

# Women's realm

PAGE TWO THE GUARDIAN NOVEMBER 27, 1952

## The Stars Say

By Genevieve Kemble

**For Tomorrow**  
ASTRAL conditions may hold a note of the serious or contemplative that was evident in the Thanksgiving holiday spirit. It is probable that something of the deeper emotions and more spiritual values may be accentuated in that discriminating practice of "sharing" which characterizes our very own national holiday.

**For the Birthday**  
Those whose birthday it is may have particular reason for seeking graciously to magnify their many blessings, accentuated by finer spiritual emotions, inspiration and vision, as well as a heightened urge to find happiness and substantial recognition for particular opportunity and advantages. These may be real and objective, although incited by peculiar talents, charms and enlarged factors for growth, gain. A child born on this day should be bounteously blessed with the graces, urges, vision and ability for a constructive, happy life.

## Cook's Corner

### PEACH MERINGUE DESSERTS

6 slices brown or white bread cut about 1/4-inch thick  
1 cup finely diced canned peaches  
2 egg whites  
1/4 cup fine granulated sugar  
Few drops almond flavoring  
Syrup from canned peaches  
Cut each slice of bread into a 3-inch round and arrange in a baking dish.  
Prepare the diced canned peaches and allow to drain thoroughly.  
Beat the egg whites until stiff but not dry; gradually beat in the sugar, beating until meringue will stand in peaks; beat in almond flavoring. Fold in the drained diced peaches.  
Just cover the rounds of bread in the baking dish with syrup from the canned peaches; pile a mound of peach meringue mixture on each round of bread.  
Bake in a slow oven, 300 degrees, until meringue is golden — about 45 minutes. Serve hot with pouring cream. Makes about six servings.  
This would be equally good made with apricots.

## False Face

By E. C. Buley

"We shall both be masked," he reflected. "But I should know you among a thousand."  
"In case your omniscience fails you, I shall go as Ophelia," Marcia said, having made a complete round of the deserted deck. "And so to bed! Good night, Genius of the Cavern."

"Good night, Spirit of the Night," the Boy answered.  
He did not remain long on deck, after Marcia had gone; nor did he sleep much when he returned to the solitude of his cabin. College Boy was too much occupied in hatching out fresh plans for the future to be able to sleep.  
As he put it to himself, he had fallen, and fallen good and hard; but he had fallen for an incomparable Queen. He had never met anyone like her before; and the whole current of his life had changed. Accustomed as he was to facile conquests, College Boy yet had the grace to realize that he had done little more than a barrier reserve which might never have surmounted, if fortune had not favoured him amazingly.

There was a mystery about it somewhere; but that could wait for elucidation until tomorrow when he could take counsel with his steward. In the meantime, it became blindingly clear to College Boy that Lola could have no part in the future which he was reconstructing out of so pleasant a dream. It would not only be unsafe for himself, but unsafe for Lola as well, if he tried to carry out her wild plan of a reunion.  
As he decided this, a plan for completely obliterating his tracks, which had only been vaguely conceived and dismissed as impracticable, now began to take definite shape. College Boy thought it out to the last detail, and then set it aside for further consideration, according to the fashion in which events might shape themselves.  
In the morning a few shrewd questions put to his steward gave the Boy the key to all that had been mysterious in the conversation on the boat deck. He learned that Oswald Strang was a passenger by the "Berlinia"; and one who kept to the obscurity of his cabin even more obstinately than he had himself. That did him what he wanted to know, and helped him to take his resolution.

Dresses for the masked ball were easily come by, with the help of the steward. He had his pick of a score from the liner's theatrical wardrobe, and chose eventually to fall upon a court dress of black velvet, originally worn by one of the principal peers in the opera of "Iolanthe." At the knee a jewelled garter, and at the hip a short court sword! Surveying himself in a costume so admirably designed to display the strength and grace of his figure, College Boy was highly pleased.

Masked from forehead to chin, he made his entry into the dancing room at eleven that evening; and walked directly to the little table where Marcia's golden head betrayed her. She was talking brightly to another masked young woman, and had not noticed his approach.

"The Genius of the Cavern salutes Ophelia," he said, bowing with just a touch of exaggerated deference. "He claims fulfillment of a promise."

Marcia rose promptly, and surrendered herself to his arms. The band had just begun to play and College Boy told himself that his luck was in. It was a song which he knew well, and had often sung, making the most of a trumpery air and a set of banal words. The theme song of one of Oswald Strang's best hits; but College Boy flattered himself he could put it across more successfully even than the Man whose voice gets the Women.

"With you, I could conquer the world, without you, I'm nothing at all!"  
He began to sing in a voice no louder than he would use in intimate conversation, bending over a little to catch Marcia's ear. It was the first time he had charmed and thrilled a dancing partner.  
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## Canadian Delegate



Mme. Louis Berger (left) of Quebec City holds a number of other appointments in addition to being one of Canada's delegates to the United Nations. Canadian representative on the social committee of the UN General Assembly, Mme. Berger also is executive secretary of the Quebec section of the Canadian Cancer So-

ciety, president of the Women's Canadian Club, a member of the board of directors of the Family Welfare Services; a member of the National Health Council and a member of a committee for milk for needy children. She is a widow of a renowned Canadian pathologist. At right is Feenia Novikova, delegate of Byelorussia. (CP from United Nations)

## That Body Of Yours

By James W. Barton, M.D.

