

Broader View For Education Stressed by "Women of the World"

Ignorance and isolation are two factors which create fright, and fright in turn creates aggression, Mrs. D. Moystad of Norway said during a Round Table Discussion on "The Education of Rural Youth" at sessions of the Associated Country Women of the World, Triennial Conference at Royal York.

"Since education frames the minds of children for the future, the great need is to inspire the right spirit," she said. UNESCO has got to the root of the trouble by examining school text books and criticizing them, since many misunderstandings have been brought about by misconceptions of other lands founded on school texts, she claimed. Reports were given on school systems in rural areas of Norway, where the problem is bringing the schools to the children because of distances; Denmark, where the teaching is "not how to make a living but how to live" and Holland, where the Popular or Folk High School gives training for being good citizens.

of UNESCO. "We must remember that only one half of the world can read and write," she told her listeners. "We must agree that we have a responsibility towards these, and seriously consider the UNESCO program and how we can contribute to it. Every organization can contribute, as the American Farm Bureau has done by sending equipment to India.

No two countries have the same educational problems, speakers agreed. Over-populated countries must consider how to educate people to earn their living by some new means; in Rhodesia where the population is sparse, 70 per cent of the European children must attend boarding school, being home for only three months of the year. Three out of five children are now getting some education there, it was reported.

Women's Institutes, realizing that the mothers must be educated, have formed clubs for them and now give them regular training in hygiene. Dr. Helen Abell of the Department of Agriculture, Ottawa, told the Canadian plans.

"The great question is, do we not have to consider education of youth for world conditions, rather than for rural living?" said Mrs. A. M. Berry, Australia, in summing up. "Rural conditions are so different in every land, had we not better take the larger view?"

That Body Of Yours

By James W. Barton, M.D.

CANADA'S FOOD RULES

During World War II, the various countries tried to tell their citizens the amounts and kinds of food that would not be too expensive yet give the amount of nourishment necessary to keep them strong in body and buoyant in spirit. Among the nations which gave advice on food and nourishment were Great Britain, the United States and Canada.

A few years ago, Dr. Morris Fishbein, then Editor of "The Journal of the American Medical Association," wrote a small but complete book on the Food of the Nation which found its way into nearly every physician's office and into the homes of a good percentage of the public. Canada also put out a book early in World War II and more recently the Health League of Canada published Canada's Food Rules as approved by the Canadian Council on Nutrition, Nutrition Division, Department of National Health and Welfare, Ottawa.

"These foods are good to eat. Eat them every day for health. Have at least three meals each day."

1. Milk. Children up to 12 years at least 1 quart. Adolescents (teenagers) at least 1½ pints. Adults at least 1 pint.
2. Fruit. One serving of citrus fruit or tomato or their juices; and one serving of other fruit.
3. Vegetables. At least one serving of potatoes and at least two servings of other vegetables, preferably leafy, green or yellow, and frequently raw.
4. Cereals and Bread. One serving of whole grain cereal and at least four slices of bread (with butter or fortified margarine).
5. Meat and Fish. One serving

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Styles Do Change!



When the Canadian National Exhibition first opened 75 years ago the ladies walked around the grounds in hand-made leather boots such as that on the right. Today's midway stroller has considerably more freedom in the dainty leather shoe held at left by Delores Nixon. With the Exhibition celebrating its 75th anniversary this year, starting Aug. 28, the styles of 1879 will be routed from attics for display.—(CP Photo).

ELLEN'S DIARY

By An Island Farmer's Wife

Household cares over for the time we had come outdoors last evening to enjoy once more at close hand the affairs of the hay-making. An invigorating coolness was now spreading over the farm-lands, replacing the August heat and humidity of the day. . . . Carpentry rested, Jamie and his Dad were off along the farm-lane with tractor and hay-wagon to the field to bring in another load; on the heights of one drawn to the end of the new barn, James mended the hay-fork, sending it down into the depths of the hay, not too deeply, but far enough to catch a respectable dip in its prongs; at times the voice of the younger farmer called his signals to the help in muffled tones from the mow where he took care of the stowing; our bachelor, brawny and sweat-stained, a gleam in his eye which invited us to chat "between times," awaited in the yard permission to be off with the mare in "the list."

"Smells like . . ." we smiled, stopping close by and inhaling deeply the sweet fragrance of new hay about . . . taking in too to mind, the sound of a cricket's tune. Our bachelor chuckled teasingly. "Cologne . . . Ellen, yes, cologne," he nodded. Then in a high thin voice he added with rapturous air. "It's lovely, isn't it now? He stopped his make-believe and grew sober. "The trouble is, there's too big . . . much of it, you'll have to smell — and the harvest beginning to turn! Yes," he nodded, "you'll be able to sniff your fill of it for a few days yet I'm thinking; there's plenty of it back in them that hills but," he smiled, broadly, "on the strength of it, they'll be able to keep more stock; and that will be all to the good. You know," he laughed, "it's better to 'wear out' . . ."

