Women's realm

Seven Days A Week

(By Anne Shannon)

1. Monday: Begin at the beginning of this week to grow some "window-sill greens" for your Spring salads—saturate a terry face cloth with lukewarm water in which a half teaspoon of fertilizer has been dissolved. Spread this cloth flat on a pie plate and on it sprinkle thickly either a package of cress or mustard seed. Keep cloth saturated but do not use so much water that seeds will float. Cut baby greens when they are less than two inches high (about two weeks after sowing). Grand for sandwiches and to give zest to salads of all sorts! Interesting pastime for kiddies too!

2. Tuesday: If you use salt, sodium chloride or calcium chloride to melt the ice around your doorway or lawn and if there are shrubs or trees there that you prize highly, remember that salt will seep into soil later on in the Spring. Remember to flush the soil around the tree roots or lift the top layer and replace with new soil if you think the roots are in any danger of being injured.

3. Wednesday: Another banana recipe coming up—Banana Bars—Sift together 1 3-4 cups flour, 2 tsps. baking powder and 1-2 tsp. salt. Cream 1-2 cup shortening and 1 cup sugar together. Add 1 tsp. lemon extract and 2 well-beaten eggs. Mix thoroughly. Mash enough ripe bananas to fill 1 cup. Add sifted dry ingredients to creamed mixture alternately with the mashed bananas. Pour into a greased shallow pan, 8 x 13 inches (about). Bake in a moderate oven 350°, 30 minutes. Cool in pan. Cut into bars. Makes 3 dozen bars—These are great fillers for lunch boxes!

4. Thursday: Recently Robert D. Towne died at his home in Ambler, Pa. He was a former Minister, publisher and editor, and he rose suddenly to fame on the public fascination for a mathematical riddle he composed. He originated the complicated mathematical problem he titled "How Old Is Ann?" Here is the riddle and I shall keep you in suspense for a week—No answer until next Monday! "Mary is 24. She is twice as old as Ann was when Mary was as old as Ann is now. How old is Ann?"—Correct answer next week folks!

5. Friday: In a shiny new kitchen recently I saw a brand new bride wearing the cutest apron made out of green and white linen dish toweling. This apron was trimmed with rick-rack braid and green bias tape. She also had place mats and small table cover to match her unusual apron.—Think how well this material wears and washes too!

6. Saturday: One mother said recently: "The big problem nowadays in our house is not how to keep the wolf from the door but what to do with him when daughter brings him home for lunch unexpectedly!" Since, as Marcelene Cox says, "The only time it is absolutely safe to criticize other people's children is when your own are over eighty." I had no answer for that one—only "feed the brute!"

7. Sunday: Henry Ward Beecher once said, "There is not much practical Christianity in the man who lives on better terms with angels and seraphs than with his wife, children and neighbors!" Remember that on this day of days and remember also that good temper is an estate for life!

The Experts Say

By Kay Rex

Britain's shortage of dollars inevitably will mean a cut in her 1952 imports. It already has been hinted that her cheese contract with Canada may be the first to go.

Last year Ontario cheese producers sold the United Kingdom about 25,000 000 pounds of cheddar Canada's total cheese production for the year was 258,000,000 pounds.

Undoubtedly cheese manufacturers would be unhappy about any loss of export markets, but housewives might benefit through lower prices. At present Canadian cheese sells for 50 cents and up, according to age and variety.

Canada, a cheese-producing land, never has been known as a country of cheese-eaters. Yet cheese is one of the most health-giving foods on the market.

Cheese Muffins

Cheese in muffins, even in salads and desserts, is recommended by the Dominion Department of Agriculture in "Cheese Dishes", a booklet issued by the Departments consumer section.

The pamphlet also lists the varieties of cheese manufactured in Canada. Did you know Camembert, Edam, Gouda, Oka, Roquefort and Limburger are all manufactured in this country?

