

WOMEN

Page 8 The Guardian Wednesday, Nov. 24, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

So lovely today has been—a rare bright jewel in November's darkish crown. Topaz, we fancy. Amber-lit by the sunlight. It favored well the plowing as it continues now into the month's later days. It was good too for the little lone boy of the farm at Alderlea, who caught rides on the tractor with his Dad in a far field of that place, though not distant from this.

Tiring then of his pastime, he left it to come along the fields between to visit briefly with us; to have a look at those muskrat pelts' dark silk souvenirs of the trap-line; to tell us too of the letter written recently by his mother on his behalf to Santa.

"She wrote down exactly what I told her . . . Oh," he smiled. "I asked him to bring me some toys: a little truck and," he nodded, "it was pretty hard to think of everything all at once. A fellow should take a whole day at it! Besides, when things I told Mother, she'd slip in the name of a pocket-knife. 'They're handy to have.' . . . I because it is one of our pet toys that. 'It is better to be the War sorry', fearing that he'd become bewildered in the field, we accompanied him on his return trip. There we saw James and his assistant working busily at a piece of clearing at the far side of the furrowing field. We delivered the lad to his father and stood there in the sun of near-noon listening while a bit of his song floated back to us, mingling with the sound of the tractor as the plow went on cutting nice broadish sods in what was a pasture of summer.

There now into the night the plowing continues. And across fields in one close to the far end of "the other farm" adjoining this one. Rob is busy at the same, every acre turned now, counting as so much credit for the days of the seedtime to come.

These fall days—what are they? Only a few hours, it would seem, between the dawn and the flooding-in of dusk. Before long, we shall

have reached that shadowy cup of the valley of the year, where keeps its shortest day. How pleasant then it will be to climb the rise beyond, and passing by the bleak days and the sparkling enchanted white of winter to be again where roses bud, in a long lovely day of June. This, we see in our dreams.

But of what are the white cat's dreams? She, now pillowed comfortably in the old armchair by the fire, our one companion in this spell of night so quiet with the children in bed and the men not yet indoors from their day? Or a spring-nest full of kittens? Or can it be that she is meeting there in that fanciful land, a fascinating chap of somewhat descending air? A handsome fellow with bewitching green eyes in a side-burned face and a liquid tongue made for serenading. And a heart-smitten smile . . . the Cat of her dreams.

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

Herman N. Bundesen, M. D.

Sample Rich Foods But Do Not Overeat

With your dinner table loaded with good food and all the trimmings, you are apt to overeat.

Sample all those rich, spicy foods all you wish, but do not eat too much. Unless you practice moderation, you will be likely to walk away from the table with an extremely bad case of indigestion.

That probably means from one to three hours of discomfort, and is likely to ruin your whole day.

WHAT YOU CAN DO
There are several things you can do to relieve the distress.

Lying down will probably help. If you can belch, so much the better.

Maybe you can settle your stomach by taking sodium bicarbonate. Put one teaspoonful in half a glass of warm water and stir it well. Then drink it slowly.

If you are really in a bad way, hot applications on the abdomen with a heating pad or hot water bottle usually soothes. A good bowel movement might help relieve the discomfort, too, but I hesitate to recommend a laxative. A laxative might do untold harm if that "indigestion" turned out to be a case of appendicitis.

Don't let me scare you; overeating won't cause appendicitis. It might, however, make you pretty uncomfortable, and that's something to keep in mind.

QUESTION AND ANSWER
J. D. A.: I am seventy-two years of age and drink cocoa every morning and evening. I have been told this is harmful.

ANSWER
There is no harmful effect in drinking the cocoa. You have been misinformed in this matter.

Morning Smile
People who use sarcasm deserve to get a come-uppance, so we liked the story of the father who was wheeling his new son's carriage. He was asked by a passerby, "That your baby?"

"No," said the father. "I borrowed it from a neighbor."

"Hm," replied the other, taking a closer look, "ugly little beast, isn't he?"