"Than to 'rust out,'" we finished one of James' quotes with a chuckle. His expression changed. "And then to the grave," he nodded solemnly.

"And not much worry there over clouds or showers in the haying . . . or if the winds blow east or west . . . and not much to show for our busy days either! It's a strange old world, when you come to think of it," he observed. "A fellow's born into his tribulations, and, to escape them he has to die! . . . Well," his brow cleared, chased away by the merry smile which broke again. "James will be thinking I'm already dead, if I don't get moving from here. Come!" he spoke to the mare and the two were off at a smart pace, contributing with willing hearts to the progress of the savings.

And again on another exquisite evening of the haying a cricket tunes his lyre; on a far hill the spires of the spruces are touched with rose, but down in the valley is the mystery of quiet shadows; somewhere a dog barks lonely, somewhere a horse nickers to his team-mate; a little breeze steals in our window to tell us of ripening grain-fields and old orchards where harvest apples mellow . . . and far away the stars commence to prick out in infinite pattern the silver-blue of the twilight.

"You forgot something," a little lad comes now to the doorway to remind us. . . . "You forgot to read today's 'Peter!' — a favorite bedtime tale. Until tomorrow . . . Diary . . . Good-night"

Q. Is it necessary, when taking leave of a group to which one has been introduced, to bid each one "good-bye" separately?
A. No. A cordial "good-bye" with a smile that includes everyone is

Food Policies Discussed At ACWW Convention

WITH THE ACWW IN TORONTO, (Special) Group discussions on policy, finance, constitution and publicity and publications occupied Monday morning at the Associated Women of the World conference in session here.

A discussion which has special interest for an agricultural province such as Prince Edward Island had as its topic economic problems of people on the land. F. M. Schrader, principal economist of the Canadian Department of Agriculture, told the delegates that the cost of marketing foods in Canada and the United States of recent years has been about one-half of the retail price.

The cost of marketing some products is higher because more services are performed. "In Canada," Mr. Schrader said, "we tend to rely upon competition among agencies to keep marketing costs to a minimum, and we rely upon consumers to keep the extent of services performed at the desired level."

Mr. J. F. Booth of the economic division of Department of Agriculture, Ottawa, spoke on the farm-labor problem. He pointed out that mechanization has greatly reduced farm labor and in many countries such as Switzerland there are as many as eleven plots per farm in some areas as land had to be divided.

Discussing the problem "A Hungry World" brought the opinion that patience and time were needed.

Q. Is it considered good usage for men to speak of wearing a "white tie" or a "black tie" instead of referring to "full evening dress" or a "dinner coat"?

A. Yes; these terms are often used in good society.

Q. To whom should a bride show preference, if any, in choosing her maid-of-honor?
A. The bride's sister usually has preference. If there is no sister, then she chooses her most intimate friend.

ed to educate and assist people of underdeveloped countries. Farm women might open their homes for the instruction of people from other lands, on subjects like nutrition.

Youth exchange, too, was mentioned as a means of bringing about better understanding. An effective food policy, must look to distribution as well as to production, and must be planned on a world scale.

Many Suggestions
An interesting discussion for non-voting delegates on ways and means of spreading information about U. N. and its agencies, brought up many suggestions from all countries represented.

Several delegates told of their observance of United Nations Day and it was agreed that all groups should celebrate this day in a suitable manner and co-operate with other groups if possible.

The use of film strips, plays, churches, schools, libraries and speakers were commented on by members.

The members thought U. N. flags should be used in these special programs.

A speaker from India pointed out that the ordinary people do not know the work of U. N. or its specialized agencies and that we must present these on a positive basis. U. N. must have its own principle of human needs, and aiding underdeveloped countries. Students could be exchanged with this in mind. Information was given as to where United Nations material could be obtained and members were urged to join local U. N. societies.

The city of Toronto entertained delegates at luncheon, when members were officially welcomed to the city. The chairman stated that Toronto was proud to be host to this international convention and reminded the delegates that they could wield a tremendous influence in promoting good-will, friendship and understanding in the world.

The Stars Say --

By Genevieve Kemble

For Tomorrow

ON this day the Moon enters Capricorn, which makes it an excellent period for all household matters. Renovating and interior decorating plans started now should culminate most successfully, and any purchases made for home use should prove satisfactory. Real estate matters are also favored.

During the evening hours you can gratify an inner desire for adventure by taking on an assignment or responsibility that will act as a challenge to your capabilities. Plan, for instance, on a large-scale social function or a program designed for community welfare. You'll not only enjoy the effort, but it may well bring about an increase in your personal prestige.

For the Birthday

If tomorrow is your birthday, the months ahead should yield many unexpected surprises, especially where work and opportunities for

Morning Smile

By Genevieve Kemble

"Oh, I just love nature!" gushed the dowager with more than the usual number of shoulder-straps and chins.

"That's loyalty," mused Groucho Marx, "after what nature did to her!"

travel are concerned. At the present time you may be experiencing some financial stress, but by mid-fall you should have conquered the monetary hurdles with less difficulty than you anticipate now.