Cheese Muffins: 1¾ cups sifted all-purpose flour; three teaspoons baking-powder; one-half teaspoon salt; two-thirds cup grated cheese; one egg; one cup milk or tomato juice; two tablespoons melted shortening.

ELLEN'S DIARY

By an Island Farmer's Wife

And now comes more frequently at Alderlea those occasions when James enters to lift the kettle or survey the contents of the stove-tank with a view to bearing a warm drink to this or that one of the cows commencing anew her period of lactation.

There is no thought of the extra work it entails him but only the welfare of the animal is in mind . . . We fancy when for him "Life's last pictures are painted" he will be regretful to give up his familiar rounds of earth, unless there be assurance that he will go away to "beds of flowery ease." Not these for James. . .no sphere of inactivity. But some poor little lambkin to tend; a mother-ewe to coddle and for his content — let there be herds and a flock on pasture in the green meadows of Heaven and beside those still waters.

• • •

"Winter storms, Ellen" he offered stirring vigorously with a left hand, the warm mixture of this morning, "sort of take the fun out of living. You know as a rule now farms aren't as well prepared as once to stand any lengthy storm. There was a time when they were more self-sufficient. They would have a supply of flour and of oatmeal — And how good that was when it came fresh from the mill! It would hurry a fellow in to his breakfast, wouldn't it?

We would have our own meat and fish, butter and eggs, in a supply to last until the new came in. But that's pretty well changed these years. We have come to depend more on stores and meat-shops for our requirements of food. A package of this and five pounds of that — and there's little last to it, is there?" "It's likely that when our roads warrant it, there'll be food wagons coming to our doors" we commented, "just as the fishman's in summer. We won't have to travel even as far as the country-store for our needs."

• • •

He came to relax a minute in the old arm-chair — leaving the steaming mixture to cool somewhat. "Of course there's another side to it, Ellen" he continued. "It came to my mind yesterday when we were hemmed in by the storm. Do you remember the stormy winter Sundays and no Church service, when we were youngsters? They were pretty grim, weren't they? And slow-moving as I recall them." "One could read" we offered with nice memories of long, quiet afternoons within, while a blizzard marched along the farmlands. "I can mind that our reading was . . .well nothing of a worldly nature. And there was little mention of the work of the past week, or of what we should take up tomorrow. . . . and now we have everything to help us pass the Day."

• • •

"Telephones for visiting; the radio for inspiration and pleasure. The turn of the dial gives us Church services, fine music . . . the news, weather forecasts and indeed more entertainment than we can well listen to. Radio, it's marvellous, isn't it, Ellen? Indeed magical, I always think. And now" he said rising hurriedly, "do put on more water to heat, like a good soul. I may be in for another pailful shortly."

After the storm o' Sabbath a day of clear skies and Old Sol smiling down on a winter-white world!

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

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF CARDIOSPASM

A close relative of mine once claimed that she had an obstruction at the lower end of the tube carrying food from the mouth to the stomach. She felt that food eaten remained at the end of this tube and did not enter the stomach. By means of the fluoroscope (X-ray) and a mirror, we let her watch the food as it went down the tube and entered the stomach with no pause or stoppage. This convinced her that there was no obstruction, that the feeling might be present from some former spasm but the food was passing directly into the stomach.

However, there is a condition known as cardiospasm in which a spasm occurring in the lower end of the tube (oesophagus) prevents food from entering the stomach. It is called cardiospasm not because it has anything to do with the heart but because it occurs at the cardia or heart region, instead of at the other end of the stomach (pyloric) where food is pushed out of the stomach.

In The Journal of Thoracic (chest) Surgery, Drs. A. M. Olsen, S. W. Harrington, H. J. Marsh and H. A. Anderson, Mayo Clinic, report the treatment with dilation of 601 patients with cardiospasm during the 12-year period of January, 1935, to January, 1947, while 23 patients with cardiospasm underwent surgical operation to open up the lower end of the tube.

