

ELLEN'S DIARY

By An Island Farmer's Wife

"And you actually asked for your wife?" niece of the family exclaimed to our visitor of that Summer evening. "Wasn't that funny!" she laughed merrily "but do tell us all about it, if you remember." "Remember!" he echoed "if the mud of the trenches is a bad dream to me, I'll remember that incident to my dying day! What I came through for that woman of mine!" he mused. "I had decided to ask her on a Sunday. It was always a quiet peaceful day then, and I thought that would help me out, you see. But she was against that. In fact she wouldn't hear to it at all. Sunday was Sunday in those days, I can tell you! You didn't do much else but go to Church — and discuss the fine points of the sermon afterwards. Oh, you attended to the choring on the farm, but just barely." "I he laughed to niece "you thought your driving horse needed an extra bit of grooming, you were careful not to let any one at the house catch you at it. Indeed you felt so guilty at any work that was not of the Sabbath that you did it stealthily, you rather believed that The Good Lord himself wouldn't take notice that you were tending with a Commandment." "Ay," he commented "you'd be in a bad predicament according to the standards of those days if you dared to do any unnecessary work on Sunday. So that was no day to ask for your sweetheart's hand! Niece nodded. It was obvious that she was enjoying looking at the old years in review.

"So we talked it over one evening, Maria and I — in the parlor and she thought that of all the week perhaps Monday would be the best day. So a Monday it was! "And what time of year?" niece questioned eagerly "you haven't told us that!" "It was Spring" he replied. "I mind so well. The grain was up — the wheat. I suppose you've never seen a field of wheat? It's a pretty sight — and in those days it promised you your bread. The oats, too, and the barley. I guess I recall it better because it was the first crop on my own farm

Luncheon Cloth In Simple Applique



Soaring white gulls on a deep blue background make this dramatic tablecloth design. The birds are cut from fabric, appliqued to the cloth and accented with a little simple embroidery. Napkin motifs are small gulls embroidered in white. If you would like directions for this SEAGULL CLOTH AND NAPKINS, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper and ask for Leaflet No. SS-50.

That Body Of Yours

By James W. Barton, M.D.

CHRONIC ILLNESS

Nursing homes, those which are carefully inspected by community health departments, fill a need in the lives of our elderly men and women and certainly relieve our general hospitals from some of the overcrowding that exists. The fact that a graduate nurse resides in or is in charge of these nursing homes, and a physician visits them regularly, likewise takes some of the strain of general hospitals and insures reasonable care for the elderly and those chronically ill.

That nursing homes are of great help to the chronically ill, those that are never well yet have none of the specific diseases that require skilled and constant attention, is now admitted and home care under the supervision of a nearby general hospital physician gives a service that is equal or nearly equal to actual care in hospital.

What is chronic illness? An editorial in the Journal of the American Medical Association defines it as any deviation or departure from health that affects a person's total life pattern in a significant way, because of the length of the illness and its effects, which may last for a long time after the illness proper has passed.

We can readily see that prolonged illness not only requires the medical knowledge and skill of the practicing physician but also his help in the patient's re-establishment of himself in everyday life.

For a long time practitioners have met difficulties in finding proper hospital facilities for their chronically ill patients and have observed the lack of adequate visiting nurse, housekeeping and other services by which patients might be cared for, and the inadequacy of many nursing homes. This need is being met to some extent by the Commission of Chronic Illness, founded in 1949 by the American Medical Association, American Hospital Association, American Public Health Association and the American Public Welfare Association.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A DAY of definitely challenging import and scope is forecast in which opposition, tenacious obstacle, disintegration and the unpredictable, tax the ingenuity, courage and the rare ability to turn defeat into victory. A courageous, clever facing of disastrous situations. While there may be unfamiliar stresses and strains to manage, with tenacious obstacles to circumvent these, at the same time there is sagacious insight, unusual talents, attracting, and assistance from "on high." Cultivate these assuredly.

For the Birthday

Those whose birthday it is, may anticipate a year of upset plans, disintegration, and turmoil if not complete upheaval, and this in the face of tenacious obstacle, rebuffs, reversals, malignant attack. However, determination, earnest effort, exceptional insight, versatility and ingenuity, in the long run are bound to win the attention and whole-hearted support of those in high places.