Dream Dress



By ALICE ALDEN

For that important occasion here is a dream-come-true dress, a creation of ethereal charm yet eminently wearable. Ceil Chapman has the perfect selection, a frock that is of palest pink. Chantilly lace over pink taffeta. The dress is additionally shaped by its own nylon crinoline and to create a wonderful waltzing swirl, the hem is banded in fox dyed the same delicate pink. And as a change from the strapless bodice this one has brief sleeves.

KEEP IN TRIM

Muscular Deficiency Aids Lower Back Pain

By Ida Jean Kain

In this luxury-living age we have escalators, elevators, automobiles and every conceivable cushion against physical activity. Is this mechanical efficiency which takes the physical exercise out of daily life causing Americans to be muscularly unfit?

When standards of physical fitness are discussed, the question of "fit for what" must always be considered. Fit to live healthfully and enjoy that extra fillip of well being! It has long been known that muscular deficiency can produce backache, that nagging ailment afflicting so many adults today.

The Kraus-Weber Tests for Muscular Fitness are designed to test minimum strength and flexibility in the parts of the body upon which demands are made in normal daily living. Only when the tests are given by certified testers can they be termed scientifically accurate. However, you can use these minimum fitness tests as a general indication of your muscular fitness. Here are four of the six tests.

Position: Lie on back on floor, with hands folded behind head, legs straight down. Feet must be firmly anchored, either with something holding them down, or tucked under a piece of heavy furniture. The test exercise is to roll up to a sitting position. If you cannot get your shoulders off the floor, the mark is zero. If you can sit up, you can score the full mark of 10. Half way up, make 5. The second test is also for the abdominals and is more difficult.

Same position, but this time with knees bent and soles of feet flat on floor close to buttocks, hands clasped behind head. Have someone hold your feet down firmly. Again try to roll up to a sitting position. No helping with the elbows! If you can score 10 on this test—good.

To test strength of upper back muscles: Lie face down, pillow under abdomen, hands clasped behind head. Feet and legs must be held down. The test is to raise head, chest and shoulders half way up and hold for a full ten seconds.

The flexibility test is to bend over slowly, keeping knees perfectly straight, and see how near you come to touching the floor with fingertips, staying down for a count of 3. Score 10 points for the full count.

Household Hint

When you shop for a draining rack for your dishes, invest in one that will be sturdy enough to be secure and firm even when loaded with dishes, so that the dishes will not be likely to knock against each other if the rack is lifted.

See that plate supports are sturdy, and so arranged that edges of plates will not touch the drain-board or drainpan. Look for a silverware holder with fine enough mesh so that the pieces will not slip through.

As for size, consider where you will use the rack, as well as the number of dishes it will hold. The most convenient place for a draining rack is in one end of a double-bowl sink, or in one end of a large sink, or on a drainboard that drains water directly into the sink.

Wife Preservers



An attractive way to use the border of wallpaper when you are repapering a room with a low ceiling, is to run the border lengthwise or vertically at the room's corners. Use two strips to each corner, and this will give apparent height to the room.

MARY HAWORTH'S MAIL

Girl Talks Aloud With Imaginary Folk

DEAR MARY HAWORTH: I am a girl 31 living with my mother and brother, and we get along very well. I read your column every day and enjoy your wise answers to people who seek your help.

I could be very happy like any other girl my age, except there is one thing horribly wrong, that stretches like a shadow over my youth. I have the habit of talking to myself and I am conscious of it. When alone, I stand talking to imaginary people who aren't there, as I know very well. Can this be normal?

I work as a filing clerk with a publishing firm and do it very well. I know what I am doing and have a good memory. Once a priest told me the trouble is that I am living in a day dream world, owing to my inferiority complex. Another priest told me it derives from loneliness. A short time ago I met a few friends, with whom I go out on Sundays now.

I am very religious and attend church every Sunday. Mother wants to take me to a psychiatrist but I refuse, because I am ashamed. I find it more comfortable going to a priest than to a doctor. Will you please give me your opinion and advice, as to how to cure this horrible habit, which gives me great worry and humiliation. Thank you. V. V.

NORMAL TO TRY TO COMMUNICATE

DEAR V. V.: It is true that the habit of talking to yourself refers to loneliness, and to a timid feeling of inferiority to attractive people whom you might like to have as beloved intimates. But still, that doesn't quite get to the core of why you do it.