### CAUSE OF MIGRAINE — ONE SIDED HEADACHE

The fact that the cause of migraine (one-sided headache) is unknown or has several causes has, perhaps, led many sufferers to use the drug most helpful — ergotamine tartrate (hygergen) and not worry further about the cause. While this method of using the drug and forgetting about the cause may satisfy some patients, it doesn't satisfy the physician who naturally wants to prevent these attacks.

In The Canadian Medical Association Journal, Dr. C. J. Malley, McGill University, Montreal, states that the consensus of opinion is that migraine is a syndrome (group of symptoms) with several causes. "The importance of heredity is universally admitted, the disease being probably transmitted according to the Mendelian laws."

There are four groups of factors into one of which each case of migraine would seem to belong. These factors are the allergic (oversensitiveness to certain substances) the endocrine (gland) factor, the stomach and intestinal factor, and the psychogenic (mind and emotions).

Dr. Malley refers to the work of Dr. L. Unger in the Journal of Allergy, in which it is stated that after long experience with allergy tests and elimination diets, he feels that true migraine is certainly due to allergy to some food or foods, the omitting of which foods will prevent the attacks.

The glands thought to be a factor in causing migraine are the ovaries and the thyroid.  
Other research workers, Drs. W. D. Ross and F. L. McNaughton, in Psychosomatic Medicine, report successful treatment of migraine by cutting down on starch foods (potatoes, bread, sugar) and omitting protein (meat, eggs, fish) from the diet.

What many research workers have discovered is that these patients suffering with migraine are "perfectionists"; everything they do must be perfect and they hold to their ideas to the very last — inflexibility, intolerance, persistence toward fixed goals, and difficulty in sexual adjustment. Other research workers have found resentment a characteristic of migraine patients.

Drs. R. M. Marcussen and H. G. Wolff, in Psychosomatic Medicine, reported cases in which increased stress and tension produced migraine. In fact, most general physicians believe tension to be a common cause.

That allergic, gland, stomach, and intestinal disturbances, and emotional disturbances can co-exist in the same case is possible.  
However, acquiring calmness of spirit and the control of the emotions by religion or philosophy should help many migraine sufferers. Ergotamine tartrate is still the most effective treatment.

## DOROTHY DIX'S COLUMN

### When Silence Is Golden

#### Insistence On "Rights" Alienates Relatives

DEAR MISS DIX: Three months ago while I was visiting my sister-in-law, another guest took \$10 from my purse. I asked her for it and was told she hadn't taken it. My sister-in-law also said she was sure the girl hadn't taken the money. I even looked in the girl's purse and saw my ten-dollar bill. The girl offered me two five's, still insisting that she hadn't taken my money, but I refused it, saying I wanted my own bill.



Muriel Nissen

When I returned home I wrote to both the girl and my sister-in-law, and received no further satisfaction. Both insisted the girl was innocent.  
For sixteen years, my sister-in-law and I have been good friends and this is the first rift between us. She hasn't written me since, and my husband, who naturally sides with me, says he will never go to see her again. How do you think we can settle this matter?  
MRS. B. L.

ANSWER: It doesn't always pay to be too much of a stickler for your "rights", and in this case I see you have set your husband against his sister, as well as estranging all the in-laws, by insisting so vehemently that you were right. The fact that you could provide no evidence to back your claim of theft, even though you are sure of it yourself, does nothing to strengthen your case.  
FORGET IT  
Ten dollars is a considerable sum to lose, but when compared to all the human relationships involved, wouldn't it have been better to cancel the monetary loss and forget about it? You created quite a to-do over the whole mess and accomplished nothing but antagonism.  
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## Modern Etiquette

By Roberta Lee

Q. Is it proper for a man to say, "I am very glad to have met you" when taking leave of a woman to whom he has just been introduced?  
A. This is regarded as somewhat of a presumption on his part. He should wait until the woman has expressed her pleasure at the meeting before he expresses his own. If she says nothing, a nod of the head and a pleasant "good-bye" is all that is necessary.

Q. When a girl invites a boy to accompany her to her school dance, is it the boy's obligation to pay for the tickets?  
A. No; when the girl invites a boy to her own school dance, she must furnish the tickets.  
Q. Is it proper for a male escort to assist a woman in putting on her overshoes or galoshes?  
A. This is not only perfectly proper, but it is the courteous thing to do.

Q. How can I keep the hair brushes clean?  
A. Make a habit of washing the brushes at least once a week. Soak in hot water with soap powder and ammonia for five minutes. Rub the brushes under the water. Rinse in warm water and dry with bristles downward, preferably in the sun.  
Q. How can I remove soot from wall paper?  
A. Use cornmeal for removing soot from wall paper. First, brush off as much of the soot as possible; then rub on the cornmeal until it becomes soiled; brush off; Q. How can I economize on sugar when stewing rhubarb, dried apricots, or cranberries?  
A. Try adding a pinch of soda to these fruits when nearly done, and much less sugar will be necessary for sweetening.