A child born on this day while meeting reversals and opposition will have talents, character and assistance to overcome all obstacles and lacks.

No Easy Way to Meet Food Cost, Says Expert; It Means More Time in Kitchen, No Meringue

By BETH BAILEY McLEAN
As told to Gaynor Maddox NEA Food and Markets Editor
CHICAGO — (NEA) — Everybody wants an easy answer to rising food prices. There isn't any. The quicker we get that, straight the sooner we may get realistic about the shrinking food dollar.

Let's face it. The practical answer has a touch of austerity. Here it is without any meringue — more production, less spending money, and more time in the kitchen.

I know that from experience, and my gray hair testifies to how many wars I have lived through. Yes, I'll admit more time in the kitchen sounds fantastic today. But despite the rising tide of quick and easy dinners our habits must change in a state of emergency.

If we are going to make the shrinking food dollar do the job of keeping the nation strong, then men and women, both, must give more thought and time to feeding their families.

Let's talk about the men first. Husband's must be educated in current food costs. My father used to say "What's good to eat, a man should have." He meant thick steaks and chops.

But few men today can have those things often. Take them shopping and they will get their eyes opened. Then they'll stop expecting women to serve the same kind of meals for the same budget as before.

I did that with my 26-year-old son. He's a big eater and had no conception of the jump in food costs. But he learned the hard way — at the butcher's counter. Now he says, "Okay, Ma, you win. I'd rather have a big hamburger than a little steak any time."

I think there should be a family conference every night on the next day's meals. Let men realize in advance what can and cannot be done with the food budget.

Let's not fool ourselves. The budgeteer's job of feeding a family adequately is getting tougher day by day. The time has passed when a woman can dash home from the office or a card game and run up a meal just before her husband gets home. At least, not unless she has an elastic budget.

Any good meal that can be thrown together in a few minutes is bound to cost a lot more than one which takes planning and careful preparation.

As the food dollar buys less, more time is needed to market. It is possible to keep the nutritional and taste standards up to normal with less money but only by a thorough study of all food values on sale.

I just returned from visiting a modern market in New York where all meats are butchered beforehand, wrapped in cellophane and displayed in an open refrigerated case, marked for weight and price. There were 66 kinds and cuts in that case.

I spent a full half hour shopping that case, the same way I would window shop for my new spring outfit. That's what we all must do — shop the butcher's case to find the kind and cut which

will be best for our budget, taste, need of variety and cooking ability.

If you see an unfamiliar cut that looks good and is reasonable, learn how to cook it before you get the stove hot. Don't gamble with your skilitch food dollars. Ignorance of modern cooking methods that conserve food values is costly.

Our way of life is changing under the pressure of a world crisis. That means many of our fixed eating habits and inherited food prejudices must do a fade-out if good eating is to survive.

Go find recipes for the more abundant and therefore cheaper foods even though you have rarely used them. Learn how to prepare good dishes using the humble lamb shank, the oxtail or veal knuckle. Take a flier in meals planning by using kidneys, heart, tripe and other meat specialties that cost less but carry their full quota of nutrition and potential fine flavor.

Don't worry too much about the menfolk. After a few educational trips to the market with you they will lose some of their attitude about what they will and will not eat. Furthermore, many of them do eat these foods at their restaurants at lunch time and seem to like them. Better ask the restaurant how to cook them.

Does this practicality of mine sound uninspired when civilization is being threatened? Well, I can't help getting more and more practical as the news gets worse.

You see, I don't excite easily. That's because I was born in Wisconsin and have lived a long time in Chicago. We're rather slow to excite out here, probably because we live nearer to the hog

You CAN Eat Well For LESS!

It isn't easy. But Beth Bailey McLean, famed throughout the U.S. for her down-to-earth food advice, has some workable ideas for every housewife in this dispatch. Mrs. McLean directs 30 highly-trained women in the Martha Logan Division of Swift and Co. Her job — and theirs — is to teach Americans how to eat better for less money.

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fraternity pin, does it imply that she is engaged to him? A. Yes. While this is not always true, the implication is there.

Q. When a girl wears a man's

Q. How can I make a good filling for pin cushions? A. A simple and very effective filling for pin cushions can be made of dried coffee grounds. The grounds will not pack down, and they will never rust the needles or pins.

