

# WOMEN

Page 8 The Guardian Monday, May 2, 1955  
KEEP IN TRIM

## Help For Overweight Child

By Ida Jean Kain

The mother of an 8 1/2-year-old has asked how she can help her daughter break the habit of over-eating. The child is 54 inches tall and weighs 92 pounds . . . an excess of about twenty pounds. An excerpt from the letter explains the problem.

"For a while I watched her diet closely, but it seemed as if she'd just gulp food to see how much she could get down before being stopped. Finally I wondered if I wasn't stressing food too much, since she wasn't happy and seemed to be getting more nervous. I decided to try putting her on her own letting her choose. She seemed much happier, and didn't gulp nearly so bad. But gradual-



An active interest.

ly she'd gotten to eating more. "I was always a chunky girl and have had to fight weight all my life. I know my child should slim out some in the next few years, but I don't think she will because of her terrible appetite. I feel desperately in need of help . . ."

Overweight children is often a complex problem. At the University of Chicago Nutrition Clinic for Children, it was found that real progress in changing food habits could be made when the child herself is interested in losing weight and is old enough to cooperate. This age was found to be around 8.

## ELLEN'S DIARY

by an Island Farmer's Wife

And now is come the Maytime! How lovely the days will be as they are given to us, to fill with a hundred fresh delights and interests—with new and engaging scenes, not the least of which, for us, will be the return of the swallows to Alderlea. In recent springs we missed being here to welcome them. How good it will be to see the swift burnished wings, the purposeful flights about yard and meadow once more!

This afternoon while we cleaned and polished the little and larger panes in the quaint-shaped "look-out" window in the room that was Judy's, overlooking lawn and lane, mill and pond, a handsome robin poured forth his heart in song from the young oak below. After the interval and silence of colder seasons, it was enchanting to hear. There was nothing of the bleakness of winter in it; it was all we fancied of the days to come.

"I want a gal . . . just like the gal that married dear old Dad!" he thrilled us at least. We read in the notes of his "Cheerily" as breast proud, head high and seemingly rather nonchalant, he spread his melody in the sunshine about.

And who was this prim little body in the rowan close by, a plump miss of a bird absorbed in his charm?

"Yo' bettah move yo-self outta dar," we laughed to her "or you'll find yo-self bound hard 'a' fas' to dat pretty rascal oh a fallah. If a yo' don't, yo'll be polishin' his windows, dat's what yo'll be a-doin'! Yo'll be a tu'nin' won' shades an' makin' do' curtains, an' we nodded 'a-raisin' his young-uns: . . . an' den one day, dey'll be doin' an' gone. An' yo' nest'll be doin' lonely place den . . . Yes mam, bettah he hear 'a' hear 'a' git while de goin's good, I says."

"Hi! Cleaning a window?" That was Granddaughter smiling her little girl's smile up at us in passing, homing now from school.

"Come down and see these queer blue flowers in the border. 'Grape Hyacinths' Mother says they are. Come for just a minute!" That was Mac, little boy of the place extending an invitation extremely hard to resist.

"It's nice here, Ellen—the two of us seeing Spring come in again." We recalled James' words at dinner.

"Silly young robin-bird" we smiled. "Or, on second thought, are you being so foolish after all?"

A bit of field-work . . . and the choring for the man. We lose James sometimes and come to a stable to find him brushing the fat cattle.

"I don't know what makes them so restless," he said today. "I guess it must be that the stables are now too warm."

"Perhaps they have something on their minds," Mack offered. "What would it be?"

"It wouldn't be that they have been dreaming about going to market? Yes," he nodded solemnly. "I guess that's what is bothering them."

"Your orchestra is playing this evening" Granddaughter looked in a few minutes ago on her way home from a spell of play out about. "Do you know what the tune means?" she giggled. "Granddaddy says it could be anything but it sounds like cloudy weather or rain, to him."

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



MARY HAWORTH'S MAIL

## Mother Is Resentful Because Son Won't Provide Largesse

DEAR MARY HAWORTH: I wonder if you can help me solve the following: Five years ago my only son, then 30, married a woman two years his senior. Now they have three children — all very sweet, with all the dear ways and good looks of their father.

A year ago my husband lost his position and we have been borrowing against our house in order to make ends meet. For the past six months our son has been giving us financial aid, while his father tries hard to find a position worthy of his talent. We are in our early fifties and no one wants to employ such an old man in a responsible position.

We have reached the end of our rope and are just about out of funds, and have received foreclosure notices on our house. Naturally we expected to find a haven in our son's home, but when the matter was brought up, his wife Elsie flatly refused to consider it. What's more, she suggested that my husband take one of the menial jobs offered him.

