Women's realm

ELLEN'S DIARY

By an Inland Farmer's Wife

"This is likely the beginning of the January thaw" the younger farmer offered as he brought in our daily requirement of milk this morning. While our supply is adequate, we are nevertheless at our season of lowest production as we await interesting arrivals in the stable.

As it is, it is usual for James to come later to collect any remnant from which to mix, with the addition of this or that meal and water from the stove-tank, a palatable and nourishing drink for the youngest calf of the herd . . . There was a time in our housekeeping when we would be disturbed and actually distressed by such mixings.

Bothered too when a kettle of hot or boiling water we needed was suddenly diverted to these without so much as a by-your-leave or indeed a word of thanks. But it is a truth that "wisdom comes with the years" —a knowledge which taught a farm wife that such items, sometimes annoying in the face of planned housewifery are done for the welfare of all concerned. Because as we find it at Alderlea, so interdependent are the affairs of house and stable, it is a problem to know where one ends and the other begins.

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Time was when James stirred these drinks on the hearth-rug, with the aid of a lengthy and versatile iron poker, once part of the equipment of every stove and esteemed here because it was a relic of the past. With a left hand he mixed . . . and was chatty, or silent in accordance with his mood.

Should he, at the endeavour, catch sight of clouds gathering on a female brow, he would be sure to comment "I always maintain, Ellen, that warm water is the cheapest 'feed' one can give an animal. The difference it does in making a drink appetizing! 'Give it to them cold!' some farmers will say, but I don't hold with that myself. Nor did . . ." mentioning the name of one who had been quite successful at the occupation— "He always set great store by warm drinks and he fitted some good ones! Even the horses he entered in the shows, Ellen — used to get as a treat a few boiled potatoes and a handful of bran, mixed with warm water . . . and "nodding" he rarely came home without the red ribbon. In the light of such evidence, who were we to complain of any disorder left in James' wake?

• • •

While the years have brought many changes in the methods of feeding our livestock, there still appear those occasions when James comes in to appropriate the kitchen—supply measures of hot or warm water for his mixings.

As today "for that calf, Ellen" or "for those little pigs we weaned yesterday" or "for the biggest ewe . . . I don't know what on earth ails her but she's sort of gone off her appetite of late." And sometimes in the house-cleaning seasons when we come to tidy the shelves of a cupboard which gives sanctuary to old tokens — a jumble of articles of living of yesteryears: crocks and stone jugs, a candle-mold, a butter-press, a hefty wooden potato-masher, a worn porridge-stick — and we draw from the very back of it, the lengthy fire-iron, trusted companion of James' mixings of the young years, then it is that our glasses mist and forgetting the work in hand, we set out to meander down Memory's lane.

• • • •

Dark tonight . . . wind and rain on the windows. It is indeed a January thaw.

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

ANCIENT LAND

One of the oldest civilizations in the world was that of the Indus Valley in Pakistan, flourishing 5,000 years ago.

That Body Of Yours

By James W. Barton, M.D.

PREVENTIVE HEALTH TREATMENT FOR THE ELDERLY

Now that 20 full years have been added to the life span during the past 50 years there is, as stated often before, a very large number of men and women past 50 years of age. The lengthening of the life span means that these elderly folk need attention not only for the ailments common to the young and middle-aged, but for the ailments that come on with old age. It can thus be seen that the geriatrician must know diseases and symptoms common to all ages.

One of the important factors in preserving the health and preventing ailments in the elderly is nutrition and food.

Generally speaking, the dietary of the geriatric patient should fulfill the following requirements: Food intake must maintain normal weight with 1 gm. protein (meat, fish, eggs) daily for every two pounds of weight. There should be sufficient vegetables and dairy products to yield the necessary vitamins and minerals, and then enough carbohydrates (bread, sugar, potatoes, cereals) to round out a meal. Fats should be reduced greatly in amount.

One of the helpful forms of treatment is gland extracts which are being used with excellent results. Just as women have change of life, so also do men, and the gland extracts ease men and women from middle-age into old age without the terrible shock and other symptoms at this period of life. It is the gradual wasting away of the sex glands that cause symptoms during change of life. Preventive care, not treatment of existing diseases of symptoms, is the aim of the geriatrician who, in most cases, has been and is a general practitioner.

