Stars Say . . .

By Genevieve Kemble

For Tomorrow  
WHILE the spirit of initiative, creative ideas and plans for major operations are under excellent stimuli for accomplishment, it is probable that there may be more success and satisfaction to be had from proceeding on a policy of "going it alone," rather than expecting any degree of encouragement from outsiders.

Those whose birthday it may be disposed to apply their energies, initiative and constructive abilities in launching out on a bold program, vital and courageous. While such objectives and urges might develop through sheer determination and sound techniques, there is little to be gained by counting on support or enthusiasm from outsiders. Those whose capital or experience may seem essential, could as well be dispensed with. Other discouragements are likely, perhaps through ill health, excessive zeal or wrong tactics.

A child born on this day, while having excellent constructive talents and abilities, with promise of success through its own initiative, may not be able to impress others of their value.

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