## Preferred Pattern

Of course, the floor length gown does make its grand appearance at a gala but just the same, the long-skirted evening dress hasn't achieved the comeback that so many anticipated. Much easier to wear, much more flattering to most of us, is the beautifully handled, short evening dress, such as the attractive model depicted here. Pierre Balmain did it for his New York collection and made it of imported white re-embroidered linen lace. The strapless bodice is banded in black velvet with an overlay of black organza falling into a side drape. A lace belt is black velvet tied.

## Words Of The Wise

He serves his party best who serves the country best.  
—(Rutherford B. Hayes).

## SPRINGVALE W. I.

The April meeting of the Springvale W. I. was held at the home of Mrs. Herbert Dollar on March 31st. The president opened the meeting with the Ode, followed by the Creed in unison and silent prayer. The minutes of the March meeting were read and signed. Twelve members answered roll call with "a cup for the school."

There was one visitor and one new member welcomed.

Business arising from the minutes was discussed. Miss Erna Coles reported that Gideon Bibles had been received and presented to several of the school children.

The committees were asked to give their report which were as follows: Sick. One called made; one treat and one baby gift sent.

All bills were moved paid and amounted to \$31.06. A receipt from Mr. Raymond was passed in. The correspondence consisted of letters from the Federation of Agriculture, J. W. Windsor Co., Musical Festival Association, two thank-you notes, the Government Grant, and the Institute News.

Several dialogues were picked to be put on at the music recital which is planned for May. Collection amounted to 90 cents. The May meeting is to be held at the home of Mrs. Ralph Crabb; roll call to be answered with a riddle. Lunch committee is Mrs. Herbie Dollar, Mrs. Goldie Dollar, Mrs. Lester Johnstone and Miss Edith MacLeod. Meeting closed with the Queen. Lunch was served by the hostess and committee in charge.

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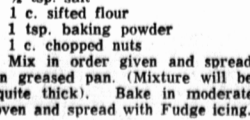
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Good-night . . . . .

## Cook's Corner



### FUDGE SQUARES

1 c. brown sugar  
1/3 c. butter  
1 egg  
1 tsp. vanilla  
1/4 tsp. salt  
1 c. sifted flour  
1 tsp. baking powder  
1 c. chopped nuts  
Mix in order given and spread in greased pan. (Mixture will be quite thick). Bake in moderate oven and spread with fudge icing.

### FUDGE ICING

1 c. brown sugar  
4 tsb. butter  
1/2 c. milk  
Boil slowly for four minutes, let stand until cold then heat in enough icing sugar to thicken.

### MARGARINE OUTPUT UP

OTTAWA (CP)—Canada's margarine production rose to 32,473,000 pounds in the first three months of 1955 from 28,781,000 last year, the bureau of statistics reported Friday. Output of packaged shortening increased to 18,014,000 pound from 17,312,000; bulk shortening to 22,019,000 from 20,955,000; lard to 25,492,000 from 31,571,000.

What can do to restore the loving relationship between my son and his loving parents? And make him understand that just because we are old we simply cannot drop dead? Is that what is expected of us? T. Y.

How Repair Family Rift?  
My son said nothing during her tirade and later refused to discuss the matter further with us. I told him such an awful woman should be cast out of the house which he replied that he couldn't live without her.

How can children cast aside their parents this way? What can we do? My husband says we must humiliate ourselves and once more ask our son to take us into their home; but I would rather die than live with that woman.

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What Do French Girls Dream?  
Of what do girls dream? Not all girls, but those in particular who go to the Sorbonne, for instance, or to the Faculty of Arts or Science at any provincial university. The latest statistics show that the number of women students shows a marked increase every year. In some cases even it is higher than the one for men students, as in the Faculties of Arts and Pharmacy. After them come the Faculties of Law and Medicine and, lastly, the Faculties of Science, each with respectively 11,934 women students out of a total of 26,568 for Law, 6,148 for Medicine and of 20,147 and 3,386 out of 20,653 for Science. In these two branches the number of young women is rising more sharply than in others.

Their increasing number in the Faculties has already created a social problem. Not very long ago, only fifty years back, it was quite exceptional for a girl to continue her studies after the school-leaving certificates, when she did not intend to teach. Social changes have caused young women to flock to university. Of course many of these girls do not finish, they marry. But it is not rare among these growing numbers of student couples to find them both continuing their studies. But the arrival of a child naturally complicates matters. Furthermore, the proletarianization of the middle classes has become more marked. The girl without a dowry and just a coating of the social graces can no longer be matched with the young men whose traditional career was mapped out ahead. The struggle for existence is much keener. All the more so since there are more women than men. There are more women voting in France than men, but this phenomenon is not characteristic of France alone. So girls are compelled to win their independence. This means that for them the struggle for existence becomes real conflict between the sexes.