As we grow older, we all appear to need reassurance about our health. The elderly patient may be given ideas on how to improve eating habits, how to get extra sleep, the need for exercise yet warning against overdoing exercise, and suggestions regarding regulation of bowel movements.

People won't buy preventive care unless it's wrapped up in an appealing package. They want to see what these preventive measures have been and are doing for elderly people. The age-fighting idea is contagious. People hear about it, try it, like it, tell their friends. Geriatrics is no new specialty in medicine and health but an untapped field of service for the general practitioner.

In this age of specialists, physicians who treat special ailments or diseases, there is indeed a large field for the general practitioner who not only has treated all parts of the body but has learned human nature and how it should be handled.

Better English

By W. C. Williams

1. What is wrong with this sentence? "He arrived to the party without us knowing nothing at all about it."

2. What is the correct pronunciation of "pica"?

3. Which one of these words is misspelled? Ungovernable, unparalelled, unkempt, unnecessarily.

4. What does the word "atrocious" mean?

5. What is a word beginning with ad that means "excessive praise"?

ANSWERS

1. Say, "He arrived at the party without our knowing anything about it." 2. Pronounce pi-ka, i as in pie, a as in ask unstressed. 3. Unparalleled. 4. Wicked in the highest degree. "They were guilty of atrocious deeds." 5. Adulation.

MOSTLY STINGERS

About 1,500 species of bees have been classified over the world, with varying habits and intelligence.

Soo Is Scene Of Visit Between Canada's Famous Quints, Quads

Nine of Canada's most famous children are seen here as the Dionne Quintuplets in background, of Callander, Ont., met for the first time, the famous Hargreaves Quadruplets at their home in Sault Ste. Marie. En route to St. Paul, Minn., as guests of its ice carnival, the "famous five" 17-year-old sisters paid a brief visit to the Soo, where they were met by the two-year-old quads, whom they termed "cute", and welcomed by a group of civic officials and some 2,000 of the townspeople. Highlight of the ceremony was the exchange of warm handshakes and smiles between fathers Dionne, Hargreaves lower left, and mothers Dionne, upper right, and Hargreaves, lower right.

Costume Jewelry Hit In France

PARIS, Jan. 26—(Reuters)—Parisiennes who have never worn costume jewelry before have suddenly become conscious of the smart effect of its concentrated glitter on dark winter clothes.

Pearls and rhinestones set the keynote, supplemented by endless variations of sparkling crystal and colored glass—a kaleidoscope of ornate clips, necklaces and earrings.

Couturier Jacques Fath favors large rhinestone arrows piercing the shoulder of a black sweater.

Newest trends feature blatantly imitation stones set like real jewelry with silver settings, invisible prongs and skillful jewel cuts and planing. Using colors to play up the season's couture shades, emerald, sapphire and ruby are duplicated in inexpensive glass. Aquamarine, amethyst and amber stones are both used and extensively imitated. Bronze and gunmetal pearls are smart with the new dark greys and the range of brown tones.

Pearls continue to be popular, necklaces ranging from one to eight strands. Color combinations include various shades of the same hue, or feature contrasting tones. Bronze and amber pearls are effectively interviewed with white ones, or may be interspaced with bits of clear crystal.

Such objects as champagne corks, gambling chips and nuts have gate-crashed the jewelry scene, especially on chunky collars or charm bracelets.

Finally, there is the latest thing in finger nails—which are slip covered for evening wear with gold filagree frames, highlighted with twinkling diamond chips.

Says Basketball Good For Figure

VANCOUVER, Jan. 26—(CP)—Want to stay slim? Play basketball.

That's the prescription of Mrs. Kay Jarvis, 28-year-old mother of three children. Mrs. Jarvis is playing for a team in the Vancouver Women's Senior B League.

She first came back to basketball last year after a 10-year rest. It was pretty tough going.

"But I felt I was putting on too much weight," she says, "and diets always scare me. So I decided to play basketball."

Sons Rickie, Flip and Mack, ages 8, 7 and 5 respectively, are proud of their slim mother, and her husband Peter is giving full support to Mrs. Jarvis' efforts.

Morning Smile

Advertisements

Two dairies were engaged in an advertising war. One of the companies engaged a daredevil racer to drive a car round the town with large placards reading: "This Daredevil Drinks Our Milk."

The rival company came out with placards, twice as large, reading: "You don't have to be a Daredevil to Drink Our Milk."

