

# WOMEN

Page 8 The Guardian Wednesday, Sept. 8, 1954

## Wed in Toronto



Mr. and Mrs. E. E. Bennett are seen following their wedding recently in Toronto. The bride is the former Goldie Green, daughter of Mr. and Mrs. Walter J. Green, St. Eleanor, P. E. I.

### MARY HAWORTH'S MAIL

## Wavering Feelings

DEAR MARY HAWORTH: Joe is 19, I am 18, and we are engaged but only a few of our closest friends know it. We can't be married for at least two years, and don't want to announce until shortly before the wedding. Joe is a fine Christian, considerate, popular, terribly in love with me—a husband should be. I am the problem, I guess.

We met several years ago and soon started dating. Joe's intentions were serious from the first. I felt, and I was equally interested. But some months ago I began to feel less in love with him, and after some hesitation I suddenly told him. He took it hard as I had expected, and tried every way to revive my first love for him. He has always been only too willing to take the blame for my slight disagreement, or change his views to ease a situation.

I kept on dating him, partly from love, but more out of sympathy and sorrow, though several times I came dangerously near to asking him please to forget me. Then one night he proposed to me and I accepted, and for several days I felt in love again as before, but I knew it couldn't last. I want to love Joe; my head says yes to him as a partner, but my heart says no.

### COLLEGE DATES POSE PROBLEM

Two years ago I dated another boy whom I loved very much, who also wanted to marry me. But we parted over religious differences that we couldn't reconcile. I still fight my love for him, which seems never to die, and I wonder if this is my trouble with Joe. I forego more problems ahead when I return to college in a few weeks, and am asked for dates by boys who don't know Joe, and don't know I am engaged.

In my uncertain state of mind, I dread the lonely prospect of the fewer dates, with Joe hundreds of miles away. Is it natural for young engaged persons to have moments of indifference? I don't think so, as Joe seems never to waver in his love for me. I want my marriage



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### RICHARD HUDNUT EGG CREME SHAMPOO

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## A Dislocation

First Aid and Home Nursing  
(St. John Ambulance)

The main first aid principle to remember in the dislocation of a joint is: Don't try to put it back in place—leave that to a doctor. A dislocation, as most people know, is the displacement of one or more bones at a joint. The joints most frequently dislocated are those of the shoulder, elbow, thumb, fingers and lower jaw. The lower jaw, incidentally, can be dislocated by a simple yawn.

Look for these signs and symptoms if a dislocation is suspected, says St. John Ambulance:

1. Pain of a severe sickening character at or near the joint.
2. Loss of power in the limb.
3. Fixity at the joint—the limb cannot be moved at the joint either by the patient or by the person giving first aid.
4. Deformity of the limb—the limb assumes an unnatural position and appears misshapen at the joint.
5. There is swelling about the joint.

It is often hard to distinguish between a dislocation and a broken bone. However, keep in mind that a dislocation always occurs at a joint; there is no movement of the joint; no bony grating is heard (it may be accidentally discovered in the case of a broken bone); and if the end of the bone can be felt it is smooth and rounded.

If there is any doubt the injury should be treated as a fracture.

When a dislocation occurs outdoors, steady and support the limb in the position which gives most ease to the patient, using padding where necessary in order to lessen the effects of jolting during transport.

When the patient is indoors place him on a bed or couch in the position which gives most ease. When the dislocation is painful expect the joint. If the doctor is expected quickly, apply a cold compress (cloths soaked in cold water and then wrung dry) but if he isn't expected for some time, apply a hot compress (cloths soaked in hot water and then wrung dry) and replaced when needed.

If the dislocation is in the lower jaw, remove dentures if they are worn and give the jaw support.

Herman N. Bundesen, M. D.

## Midway Health Check-up

PAST the age of childhood diseases and before the age of chronic ailments, the 35-year-olds have almost reached the halfway point on the road of life. The life expectancy of the average person close to 70, both men and women should not only take economic stock of their future life but also a health inventory when they reach their middle years.

A person of 35 may think he is too busy to take stock of his health. People in this age group, except when ill, or women, when pregnant, rarely see their physician. They do not consider the many infirmities that could be developing within their bodies. The possibility of death seems unrealistic, but they should consider possible health hazards so that they may be met with intelligence.

After the age of 35, the leading cause of death is heart disease, with accidents a close second. However, as the years go by, cancer becomes the second most prevalent cause of death.

Many people are actually suffering from chronic diseases. They may be walking around with high blood pressure, asthma, a hernia or rupture, a bone or joint defect, hemorrhoids, a kidney disease or some other ailment that needs treatment. Thirty-five is the age for all people to take stock of their personal health and have that necessary medical examination. Regular medical care may add years to their lives.