They have courageously taken up the challenge, however, and often turn out to be the victors, for have they not won the right of entry to positions hitherto closed to them? The Council of State and the Audit Office have accepted them after the recent final competitive examination of the School for Administrative Officers, when they came among the first in the passing-out list.

This influx of men and women students is also due — and this is gratifying — to what might be termed the rise of the proletariat. Young women as well as young men who have completed elementary studies aspire to a better fate than that of their parents who, for their part, are entirely in agreement. The life ahead of these young people is no easy one, of course, but is it harder than the one they would normally have led? At the same time, especially in Paris, there is great congestion, which is not without dire consequences. Endeavours are therefore being made to decentralize the university, some provincial universities being far less crowded than the capital, which has spread monstrously.

These large numbers of young women create another problem. What is to become of these ranks of women students? What outlets will they find? Will they suffice?



DR. AND MRS. KWOK-WEI YUE

Wed at St. Paul's Anglican Church on April 23 are Dr. and Mrs. Kwok-Wei Yue. The bride was formerly Betty Cotching, only daughter of Mr. R. H. Cotching and the late Mrs. Cotching of Roade, Northampton, England, and the groom is the son of the late Dr. and Mrs. Sei-Mo Yue of Canton and Hong Kong, China. Dr. Yue was a member of the Provincial Sanatorium staff in Charlotte-town for a number of years. — (Craswell Photo).

## Labels Tell You How To Wash New Fabrics

By ELEANOR ROSS

With dress patterns and sewing techniques simplified, with new sewing machines and new attachments for existing machines, new fabrics with special qualities, home sewing has become simpler than ever.

As for the senior sewer and homemaker, she is happy to note the progress made in washable linings and interfacings. It wasn't too long ago that a garment called "washable" might be perfectly safe in soap and water so far as the outer material was concerned. But, nobody cared to mention what was inside — the lining, the interfacing and such.

Quilted Fabrics  
If quilting is involved, a woman wants to know what material is being used for those quilted layers — what's between that pretty lining and the even prettier outer fabric. Another important point is whether the lining, interfacing and outer fabric can all be washed at the same temperature, by the same method. If one is machine-washable and the other hand-washable, then there's bound to be a problem.

Manufacturers and the garment industry report great progress in the washability of linings and interfacings.

Examine the Labels  
In order to encourage this good work, examine labels and tags in the garments and the yardage you buy. The sort of labels a shrewd shopper likes to see are those that say "completely washable" or "no washing instructions needed."

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## ALICE BROOKS DESIGNS

LOVELY OVAL DOLLY  
Make this lovely oval dolly or centerpiece for your home. Smart combination of filet crochet and regular crochet — fast, easy to do!

Pattern 7174: Crocheted oval dolly, 17 x 26 inches in No. 30 mercerized cotton; smaller in No. 50; larger in bedspread cotton.

Send TWENTY-FIVE CENTS in coins 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, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog. NOW! You'll want to order every wonderful design in it!

Household Hint  
To remove white spots from furniture, use a damp cloth and household ammonia. Wring out a soft cloth in water. Dip it in ammonia and wring it almost dry. Lightly and quickly, whisk the cloth over the white spot or spots, then rub spot with a dry cloth.

LET'S EAT

## Bland Rice Improves Taste Of Other Foods

By Ida Bailey Allen

When rice is properly cooked, its own flavor is not only delightful, but, as the bland taste combines with almost every type of food, it is a most useful cereal. We have rice in four forms: white rice, converted rice, brown rice and pre-cooked rice which is now fortified or enriched. Wild rice is not a true rice and so does not belong to the domesticated rice family.

In milling, plain white rice loses almost all of the vitamin and mineral content, but if we include in the meal some other food high in thiamin, riboflavin and iron, this deficiency will be balanced. Or use converted rice or the pre-cooked rice that retains most of the vitamin content during processing. Or take 20 minutes longer and use brown rice, which is the natural grain. It has a pleasant nutty flavor, and the vitamins and minerals are intact.