Overdone

"Speeding the parting guest" might be described as one of the negative virtues of hospitality. A woman rather overdid the part recently.

She was saying good-bye to visitors who had long outstayed their welcome.

"It was so sweet of you to let us stay so long," they said, with effusion.

"Oh, I'm so glad you've been," she replied, with obvious relief

DOROTHY DIX'S COLUMN—

Forced Marriage

Girl Has No Choice But To Let Resentful Mate Go

DEAR MISS DIX: I went steady with my husband for four years, then we had to get married. Now we have a darling baby. I am considered attractive, and a good housekeeper.

Muriel Nissen

My husband left us five months ago — when the baby was two months old. We haven't been divorced because he has neither the grounds nor the money for a divorce. I love my husband, but his eyes have turned to another woman, who is fourteen years his senior. He is 27, I am 19. This affair has gone on for three years, but I thought after we were married things would be different. They work together, so actually he sees her more than he sees me. When I phone him, he won't talk to me and doesn't come near me or the baby. I know we are through, but I just can't believe it's happening.

Now there's another fellow who has known me for five years, but I was too wrapped up in my husband to give him a chance. He is willing to pay for my divorce if I will marry him after it. He is only 21, so I wonder if he can take on the responsibilities of a ready-made family. Will appreciate your help very much. BETTY.

ANSWER: Your life up to this point has been a series of very foolish and very tragic mistakes. Unfortunately, you don't seem to learn by experience and are apparently bent on continuing along the same lines. Your very well-written letter shows sound evidence of intelligence, which is not borne out by your actions.

SERIOUS MISTAKES

The fact that you entered into an intimate relationship with a man, knowing him to be in love with someone else, was a circumstance that couldn't possibly lead to anything but disaster for you. At that, you're very fortunate he married you and at least gave your baby a name. At 14 you were altogether too young to be going steady —another circumstance with inevitable tragic results. How you can continue to love a man who has treated you so shabbily is more than I can see.

You are now in a situation where you know you cannot regain your husband. I won't say "regain his love," for I don't think you ever had it. No man could love a girl and treat her as he has treated you. Having been literally forced into marriage, and not too gracefully I'll warrant, your reluctant bridegroom took the first opportunity to strike off the shackles. Most unwilling husbands do! By going through a legal ceremony they self-righteously feel they have paid off all debts to child and mother.

You have been very conclusively shown just what your husband thinks of you; there's nothing left but to accept his decision. Running after him, telephoning, etc., will avail nothing. Better leave him alone and figure out how you can conduct your own life, and your child's, to happiness. This you will not do by piling another mistake on top of those already made. Don't begin to plan on your next husband until you have been made free of your present one. If you feel that divorce is the only solution for you, consult the Legal Aid Society or the Family Service Association in your community for assistance. Give yourself a few years before thinking about marriage, which would be adding just one more tragic mistake to a life that has already had too many.

DEAR DOROTHY DIX: My husband complains that I chase his friends from our house. When I married, I gave up my business acquaintances, friends and most of my relatives because they disapproved of my marriage. We moved to another section of town and now I find my husband's friends uncongenial. They talk about my in-laws when they come here, never say anything good about anyone, and say disparaging things about my husband in a language which he doesn't understand but I do. I've tried to get him interested in church affairs and would like to get him started in a business of our own, but he's afraid to venture into anything new. URGENT.

ANSWER: You are on the right track in coming to a solution of your problems and I can only urge you to keep at it. Your husband needs a new group of friends with a better outlook on life, and he needs encouragement to get him out of his business rut. This he will not get from his present cronies. They, being in the same sort of rut, enjoy seeing people equally unambitious. You have the job of getting your husband ahead. Perhaps you could mend the breach with some of your former friends; their example might lift your husband from his lethargy.

DEAR MISS DIX: I have known Roy for the past five years. At one time we went steady. After we broke off he married, now he is getting a divorce. I have been out with him a few times lately but now when he phones he just asks what I am doing, never wants to take me out. I admit I care a lot for him and am hoping he will return the feeling. W.D.

ANSWER: Why get yourself so tangled up in what has all the appearance of an absolutely futile affection? To care for a married man who at least shows you some attention would be understandable; to pine away for one who practically ignores you is a foolish waste of your youth. Forget this fellow and find yourself a more stable beau.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Canuck Hoedown Hit On Tyneside

NEWCASTLE, England, Jan. 27 (CP) — Canadian square dancing has hit this Tyneside area in a big way.