The fact is, by talking to imaginary people, you are trying to fill in the emptiness of your life with make-believe. Trying to create a reassuring feeling of close sociality with somebody. The emptiness in your life has to do with lack of warm love and understanding on the part of relatives, acquaintances and workaday associates.

In talking to yourself, thinking out loud, rehearsing imaginary conversations, etc., you are making a very human effort to communicate your sense of aliveness to a receptive ear. It is instinctive, normal and natural for the human being to make this effort; and unfortunate when he has no responsive relationship with a fellow creature when there is nobody who really specifically deeply cares about his feelings, interests and aspirations.

FAMILY LACKS CLOSE FEELING
In your life, it happens that your family experience has failed to provide you with a reliable responsive relationship—that listens, and encourages, and shares your emotions. Consequently you "don't

MARTINVALE SCHOOL

(October Report)

Grade X.—1. Helen Myers.

Grade IX.—1. Eleanor Poyer; 2. Stewart Shaw.

Grade VI.—1. Walena Crane; 2. Jeanette Shaw.

Grade IV.—1. Joan Poyer.

Grade III (Senior)—1. Edna Shaw.

Grade III (Junior)—Allison Myers; 2. Arthur Crane.

Grade II.—1. Merrill Myers.

Grade I.—1. Trevor Crane; 2. Kenneth MacLeod; 3. Barrie Shaw.

Perfect Attendance—Jeanette Shaw, Joan Poyer, Edna Shaw and Allison Myers.

Highest Average in Junior Grades, Merrill Myers.

Highest Average in Senior Grades, Walena Crane.

Flo Poyer—(Teacher).



Encouragement . . . in a better cup of tea!



MORSE'S Selected ORANGE PEKOE TEA

LET'S EAT

A Tasty Skillet Meal

By IDA BAILEY ALLEN

"What kind of sausages will you have, Madame?" asked the Chef, just in from market. "One half pound ready-to-cook-and-serve sausages, 1 pound sausage links, or 1 lb. sausage meat? The ready-to-cook-and-serve sausages are already pre-cooked for reheating. No special time has to be allowed for preparation, which is an advantage."

"How much did they cost?"
"This half pound package cost as much as a pound of the smoked sausage links or sausage meat."

"When the links or sausage meat are thoroughly cooked, about a half pound of sausage fat cooks out. Right, Chef? So there's really only a half pound of edible meat left. Figure this way, the price of the three kinds is almost the same."

Uses of Fat
"Of course, the cooked-out sausage fat can be used for frying potatoes and meats for a savory dish, or for shortening gingerbread, but many homemakers throw it away. And yet it is a high-priced fat! If the fat is used it's no more expensive to buy the ready-to-cook-and-serve variety, and it's certainly time-saving."

TOMORROW'S DINNER
Cream of Celery Soup
Sausage-Vegetable Skillet
Popped Potatoes Green Peas
Cider-Gel Whipt Topping
Coffee Tea Milk

Sausage-Vegetable Skillet: In 2 (1/2) lbs. butter or margarine in a large skillet lightly brown 2 c. thin-sliced peeled raw carrots and 2 c. large sweet onion slices. Cover with boiling water. Add 1 tsp. dry mustard and 2 tbs. ketchup.

Add Sausages
Cover and boil 10 min., or until

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

DUTCH UNIVERSITY
Holland's most important university was founded at Leyden in 1575.

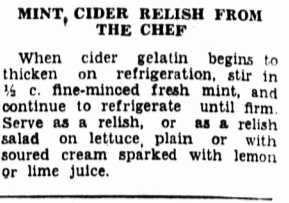
the carrots are tender and the water almost evaporated. Add 1 pkg. (1/2 lb.) ready-to-cook-and-serve sausages, cut into thirds, or five link sausages (or 1 lb.), plain cooked and well browned; or 1 lb. sausage meat formed into small patties and browned.

Place on top of the vegetables; simmer 10 min.
Cider-Gel: Sprinkle 2 tbs. unflavored gelatin over 1/4 c. cold water. Heat 1 1/2 c. sweet cider almost to boiling point. Add 1/2 c. sugar and the gelatin. Stir until dissolved. Add 1/4 c. strained lemon juice, fresh, or frozen and reconstituted, and stir in an additional 1/2 c. sweet cider.