TOMORROW'S DINNER  
Savory Cheese Tarts Radishes  
Chopped Oddments Meat in Neapolitan Sauce  
Rice  
Buttered Beets and Beet Tops  
Dutch Apple Cake  
Coffee Tea Milk

Savory Cheese Tarts: Line tart pans with American pie pastry. Mix 1/4 lb. grated Swiss cheese with 1/4 tsp. dried minced onion, 1 beaten large egg, 2 drops tabasco (optional) and 1/4 c. light cream or undiluted evaporated milk. Spoon cheese mixture into lined pans. Bake 20 min. at 400 degrees F. Serve warm or reheated.

Dutch Apple Cake: Sift together 3 c. already-sifted enriched flour with 1/2 c. sugar, 1/2 tsp. salt and 2 tsp. baking powder. Add 1/3 c. shortening; chop in with pastry blender. Beat 1 egg light. Add 1/2 c. milk, stir into flour, mix thoroughly. Spread in 7" x 11" oiled oblong

pan. Cover top rows with sliced canned sweetened apple. Spoon over 3 lbs. melted butter. Dust with 1/3 c. granulated sugar mixed with 1/2 tsp. cinnamon. Bake 35 min. in moderate oven, 375 degrees F.

TRICK OF THE CHEF  
Season 2 bunches sliced cooked beets and their cooked green tops with 1/4 c. melted butter pepped up with 1/3 tsp. dry mustard and 1 tsp. lemon juice.

Finnish Barbers Are Women  
VANCOUVER (CP)—In a small two-chair barbershop here the topic of conversation generally is the barbering staff of two women.

Mrs. Irene Novosel operates the shop with the assistance of Aida Renko. Both are Finnish, and they came by the barbering trade naturally.

"All the barbers are women in Finland," says Mrs. Novosel. "Men there think that barbering is a sissy job."

CUSTOMERS CURIOUS  
Secretly, the two women get a lot of laughs from their men customers.

Most of them, says Mrs. Novosel, pace back and forth two or three times before entering, mostly out of curiosity. They usually come back again.

Mrs. Novosel, a brunette, is no stranger to the Vancouver barbering profession.

"I started a shop in 1930 when I came here," she said, "then I moved my shop and in 1932 went up to barber in Bridge River about 120 miles north of here."

She married and gave up barbering three years after, but returned to her trade last fall when her husband died.

SUNS BEAUTY PARLOR  
After her training in the old country, Mrs. Novosel worked for six months in a beauty parlor about six months too long to hear her tell it.

"That was enough women's hair to last me . . . They can't make up their mind. All they want to do is look beautiful."

The decision the men display before entering the shop disappears soon after they settle in the chair.

"They talk about newspaper headlines if there is any real news, and some tell me about their operations . . . but they seem to be more interested in me," she says.

"So, we talk mostly about me."



Upper Case Cottons

Fine cotton treated with all the skill and expert workmanship usually accorded to silk and woollens, makes up into handsome town clothes, cool, comfortable and eminently wearable. Hattie Carnegie includes in her newest collection this costume of blue and white banjo stripe cotton. The jacket, slightly shaped above the waistline, is collared in blue velvet, the sleeves faced to match. Bias banding inserted on one side, forms a Z in reverse, from under the shoulder to the hipline pocket. The detail is repeated on the sleeveless, square neckline dress.

### AEROWAX SAVES RE-WAXING!

The SHINE COMES BACK AGAIN AND AGAIN WITH EASY SURFACING!

Over 22 1/2 Years

## ON MOTHER'S DAY... GIVE PHANTOM NYLONS

THE "EXTRA SPECIAL" GIFT, PRETTILY GIFT-BOXED, WITH RIBBON AND BOW

PHANTO-GENIC WITH THE EXCLUSIVE DARKER, CONSTRICTING HEEL PANEL

60 GAUGE 15 DENIER 1.50 per pair  
2-pair gift box 3.00

At no extra charge! 2-pair Mother's Day gift box or single-pair gift envelope.

Give something "extra special" for your Mother's Day gift this year—lovely Phantom Pencil Seam nylons. There's no nicer way of showing you really care. Phantom are the stockings every woman knows are best, and they come in a very attractive black and gold 2-pair gift box, tied with the prettiest ribbon and bow. Or (for single pairs) in a special Mother's Day gift envelope. You can choose just the sort she likes from the big Phantom range, too; there are afternoon sheers or beautiful evening sheers that Mother will love for special occasions. Whichever you choose, you can rely on famous Phantom quality nylons . . . they say, beautifully, all you want to say on Mother's Day.

See the outstanding Phantom Hosiery Values at these Stores:

<b>Fashion Shoppe</b> 141 Great George St.	<b>Sunter's Ladies' Wear</b> 168 Great George St.
<b>Prowse Bros. LIMITED</b>	<b>Norma's Ladies' Wear</b> 160A Kent Street