Early in the new year a Corn Cobblers' Club was formed for the teaching of Canadian square dancing, to raise funds in aid of the Poor Children's Holiday Association.

Dances were instantly a huge success and more thna 700 would-be club members had to be turned away. Now a 400-member club is being formed at nearby Wallsend.

"We never expected such a crowd," said band-leader Spud Pickering. "Square dancing is one of the best things for making friends and we're going to spread it around."

Cook's Corner

EGGLESS CHOCOLATE LAYER CAKE

1½ cups once-sifted pastry flour or 1 1/3 cups once-sifted hard-wheat flour
1 teaspoon baking soda
¼ teaspoon salt
½ teaspoon ground cinnamon
2 ounces unsweetened chocolate
2 tablespoons shortening
⅞ cup fine granulated sugar
1 cup milk
1 teaspoon vanilla
¼ teaspoon almond flavoring

Measure and sift together three times, the flour, baking soda, salt and cinnamon.

Cut up chocolate and melt in a double boiler over hot water; add the shortening and stir until shortening is melted.

Remove from heat and stir in sugar; combine well. Turn into a mixing bowl.

Combine milk, vanilla and almond flavoring.

Stir half of milk into chocolate mixture.

Add dry ingredients to chocolate mixture alternately with remaining milk, combining lightly after each addition.

Turn batter into two greased 7-inch round layer-cake pans that have been lined in the bottom with greased paper.

Bake in a moderate oven, 350 degrees, about 30 minutes.

Let baked cakes stand in their pans on a cake cooler for 10 minutes, loosen edges, turn out cakes, peel off paper and let cakes stand until cold, before filling and frosting.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

FORWARD - LOOKING plans and commitments should be greatly stimulated at this particular time, the mental processes being keen, versatile, leaning toward the new, novel and experimental. Dealing with agents, renewal of contracts, change, correspondence and clerical matters should flourish. Perhaps where the emotions, affections or domestic concerns are involved, there might be need of some smoothing out of concessions.

For the Birthday

Those whose birthday it is may anticipate a lively and eventful state of affairs, with new offers, propositions and agreements coming up for decision. Fresh ideas, plans and experiments may be under high stimulus, with initiative and change probable. The professions, writings, business, travel, new interests, should bring satisfaction unless, as is probable, purely personal matters are involved. Emotional, affectional, domestic considerations might benefit by gracious compromises.

A child born on this day will be talented, versatile, with deep insight and intellect and a strong sense of business acumen. Its more intimate or emotional contacts may not prove as satisfactory, however.

Smart Pupil

"Wilson" said the teacher, "when was Magna Carta signed?"

"At a quarter past twelve, sir."

"At a quarter past twelve?"

"Yes, sir—1215!"

Anne Adams Patterns

YOU NEED IT!

BECOMING AND STUNNING! This is the shirtfrock you'll make in early spring and use all summer! With graceful skirt and pockets-in-panels, it's the favorite style for a smart cotton round-towner; or in a dressier fabric for bridge afternoons!

Pattern 4848: Misses' sizes 14, 16, 18, 20; 32, 34, 36, 38, 40, 42. Size 16 takes 4½ yards 35-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.

Household Scrapbook

By Roberta Lee

A Ring Mold

An excellent substitute for a ring mold can be effected as follows: Fill a glass jar with chopped ice, seal, and set into a bowl. Pour the mixture to be molded around the jar. Remove the jar when the mixture is well frozen.

Cream of Tartar Substitute

When mixing cake that calls for cream of tartar, a good substitute is buttermilk. If the buttermilk is not sour enough, add a little vinegar.

Long-Burning Candles

Place candles on ice for about twenty-four hours before using, and they will burn for a much longer time.

How Can I ! ! !

By Anne Ashley

Q. What is the reason for the difficulty sometimes experienced in removing fried eggs from the pan without breaking the yolk?

A. It usually means one has not had sufficient butter in the pan, or has cooked the eggs too rapidly and the butter cooked away, allowing the eggs to stick to the surface.

Q. How can I remove rust from iron and steel?

A. A touch of kerosene, applied with powdered bath brick to give it the proper roughage, will remove rust from iron and steel.