### QUESTION AND ANSWER

R. S.: Does a blind person have a better sense of touch than one? Continued on page 9

### Morning Smile

A taxi passenger, arriving at his destination, paid the fare but did not tip the driver.

"You've forgotten something," said the driver.

"What?" asked the passenger. In honest bewilderment, peering back into the cab.

"Your baapies," returned the driver.

## PERFECT PARTNER for CHICKEN

### Ocean Spray Jellied CRANBERRY SAUCE

## Murtaugh-Sinnott Wedding



Mr. and Mrs. Louis Murtaugh are pictured with their attendants following their wedding ceremony at St. Malachy's Church, Kinkora, on Tuesday, August 17. The bride is the former Muriel Ann Sinnott, daughter of Mr. and Mrs. A. J. Sinnott of Emerald, and the groom is the son of Mr. Walter Murtaugh and the late Mrs. Murtaugh of Kinkora. Extreme left is the best man, Mr. Elmo Sinnott, and extreme right is Miss Marian Brennan, bridesmaid.—(Edwin Heckbert Studio).

## ELLEN'S DIARY

by an Island Farmer's Wife

In the little lawn-border, sunny margolias and pascia tagetes catch now in their petals the coin of September. There too the "crown"-flowers in lacey gowns of engaging shades take one back to gardens of the long-past years. To those where paths often shell-trimmed, were hard-beaten wheelless aisles. There in tiny plots, each to its own, grew blue forget-me-not, red peony, valley lily... roses... nasturtium, marigold, cornflower, aster in season. And always from the sun-up of spring until the winter put all such blossoming to sleep there were pansies—to gather as so much enchanting treasure-trove, to admire and touch the magic velvet of the petals—to love thus and leave upon the stalks; or stopping low, to catch the fragrance of the subtle dream-scent there.

"I guess while I'm waiting for those boys to come from school, I may as well pick up some pansies," Mack, lone youngster about these days, offered this afternoon. "If I take every one, that won't make any difference, will it?" he queried. "There'll always be more!"

"As our farmers hope of this weather, which comes to them choice at present for the items of harvesting. At this farm of Rob's, we are into the heat and burden of it now, without sign of displeasure or sound of complaint. Unless it be that the September days, shorten to hurry them over—much to the grief of the haying. "Let's make haste while the sun shines" is a slogan of season.

After classes, Jamie, pockets full of apples or plums, is away along the fields too to join the workers. He drives the tractor at the reaping and so releases another man to the cares of the stooking... These mornings our painter, also gilded at the carpenter goes to Alderlea to work at the building under repair there, to have it weather-worthy by the time last stooks are in place and the farmers turn to the threshing.

In a nice surprise this afternoon, a vacationing couple who have enjoyed their stay at an Island Court "better than ever—because, don't you see? returning most summers as we do, it's become truly a home away from home for us," brought a parting gift. A moment of a nice friendship—a paper knife, made of seasoned apple wood of their State, fashioned by the husband of the twain (An Island lad of once) beautifully carved, and much appreciated.

By this, bearing with them pleasant memories of their stay, during which the best of weather prevailed, they are, if all be well with them, drawing close to their Massachusetts Lakeside home. May the months ahead be kind to them and all those who look forward to an Island homing on a summer day of another year!

And now the night is here—a "stilly night" kept by a bow of moon... "A woman sitting in the house all day doesn't pick up much of an appetite," reeked Jamie, calling up the stairs suggestively to this room where we write "It's not one bit like being at the stooking!"

Until tomorrow ——— Diary  
— Good-nights ———

### KEEP IN TRIM

## Rhythm Slimmers For Softies

By Ida Jean Kain

The average working woman is a young 38, but due to that sedentary 9 to 5 day, her figure is a little soft around the edges. Whether or not she needs to lose weight, the working girl would like to be slimmer through the middle measurements. So today's "slimastics" are designed to tighten the waist, tone the girdle muscles and trim the hips.

Take it away, starting with a smooth sit-up-c-b-h. As you stretch, think of the part of the figure you are aiming to tone, concentrating

arm and leg action is incidental—the streamlining comes from extending the stretch through the middle of the figure. Think "slim mid section," then pull "slim through that area."

To get desired results, always pull up and in firmly with the abdominal muscles and hold this up pull throughout all the exercises.

Progress by adding a side bend to the up stretch. Stretch, arching arms overhead, then bend smoothly sideways to the left, feeling the pull along the right side of the silhouette, from hip bones to armpits. Repeat 3 to 6 times, then bend to the opposite side.

If you are rusty on exercise, wait until next week to start this twist: In same upstretched position, arms overhead, add a quarter twist at the waist, and bending down, touch fingers to side of foot. Come up, pull slim through the middle again, execute a quarter twist at waist, inverted back, down, twist again. Three times to each side will be sufficient at the start.