Q. How can I harden earthenware? A. Earthenware can be hardened by placing it in a pan of cold water, and bringing it very slowly to a boil. Then allow to cool slowly.

Q. How can I keep potted plants moist? A. Water-soaked newspaper twisted around the roots of the plants, against the dirt, will keep the plants moist.

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DOROTHY DIX SAYS—

Children Come First Unhappily Married Man Should Not Desert Family For Girl

DEAR DOROTHY DIX: I am an executive 38 years old and have an associate of 21 who has become very dear to me. We have found love, peace, understanding, happiness and contentment together such as I, at least, did not know existed, for my marriage has been a failure from the first and has brought me nothing but misery. But I have children and my duty to them is obvious. Should she seek other employment? Should I make a clean break of our association? I do not consider myself, for I believe my children should come first and I want nothing but the best in life for this girl I love, regardless of how deep my pain may be in losing her. We both pray that we may settle this problem wisely. Won't you help us?



ANSWER: There is no tragedy deeper and darker than that of a fine and noble man married to a woman who has brought him only misery, who finds the love he craves and the happiness he may not take in another woman. For there is no way out of it that is not filled with tears and suffering.

And the case of the unhappily married man is particularly hard and hopeless when there are children whom he not only adores, but for whom he feels responsible. For the man who loves his children and who has a strong sense of obligation to them there is no alternative but for him to stick to a marriage, no matter how unworthy his wife is nor how miserable she makes him, because if he gets a divorce he loses his children and loses all chance to influence them and form their characters. My advice to you would be to stand by them until they are grown. This is a bitter saying, but there is no easy way out of your dilemma.

Nor is there any happy solution of your problem with the girl. Hers, too, is tragedy, for it means either stolen love or the frustration of love, both of which bring misery. Far better, it seems to me, a clean break between a married man and a girl whom he cannot marry rather than subjecting her to years of torture and weary waiting.

DEAR DOROTHY DIX: Speaking for myself and many other soldiers in the camp in which I am now serving, I would like to know your honest and sincere opinion of girls who write to us for a few weeks and then seem to forget us completely. A few hundred

Household Scrapbook
By Roberta Lee

Roast Pork
A delicious and crusty topping for the pork loin roast is as follows: After the roast has baked 1½ hours, spread over it generously a mixture of apple sauce, brown sugar, cinnamon, and cloves. Use plenty of sauce and sugar, but little spice.

Hairbrushes
Hairbrushes and combs should be cleaned frequently. This can be done effectively in water to which ammonia has been added. Merely dip the bristles of the brush up and down in the solution.

Deodorizer
A good deodorizer for the bathroom is a bottle of lemon juice left uncorked in the room.

Modern Etiquette
By Roberta Lee

Q. When a wife has received an invitation over the telephone, is it proper for her to say, "May I ask John if he has any other plans for that evening, and then call you back?"
A. Yes, this is perfectly all right. And it avoids much embarrassment should it develop that her husband does have other plans.

Q. When a dinner guest is not sure which piece of silver to use, what should he do?
A. Watch the hostess and observe which piece she uses—then follow suit.

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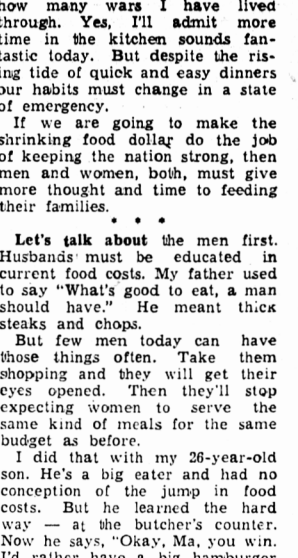
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Her Majesty to Attend Canadian Fashion Show

"Why won't Canadians buy British fashions?" This was the question Kate Aitken was asked by two British trade commissioners with whom she found herself in conference, under the aegis of the president of the board of trade, at the very moment when she was scheduled to talk at a luncheon meeting of the Toronto Women's Press Club about her Christmas-time trip to Israel.

Mrs. Aitken took a few minutes off from the conference to fill the engagement with her own club and told the members and their friends about the discussion in progress there. She had explained to the British representatives that the garments made in England were too heavy and too bulky for our way of living. The outcome of the whole matter has been acceptance of an invitation to take a Canadian fashion show to England and plans are now afoot for this enterprise which will reach its climax when Her Majesty Queen Elizabeth will be the guest of the British Board of Trade at Canada House to see the display.