Q. How can I clean soiled wall paper quickly?

A. Dip a clean duster into dry powdered borax and rub it all over the soiled parts.

Modern Etiquette

By Roberta Lee

Q. Is it proper to send engraved cards of thanks to friends who have sent flowers to a funeral?

A. No. When someone with real sympathy in his heart has taken the trouble to send flowers, then the receipt of a card composed by a stationer is almost a rebuff. A personally written note is much kinder.

Q. What are the symbols for the first 10 wedding anniversaries?

A. First year, paper; second, calico or cotton; third, leather or muslin; fourth silk; fifth, wood; sixth, iron; seventh, copper or woolen; eighth, electric appliances; ninth, pottery; tenth, tin.

Q. When writing a letter to an acquaintance who calls you "Mrs. Bridges," how should you sign the letter?

A. As "Mary Bridges."

Paris Sees New Styles In Hats

PARIS, Jan. 24 —(CP)— You new spring bonnet if it's Paris-inspired may be made of cellophane or wood shavings, clamorous gold straw or rustic broom straw.

Where trimmings are concerned, you can let your fancy be your guide. But one thing is certain: the chit chapeau must sit well forward and hug the head for a flat-topped look.

"That hat," as it has emerged from collection after collection, is something between a gulleless bonnet and a bull-fighter's montera. A modified breton sailor takes second honors. And in the big-hat range, round cart-wheels have given way to wide ellipses.

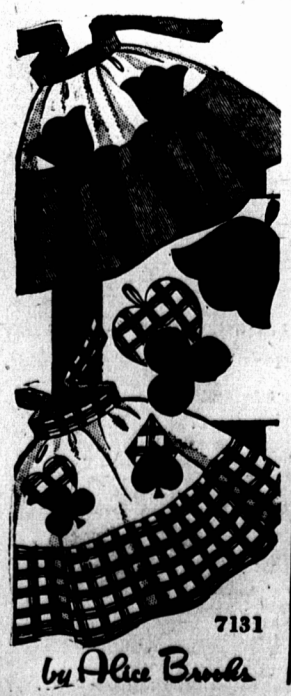
Hats perch far enough forward to pose a problem: what to do with straggling ends of back hair that has been shingled or cut short? Paris mannequins solved it by pulling their hair sleekly back from the sides and tucking the ends under in a neat sort of seam up the back.

The most popular new hat color this spring: Pink — from pastel to deep flamingo. Tender blues, yellows, greens and traditional black, white, navy, grey and beige tones fill out the spectrum.

The most popular trimmings: Flowers, and lots of them, for feminine hats as pretty as a picture. Ribbons, fruits, feathers, straw embroidery, fancy veils and novelties provide a wide alternative choice.

FOR BRONCHITIS YOU CAN'T BEAT BUCKLEY'S MIXTURE

Alice Brooks Designs



PRIZE APRONS

GOOD DEAL! Make gifts of bridge-prizes ever so thriftily! You can use up your gayest remnants and scraps for the contrast and gay pockets and potholders!

TWO aprons! Pattern 7131; transfer for pockets and potholders, plus cutting charts.

Send Twenty-five cents in coin 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 and Pattern Number.

STOPS NEURITIC-NEURALGIC PAIN! ASPIRIN

BABY'S COUGH
BABY'S OWN COUGH SYRUP
RELIEVES DEEP DOWN WHERE COUGHS HURT! Get the original in Rose Blue and White cartons. Made by the makers of BABY'S OWN TABLETS.

High in Quality like MORSE'S TEAS

Mrs. Harley Mattinson, of Springhill, N.S., gets prize-winning results from a famous yeast.

TURNS OUT PRIZE BAKING FOR OXFORD COUNTY FAIR

Around her home on Heriott Road, Springhill, N.S., **Mrs. Harley Mattinson** rates as a swell cook. The judges at Oxford County Fair seem to be of the same opinion, for each year she brings home prizes for her yeast-raised baking!

For folks who aspire to prize-winning baking, Mrs. Mattinson has some good commonsense advice. "Good ingredients are the basis of good baking," she says. "You have to use a *yeast* with lots of pep and go—or else your results won't be up to scratch. I've used Fleischmann's Yeast for years—it's one yeast you can depend on for fast rising and fine results."

Sound advice! Clever Maritime cooks everywhere get tip-top baking results with Fleischmann's Yeast.