Now the hips... leg swinging helps tone the massive muscle on the back of the hips, provided the angle of swing is past 45 degrees. Swing into action:

Standing, place left hand on chair back for balance. Swing right leg forward, then swing backward past 45 degrees, or past the halfway level. Swing forward and back rhythmically 10 to 25 times, tensing the big hip muscles as you swing. Change sides and swing another 12 to 25 counts.

This trio of exercises tones the important figure-controlling muscles. Infusing tone into flabby muscles gives you a slim, trim figure. Better still, with good muscle tone you have a wonderful feeling of fitness.

### Queen Elizabeth II Spoon!

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### LET'S EAT

## Good Breakfast Is Vital To Teen-Age Nutrition

By IDA BAILEY ALLEN

THE new baby's diet is carefully watched, the food supervised by a pediatrician or clinic.

Mother carefully prepares the formula and introduces the right prepared baby foods at the right time. The very smallest, the helplessness of the child, tugs at the heartstrings and makes her careful.

### A Different Story

But what happens to many of these same babies at adolescent age is a different story, revealed in recent state studies of the diets of children of high school age.

Many of these children fail to get adequate nutrition, which is reflected in lowered vitality, absenteeism and consequent lower scholarship grades. The crux of this nutritional lack is an inadequate breakfast—a lack not made up at other meals of the day.

It seems incredible, but in spite of the amount of publicity given to the daily need of Vitamin C, less than 12 per cent of the children had citrus fruit or tomato juice daily.

Mothers can get up in time to prepare breakfast; children can be gotten up in time to eat it. They will enjoy it to the last bite, if they are hungry. And they will be, if late evening snacking is not allowed! Before retiring, provide fresh fruit—and watch those adolescent complexions improve.

### A Good Breakfast

A good breakfast should contain one cup milk; citrus or tomato juice; a high-protein cereal, such as oatmeal, with sugar, or bread and butter; and one of the following: an egg, or small portion of meat or fish, or a home-made dish containing meat.

The adolescent child is no longer a helpless baby but is at an equally crucial stage, nearing the threshold of adult life.

### Vary Breakfast

Use a variety of cereals, with

whole milk and brown sugar or honey; or sometimes top with sliced bananas, berries, or stewed dried fruit and whole milk. Use various kinds of breads.

For main dishes, have any of the following: omelets, shirred eggs, sautéed luncheon meat, fried dried beef, hash, French toast with syrup, left-over stew on toasted shredded wheat, cod-fish cakes and bacon.

For a treat, on Saturdays, Sundays or holidays, make griddle cakes, waffles or a hot bread.

### TOMORROW'S DINNER

Tomato and Lettuce Salad  
Broiled Chopped Beef  
Pan Gravy  
Popped Potatoes  
Corn on the Cob  
Pineapple Baked Alaska

Coffee Tea Milk

Why wait until time for a party to enjoy Pineapple Baked Alaska? They are comparatively inexpensive and so easy to make they can be enjoyed as a frequent treat.

Pineapple Baked Alaska: Prepare a plain meringue mixture such as the Mile-High Meringue often given in this column.

For 6 persons, use 6 slices drained, chilled canned pineapple. Place on a bread board. Using a scoop or spoon, place a ball of very firm vanilla ice cream in the center of each pineapple slice. Spread quickly and completely with the meringue way out to the edge of the pineapple.

Bake 4 min. in a very hot oven, 475 degrees F. when the meringue will be delicately browned. Serve individually and immediately on chilled plates.

Garnish with any bright fruit, or use half-thawed frozen strawberries or raspberries.

### TRICK OF THE CHEF

Add a little minced fresh or dried basil to French dressing for tomato salads.



### JELLIED FISH SALAD

- 1 tablespoon gelatin
- 1 cup cold water
- 1 cup salad dressing
- 2 cups flaked fish (cooked)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup diced celery
- 2 tablespoons chopped olives or pickles

Method:—Soak gelatin in cold water for five minutes, then dissolve over hot water. Add salad dressing, fish, celery, etc.

Mix all together well. Pour into mold and chill. Serve on lettuce leaves.

—Mrs. R. I. Dickieson, New Glasgow W. I.

### Household Hint

To restore the original whiteness of enameled bathtub and wash bowls which have become yellow, wash them in salt and turpentine.

## Bringing Up Baby

Hints Collected by The New Yorker (Mother of 5)

Browsing through a magazine the other day, I ran across this interesting thought. One of the greatest things about babies is that they "turn people into parents... give lessons in baby care no one else can." How true! Who but your little individualist can teach you how to tend his needs so well?