Cardiospasm may be differentiated from spasm of the whole tube, diffuse spasm, as the latter cannot be dilated by the usual method of water bags pushed downward. A follow-up study was made of 452 patients treated by an expanding dilator. Of the 452, 272 (60 per cent) obtained relief for periods of four to 16 years from a single dilation of the tube. In the remaining 180, 94 were given a second course and 36 of them obtained relief for four years. Surgical treatment should be considered when two or more dilatations do not give relief.

Follow-up of 23 patients who underwent surgical treatment showed that late results were not favorable, as cases treated had far advanced cardiospasm for which dilation treatment was impossible or had failed to give relief.

I am writing the above because many individuals with cardiospasms with pain under the breast bone (where heart pain occurs) may think they have heart disease.

WRIST RADIOS IN SIGHT? — The tiny transitor, smaller than a paper clip, may make possible wrist radios and tiny television sets, in the not-too-distant future. The transitor, developed by Bell Telephone Laboratories, can perform the functions of some types of electronic tubes many times its size, and is used to save weight and space in electronic equipment. A crystal of germanium, no larger than a pinhead, is described as being the working part of the device.

DOROTHY DIX'S COLUMN—

Teach Your Children Manners

Parents Often Neglect This Vital Part Of Education

DEAR MISS DIX: Why don't parents teach their children good manners and respect for older people? My neighbors' children are very noisy, and when I called their mother the other day to ask her to keep them quiet, she hung up on me. If I say anything to the youngsters, they answer in a most impudent and impertinent manner. All the people on the block complain about them, so I'm not just being a crank.

Muriel Nissen

This seems to be a definite trend among children of today. They are never corrected by their parents for lack of consideration toward their elders, and as for common courtesy, the parents, apparently, have never even heard the words!

THALIA MARIE

ANSWER: Although most people today deprecate the value of good manners in children it is surprising to see their reactions when a really well-mannered child is encountered. No matter how liberal a person may be in his views on courtesy among the young, he is favorably impressed by a child who typifies good breeding and rearing.

SHEER LAZINESS

Parents have a tendency to shrug off the impudence of their children by observing that good manners are so old-fashioned; actually, the only reason they don't inculcate them in the young is sheer, unadulterated laziness. It does take time and care to bring children up carefully, and far too many parents haven't the time or patience to put into the project. A child with a haphazard upbringing can no more become a well-adjusted adult than a similarly neglected puppy can be a fine dog. Many a man who'll spend hours training a hunting dog won't give five minutes to teaching his son to say "Please" or "Thank you."

The most flagrant breach of good manners a child can commit also happens to be the most widespread: a total lack of any form of respect or consideration for his elders. The child who rises when an older person enters the room is all but extinct, as is the youngster who has learned to keep quiet while someone older is talking. Perhaps these were old-fashioned traits, but the fine people of today are those who were thus taught in their childhood.

Of course, when a mother sets such a horrible example of behavior as abruptly terminating a telephone call by banging down the receiver, we know what to expect from her offspring. What parents forget is that the standards they established for their youngsters will ultimately come home to roost. If early training has not included consideration for adults, for one's superiors in authority and age, such consideration will not be forthcoming to the parent when the child himself has reached adulthood. Principles are the result of example and precept. To let a child acquire a reputation for rude behavior, back talk and rowdyism, is to stamp one-self as a disinterested, negligent and indolent parent. Not a very nice achievement, is it?

DEAR MISS DIX: I am the mother of a 17-year-old boy who, about two years ago, was hit in the nose with a baseball bat. His nose subsequently became greatly enlarged. All he does now is sit home and brood; he even wants to quit school. Could doctors do anything for him, and where could I locate a doctor who would help us?

MRS. G.