There is reason for great optimism in all of your affairs, for your horoscope indicates successful, if not spectacular, results in work, domestic and family matters, social life and romance throughout the balance of 1953. Be alert to opportunities which may come your way during December since, properly grasped and handled, they can give you a magnificent start for 1954.

A child born on this day will be courageous, ambitious and endowed with great personal charm.

from the Country Women--

(The following is an excerpt from the opening address of A.C.W.W. president, Mrs. Raymond Sayre).

"The compelling need of our time is to bring some sense of unity to a chaotic world; to build spillways of understanding that channel emotions and feelings into constructive paths. We have no alternative in this small world but to learn to live together."

"Now the frontiers are all closed. There is no other country we can run away to; There is no ocean we can cross over. At last we must turn and live with one another."

"Love is no longer a theme for eloquence. Or a way of life for a few to choose whose hearts can decide it. It is the sternest necessity; the unequivocal ultimatum. There is no man on earth who must not face this task now."

DOROTHY DIX'S COLUMN--

A Tyrant In The Home

Second Wife Of Mean Husband Finds He Looks Upon Women As Slaves

DEAR MISS DIX: Five years ago I married a man, father of two boys aged 15 and 16. Their mother had left them, and the fault was supposed to be hers; now I know different. At the time of our marriage had an eight-year-old daughter, whom he promised to treat as his own. The boys have had every possible care from me, which they gratefully acknowledge.

Our first trouble is money. My husband refuses to buy anything at all for the house, the children or me, and I am supposed to run the place on \$50 a month, including food, insurance, light, telephone, and anything else we need. Such penury is not necessary, since the man has a job with a good salary.

If I work, what money I earn must be used as house allowance. My daughter is treated like the proverbial stepchild and she never gets a kind word from her stepfather. He drives the car wherever he wants to go, yet gripes about the gas I use to go marketing. Visiting relatives is out of the question; he'd cuss for a week over the cost of the gas.

He looks upon women as slaves; they never need pocket money, they are not entitled to comforts in the home. Perhaps something in your column will have a beneficial effect. He reads your articles, but if he doesn't agree with them, says you are crazy.

TWO ALTERNATIVES

ANSWER: Stories of selfish, greedy, despicably mean husbands

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Household Scrapbook

By Roberta Leo

Fruit Stains

To remove fruit stains from the hands, moisten cornmeal with vinegar and rub on the stains, or grease the hands with lard and then wash with soap and water.

Gloss on Woolens

To remove gloss from woolens, wring a piece of cheesecloth out of water containing a few drops of ammonia and sponge the fabric thoroughly with long, straight sweeps of the arm. Press under a damp cloth.

Slicing Eggs

Hard-boiled eggs can be sliced perfectly, without cracking or crumbling by using a knife dipped in boiling water and wiped dry. Repeat as often as the knife cools.

How Can I!!!

By Anne Ashley

Q. How can I soften dry and hardened vegetable glue?
A. With hot vinegar. Add this drop by drop and keep stirring until the glue is soft.

Q. How can I remove chocolate stains from my tablecloth?
A. These should be gotten after immediately by rubbing with a cloth dipped in milk.

Q. How can I stretch a newly washed curtain if I have no curtain stretcher?
A. Pin a large clean bedsheet to the living-room rug, and pin the curtain as you want it stretched to the sheet.

Better English

By D. O. Williams

1. What is wrong with this sentence? "I claim that Mary has many admirable female traits."
2. What is the correct pronunciation of "villain"?

3. Which one of these words is misspelled? Acoustics, acerbity, accessibility, accolade.
4. What does the word "impassioned" mean?

5. What is a word beginning with gr that means "state of deserving serious consideration"?

ANSWERS

1. Say, "I maintain that Mary has many admirable feminine traits." 2. Pronounce vil-in, and not vil-yan. 3. Accessibility. 4. Moved to strong feeling; ardent. "His impassioned words" brought tears to her eyes." 5. Gravity

sign of early fall . . .

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Cook's Corner

LIGHTNING CHOCOLATE CAKE

1½ cups sifted cake flour
1 teaspoon baking soda
6 tablespoons cocoa
½ teaspoon salt
¼ cup granulated sugar
2/3 cup shortening
¼ cup milk
2 eggs
1 teaspoon vanilla.

Method:

Sift dry ingredients into mixing bowl. Add 2/3 milk and melted shortening.

Beat 300 strokes by hand, or 2 minutes on medium speed with electric beater.

Add eggs and remaining milk, flavouring and beat again as above.

Turn mixture into two greased and lined 8-inch circular pans or one square 9 x 9. Bake 30 minutes at 350 degrees F.

—Mrs. Emerson MacDonald, Victoria W. I.

Modern Etiquette

By Roberta Leo

Q. Is it necessary, when taking leave of a group to which one has been introduced, to bid each one "good-bye" separately?
A. No. A cordial "good-bye" with a smile that includes everyone is

Anne Adams Patterns

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