## How Can I!!!

By Anne Ashley

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## Household Scrapbook

By Roberta Lee

**Tintypes**  
Old-fashioned tintypes can best be preserved by keeping them in a dry, dark place, as exposure to light increases their tendency to fade. It is possible for competent photographers to make copies of tintypes, but this work requires great care and should be done only by experts.

**Flour Bags**  
To remove the printing on flour bags, cover the printing with a thin layer of lard, roll up the bag and put it away for a few days. Then wash it in boiling water.

## Better English

By S. G. Williams

1. What is wrong with this sentence? "Most certainly you should lay down to rest every once in awhile."  
2. What is the correct pronunciation of "drollery"?  
3. Which one of these words is misspelled? Government, paternal, brethren, discernment.  
4. What does the word "latitude" mean?  
5. What is a word beginning with "s" that means "lofty with pride"?

**ANSWERS**  
1. Omit most, and say, "Certainly you should lie down to rest (omit every) once in awhile." 2. Pronounce the o as in roll, not as in doll. 3. Brethren. 4. Freedom from narrow limits. 5. We must allow our speaker considerable latitude in his discussion of public affairs." 5. Supercilious.

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by Anne Adams

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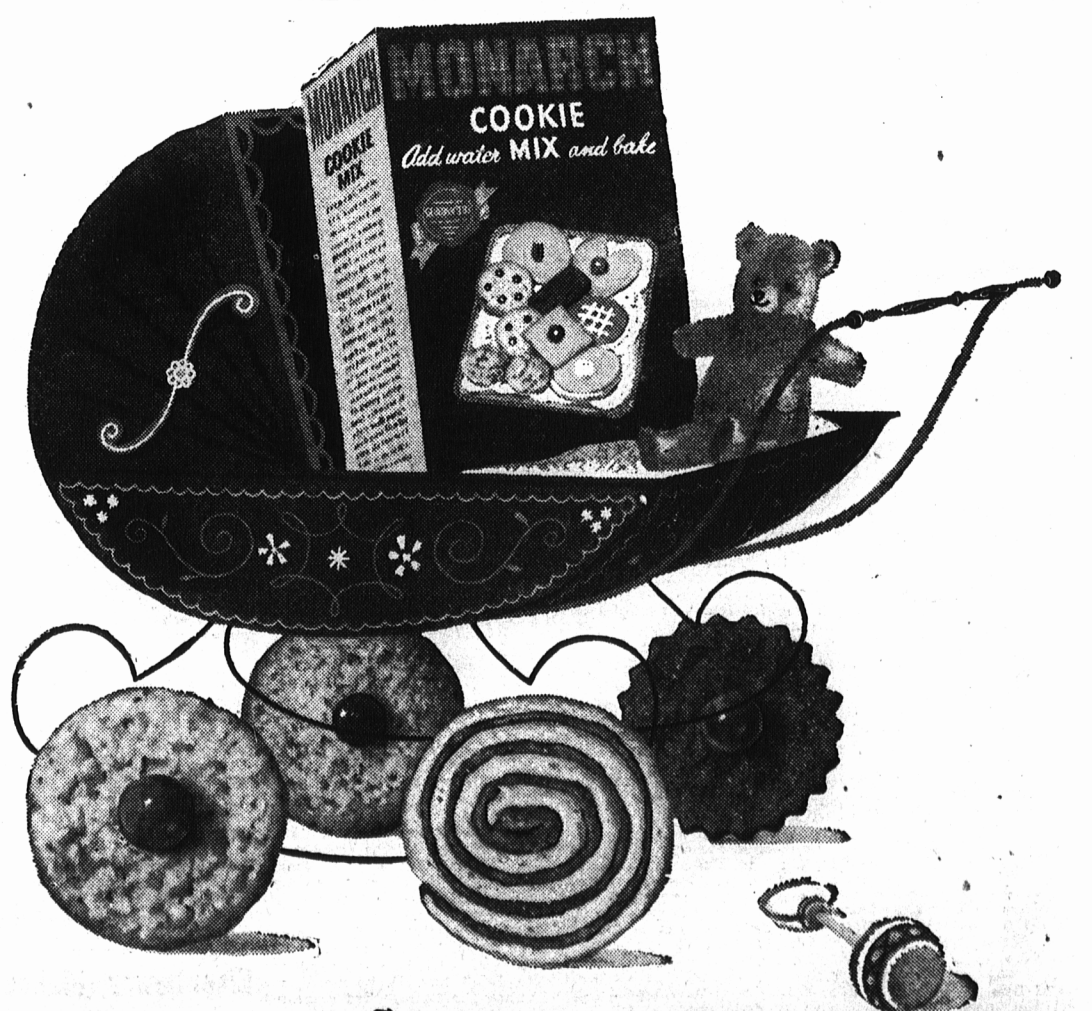
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