ANSWER: Since you live in a large city with excellent hospital facilities, you should be able to locate, through them, a good plastic surgeon. Your eye, ear, nose and throat hospital is the best source. This work is expensive but since it involves the entire future of your child, it will be worth whatever it costs. The cost of these operations varies with the doctor so I can give you no idea of the price. I'd like to know if you're successful in finding a doctor, and if you have the operation performed.

DEAR MISS DIX: I go with a boy 20, who lives in a village quite a distance from us. When Fred wants to see me, he has to walk into town—quite a distance—then walk another two miles to my house. Therefore, I have been going into town to meet him. I like him a lot and he is a very fine boy, but the neighbors are talking about me because I go to meet him. I am 17.

MARJORIE A.

ANSWER: You're a considerate girl to be so understanding of Fred's problem, and your neighbors are too critical. Don't walk into town all the time to meet him, however. Have him make the extra effort to get to your house once in a while, so your parents will become better acquainted with him, and when the nosy neighbors see that he really is a nice boy, perhaps they'll stop gossiping.

How Can I!!!

By Anne Ashley

Q. How can I give a good finish to hardwood floors?

A. Two thin coats of shellac give a much better finish to the hardwood floor than one thick one. Be sure that the first coat is thoroughly dry before applying the second coat.

Q. How can I prepare a good economical shampoo at home?

A. Melt some small pieces of castile soap with a little water and put away in a bottle, after adding a few drops of olive oil.

Q. How can I prevent strong cooking odors?

A. Before cooking anything that has a strong odor, put a small pan of vinegar into the stove or on it, and there will be no scent of cooking in the air.

Modern Etiquette

By Roberta Lee

Q. Is it proper to send a birthday greeting card to a member of a bereaved family shortly after the death has occurred?

A. Yes, any thoughtfulness of this kind is never improper. However, the card should not be of the frivolous type, nor should it wish "a happy birthday." A "thinking of you on your birthday" card would be appropriate.

Q. Is it proper for a married woman to use her maiden name as a middle name after she is married?

A. Yes, this is the established custom. In other words, Dorothy Ruth Smith marries John Henry Jones, and she then becomes Dorothy Smith Jones.

Q. Should the word "dear" be capitalized in the salutation of a letter, asa, "My Dear Mrs. Jones"?

A. No; it is written, "My dear Mrs. Jones."

Better English

By W. C. Williams

1. What is wrong with this sentence? "The situation seems to suggest mental telepathy, and we are nothing like as optimistic as we were."

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

3. Which one of these words is misspelled? Mellifluent, melancholly, melodious, melodramatic.

4. What does the word "fecundity" mean?

5. What is a word beginning with fo that means "courage"?

ANSWERS

1. Omit "mental," and say, "we are not nearly so optimistic as we were." 2. Pronounce as though spelled pee-kant, accent on first syllable. 3. Melancholy. 4. The power of bringing forth in abundance. "The fecundity of God's creative power." 5. Fortitude.

Household Scrapbook

By Roberta Lee

Rugs

To stiffen rugs stretch them tight and true and then tack face down. Sprinkle the backs generously with a solution made by dissolving ¼- pound of flake glue and ½-gallon of water. Prepare this in a double boiler or a container surrounded by hot water. Allow the rug to dry for twenty-four hours.

Spectacle Frames

Celluloid spectacle frames may be very easily and effectively repaired by applying a drop of glacial acetic acid to the broken ends, then in a few minutes pressing them firmly together, and allowing to dry.

Remove Whitewash

Do not try to paint over whitewash. Wash off the whitewash with clear water and allow the walls to dry thoroughly before painting.

Free Book On Arthritis And Rheumatism

How to Avoid Crippling Deformities

An amazing newly enlarged 44-page book entitled "Rheumatism" will be sent free to anyone who will write for it.