Guiding principle. Forcing never made a baby a bigger or a better eater. Little appetites do vary from meal to meal, and most babies have a way of knowing their own needs when it comes to eating. Guide to good eating habits: use imagination in varying baby's meals just as you do for family menus.

Baby's appetite is easier to keep alive when you serve a variety of good-tasting foods. Gerber's offer over 34 varieties of strained fruits, vegetables, soups, meats and desserts, so you can rotate colors as well as kinds of food. Such palates such smooth, nice-on-the-tongue textures. Good to know, too, that Gerber's Strained Foods are processed for high retention of the wholesome food values growing babies need.

Music hath charms. A photographic expert offers this helpful hint: "Turn on the radio to something sweet and low while you're snapping your pride 'n' joy. It does wonders for baby's expression."

P is for proteins...the basic "building material" for growing bodies. Gerber's Strained Meats provide the complete proteins so necessary for growth and the development of muscles and all body structures. Made of selected Armour cuts, they're all solid meat, with just enough broth added to give a smooth, easy-to-swallow consistency. Easy as milk to digest because they're specially processed seven are famous for the true-meat flavor that whets the appetites of tiny sprouts. Gerber's Baby Foods, Niagara Falls, Canada.

## All Lines Lowered in British Fall Fashion Preview

By MURIEL NARRAWAY

Canadian Press Staff Writer

LONDON (CP)—Everything has dropped in Britain's fall fashions. Bustlines fell from a Hollywood uplift to a "relaxed" level. Waistlines descended inches, sleeves and shoulders came lower, and belts sunk around the knees.

Hardy Amies, designer to the Queen, lowered even the hem to 14 inches from the ground for day wear—an inch lower than summer styles.

### GUARDED INTRODUCTION

The trend is back to the clothes mother wore in the '30's, at least for the women with the nerve to wear them. For the not-so-brave, all designers are breaking in the long look gently. There are, of course, plenty of simple classic styles with only a suggestion of the waist-around-the-hips look featured in more outstanding models.

Women are expected to take their time falling for something like the black chiffon dress over green chiffon designed by Digby Morton. With wide black satin sash set low on the hips, this dress has no shaping from boat neck down, except by horizontal shirring. An accordion-pleated skirt swings out from under the hip sash and short sleeves are 1930 length.

"Great Scott!" is the suggestive name Morton gives a 1930 dress in heavy acetate ottoman, with the same scooped-out neckline and cap sleeves chosen by the Queen's 1930 Kent and Princess Alexandra for many of their Canadian tour dresses. The dress is straight from a low-cut bustline and natural waist to a wide leather belt encircling the thighs. A full skirt flounces from under the belt over four colors' organza petticoats.

A "holly pop" dress, in peony silk paper taffeta, starts with an innocent-looking monkey jacket and ends in a fully-gathered harem skirt with tucked-under hem. The jacket is edged by a double frill that spouts over a wide black satin

sash encircling the hips and topping the gathered skirt.

### MERE SUGGESTION

Many designers merely suggest the low belt under naturally-fitted waistlines. Fashion commentators prophesy, however, that the low look will be as big a craze in the near future as the post-war new look.

Charles Creed drops a half belt to hip pocket level below the fitted waist of a flare-skirted facecloth coat. Matti uses the same idea on the back peplum of a classic suit with fitted waist. Michael gives a "thirteen" flare from knees to hem at back of a straight coat in heavy tweed with big cap collar and huge patch pockets.

Many designers use three-quarter and seven-eighth coats over classic suits with fitted lines. The long look is there in the unbelted, collarless coat with narrowed hem, often edged and lined with fur. A beautiful classic outfit by Victor Stuebel, designer to Princess Margaret, gives a flat-chested look by a triangle-dress effect under wide revers. The dress is otherwise plain with natural waist and all-round pleated skirt. A straight coat with large patch pockets and a deep beaver collar, completes a dropped shoulder effect, completes an outfit typical of those comprising the more outstanding '30s look.

### Wife Preservers

Be sure to keep the porcelain top table and stove free of acid foods such as tomatoes or lemons. These cause stains on porcelain that do not come off easily.

## Anne Adams Patterns

### WEEK'S SEW-THRIFTY!

Versatile skirt to put an end to "what-to-wear-worries" this season! Sew-thriftly to make—sew several in a variety of colors! Sew-easy, too! No paper taffeta, starts with an innocent-looking monkey jacket and ends in a fully-gathered harem skirt with tucked-under hem. The jacket is edged by a double frill that spouts over a wide black satin

Pattern 4640: Misses' Waist Sizes 24, 25, 26, 28, 30, 32 inches. Size 28 takes 1 1/2 yards 54-inch.

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