Rinse an 8" x 8" pan with cold water. Pour in the cider-gelatin mixture. Refrigerate until firm, at least 4 hrs.

Cut in Cubes
Cut in cubes and serve as a dessert with a whipped topping; or sugared sliced oranges; or canned crushed, or half-thawed frozen pineapple.

MINT, CIDER RELISH FROM THE CHEF
When cider gelatin begins to thicken on refrigeration, stir in 1/2 c. fine-minced fresh mint, and continue to refrigerate until firm. Serve as a relish, or as a relish salad on lettuce, plain or with soured cream spiced with lemon or lime juice.



Perfection ICE CREAM
FRUIT ROLL
YOU'LL LOVE IT!

GOTHAM COLOR KEYED STOCKINGS



Gotham has Color-Keyed their Famous new Gold Stripe® Hosiery so that no one can make a mistake about hosiery shades. Now, husbands can surprise wives, beaux can thrill lady-friends, fathers can delight daughters—everyone can choose hosiery like an expert.



You simply ask for Gotham's new Color-Keyed Hosiery by the color—the color you know she often wears.

Bringing Up Baby



Am I real? Week after week mail comes to ask if I'm a "made-up" person or if I actually exist. If you could see our house at times when our two married children come visiting with their 5 bouncing babies . . . and our three younger children fill the house with their friends—well, I don't think there'd be much doubt as to how real this mother of five (and oh-so-lively family) is.

Solid five for the crib and bib set—there's Gerber's Cereals when baby is ready for his first solid food. For variety, Gerber's offer five Cereals—Rice, Barley, Oatmeal, Wheat, and Mixed Cereal.

Most tots take instantly to these mild-tasting, easy-to-digest cereals. All pre-cooked! Just add milk, formula or other liquids to get the smooth, easy-to-swallow texture babies like. Each one of Gerber's Cereals is enriched with blood-building iron, bone-building calcium and B-vitamins. For mealtime interest and variety, rotate all five cereals.

Back Talk! Here's a turnabout tip from a clever mother that's certainly worth a try: put baby's wrapper on backwards, like a hospital gown. Front flaps can be folded out of the way . . . won't get soaked when baby sleeps on his back.

Early Stages. In the beginning, baby's primary pastimes are sleeping—and eating—a special bill of fare, usually milk or formula. But as the days speed by, your baby will be ready for new additions in his diet. For example, your doctor may specify vitamin C shortly after birth . . . keep baby's gums and body tissues in good condition.

Gerber's Strained Orange Juice, processed just for wee ones, fills baby's new need. For it's made from tree-ripened oranges, specially selected for uniformly high vitamin C content and mild, natural flavor. Gerber's Orange Juice is carefully pasteurized and homogenized—a minimum of peel oil assures easy digestibility. Gerber-Ogilvie Baby Foods Limited, Niagara Falls, Ont.

Anne Adams Patterns



WEEK'S SEW-THRIFTY!

Only ONE main pattern part to each garment! In this all-occasion doll wardrobe! It's every little girl's idea of the perfect year-round doll wardrobe! Wardrobe includes, party dress, skirt and blouse, vest, petticoat, panties, bathrobe, coat and hat. Have them ready for Santa's pack!

Pattern 4772: For dolls 14, 16, 18, 20, 22 inches tall. Size 18.

This pattern easy to use, ample 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, care The Guardian, 60 Front Street, West, Toronto.

BABY'S HOT LITTLE HEAD

WHEN your Baby's head feels hot it may be because of simple fever common to some minor baby ailments. If so, Baby's Own Tablets will help reduce this simple fever by clearing harmful wastes out of the system. If baby's fever is not promptly relieved, consult your physician.

One Midland, Ontario mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by midnight she was up and around again. Baby's Own Tablets are sweet-tasting, easy to take—and have been used with confidence by mothers for over 25 years. No 'sleepy' or 'soothing' effect. Equally good for restlessness and nervousness resulting from impaction or constipation, flatulence, for constipation, digestive upsets and other minor infant troubles. Get a package today at your drugist."