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Cook's Corner

PINEAPPLE REFRIGERATOR CAKE

1 tablespoon unflavored gelatine, ¼ cup cold water, 3 beaten egg yolks, 1 cup crushed pineapple, 2 tablespoons lemon juice, 1 teaspoon grated lemon peel, ¼ cup sugar, ½ teaspoon salt, 1 cup dry cottage cheese, ½ cup sugar, 3 stiff-beaten egg whites. Soften gelatine in cold water.

Combine egg yolks, pineapple, lemon juice and peel, ¼ cup sugar and salt. Cook over hot water until thick, stirring constantly. Add softened gelatine and stir unless dissolved. Remove from heat and add cottage cheese. Chill until partially set. Gradually beat ½ cup sugar into stiff-beaten egg whites. Fold into gelatine mixture. Pour into corn flake crust; Combine 1 cup crushed corn flakes, ¼ cup sugar, ¼ cup melted butter; press firmly in greased 6 x 10-inch pan. Save crumbs for top. Chill.

Anne Adams Patterns

SO FEMININE!

Dressing with A Man in mind? Here's a frock he will like! Beautiful lines, flattering curves and plenty of style! That surplice neckline is new, so becoming to you. Make this dress in a polka dot or print, bind collar to match dot. You'll be devastating!

Pattern 4812: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4¾ yards 35-inch; ¾ yard contrast.

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 The Guardian, 60 Front Street West, Toronto, Ontario.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THERE are excellent auguries for a sudden revolution in affairs generally, with promise of an unforeseen round of events in a most surprising and dramatic upturn, of far-reaching consequence. Strange and startling adventures may be anticipated, affecting all business as well as personal relations. There may be removals, major changes, travel and romance as well. The energies mentality and emotions are stimulated to originality, novelty, enterprise, thrill.

For the Birthday

Those whose birthday it is may be prepared for a very dramatic and sudden turn in the affairs, with change in environment, contacts, interests and adventures, in business, creative activities, mental outlook as well as emotional experiences. All forms of dynamic and thrilling urges call for keen insight and for quick decisions, perhaps with the acme of pleasure, joy, in sight.

A child born on this day may have exceptional talents, creative, possibly spectacular, promising a romantic and novel life-adventure, with much change.

Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLCIN tablets. Get DOLCIN from your druggist today.

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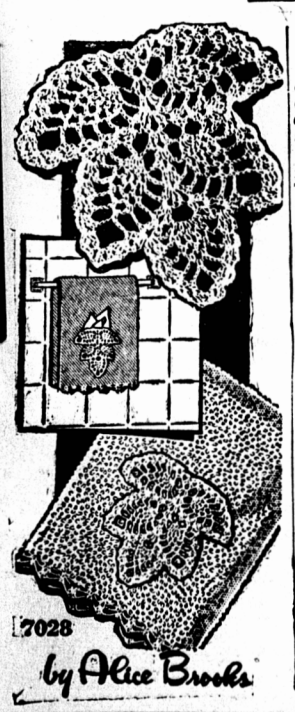

NEAT! SMART!

WASHCLOTHS tuck into this crocheted pocket! Neat, attractive on bath or linen towels. Easy to crochet in your favorite pineapple stitch. Edging too!

Use string to match or contrast for pocket and edgings! Pattern 7028: crochet directions.

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.

Morning Smile

Too Bad

"As a pedestrian of twenty-five years standing—or, rather dodging—I have yet to receive my first scratch from a car fender" remarked the man with a cane. "Traffic jams hold no terrors for me. I have always depended on my agility to get through unscathed."

"But why the cane?" one listener asked. "You have been using it for a week. What happened?"

"I was trailing my wife and her shopping cart through a crowded super-market!" was the sad response.

CHARGED IN HORSE MEAT SCANDAL

CHICAGO, March 8—(AP)—Dr. Herman N. Bundesen, president of the Chicago Board of Health and an authority on baby care, was named in a true bill today by the Cook County Grand Jury investigating the horse meat scandal. He was accused of misconduct and wrongful exercise of authority.

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