Twenty Canadian girls resident in London will act as models. This will be the first time that British and Canadian Government have collaborated in such an undertaking. The British press will come from Eire and Scotland to see the show which will demonstrate that Canadian styles are midway between those of New York and London — conservative smart, slim and good-looking. It is their distinctive features of fabric, quality, design and clean lines.

Mrs. Aitken believes, that make Canadian clothes stack up so well against those of American, British and Parisian designers. She also stressed the importance of such trade relations in the saving of British Commonwealth of Nations.

Among newer developments she noted the establishment of home service bureaus in a few industrial household products firms. These bureaus are operated by dietitians. They deal with requests from housewives—even emergency requests when the food is on the stove. They feature test kitchens and demonstrations. The dietitians test new food products, develop recipes and solve problems for the customers.

"Only recently two companies co-operated to produce a new recipe for pie crust and the dietitians collaborated," Miss Wark said. "More than this, the collaboration led to a merging of the policies of the two companies. The dietitians have the opportunity to arrange displays for large conventions and gain first hand contact with the problems faced by the public.

"There is a real future in this work," she said, "and it is just beginning in Canada. Dietitians can now get in on the ground floor."

More and more hospitals also were enlisting the services of dietitians, she continued. One large general hospital in one of Canada's biggest cities now employs a chief dietitian, seven assistant dietitians and nine dietetic interns doing post graduate work. This hospital serves 3,000 meals a day, including more than a dozen types of special diets.

Even in an institution of this size the personal touch is not forgotten," Miss Wark said, "for a birthday cake complete with candles and decorations is prepared for

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Variety Of Opportunities For Dietitians In Canada

TORONTO —Constantly expanding opportunities for dietitians in Canada serve to point up the shortage which daily grows more acute, Miss Edith Wark, president, Canadian Dietetic Association, announced this week.

Commenting on the drive being made by the association to interest young women in this profession, she added: "The profession of dietetics offers more leeway for individual talents than perhaps any other profession open to Canadian women. The demand so far exceeds the supply that for many years to come there will be no dearth of well paid jobs for dietitians."

Too many young women have the idea that the dietitian serves only in the diet kitchen or restaurant she said, and if they believe their talents are not suited to either, decide against the profession.

Actually fully qualified dietitians share top-drawer food secrets in industry and in medical dietary research in progress and acquire a knowledge of public taste and desires matched by few other professional women.

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-Needlecraft-

FOR THE HOME

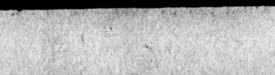


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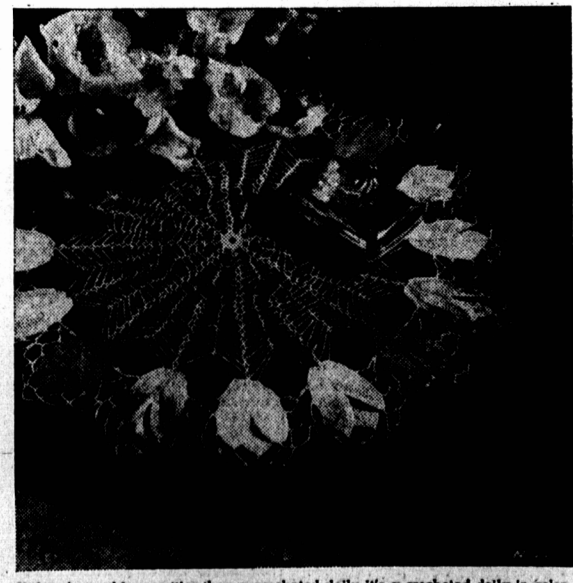
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Tulip Ring in Colorful Crochet



If there's anything prettier than a crocheted dolly it's a crocheted dolly in color. Color, as you know, is an all-important factor in home decoration and crocheted pieces can be used very effectively to pick up the main color in your scheme. The pretty dolly shown above has a lacy center of pale green, while its border of tulips is crocheted in a variety of shaded colors. For directions for crocheting this dolly, TULIP VARIETIES, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper asking for Leaflet No. FD-437.

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