

# WOMEN

Page 8 The Guardian Friday, August 6, 1954

## That Body of Yours

By James W. Barton, M. D.

### WHEN PARENTS GROW OLD

I always read with much interest the Public Affairs Pamphlets, issued to help our information on health and living, published at 22 East 38th St., New York 18, N. Y. and available to the public at 25 cents per copy. Miss Elizabeth Ogg, writer of the pamphlet "When Parents Grow Old," gives us some examples of the problems faced by many families with an aging parent.

"Everyone in town knew why the Blank sisters never entertained friends. It was on account of Grandma who was so crochety that she might suddenly order guests to go home."

Another case was Mr. Blank who lived with his son and daughter-in-law and their 3-year-old son in an apartment in a big city. They were very fond of one another but unfortunately the apartment was so cramped that Grandpa had to sleep on a couch in the living room. Consequently when his son and daughter-in-law entertained, he had nowhere to put himself to bed and felt miserably in the way and upset because it would be long after his regular hour before he could retire.

This type of problem is appearing increasingly as our population of persons over 65 has increased four times since 1900, while the general population has only doubled. There are no longer many large family homesteads with warm chimney corners for the old folks and little household tasks for their hands. Living space has shrunk and much domestic work is now sent out or done by electrical appliances.

What can be done? Of course, there is no ready-made solution. Each old person and his family must work out the problem together. Everyone's needs should be considered and discussed. Like everyone else, Grandpa and Grandma need the warmth of affection and the feeling of belonging and some privacy, a place for personal possessions, and as long as they are capable of reason, the right to make decisions for themselves. In the case of older persons, these simple human needs are often overlooked.

## Morning Smile

"I've got a rather distasteful job," remarked a genealogist. "A woman employed me to look up her family tree, and I've got to inform her that one of her relatives was electrocuted for murder in America."

"Don't worry about that," replied his friend. "Just write that the man occupied the chair of applied electricity at one of America's public institutions."

## Household Scrapbook

By Roberta Le-  
Starch

If colored clothes and overalls are starched thoroughly at the first washing and each time thereafter, it keeps much dirt from getting into the fabric, and also prevents fading.

## Rust Stains

To remove rust stains from clothing, try lemon juice and salt. Then hold over a steaming teakettle. The steam will aid greatly in removing the spots.

## Buttons

When sewing buttons on boys' clothing, sew a piece of tape on the underside of the material and it will not loosen so quickly.

but they should not be satisfied wholly at the expense of other members of the family. In a combined household, each person has to make some sacrifices and some adjustments but try to keep sacrifices down all around. No family can be happy with a "martyr" in its midst.

Perhaps the most important advice is to encourage the old folks to stay in their own home as long as they can possibly manage it. Old persons, even when loving their spouse and feeling very lonely, should think twice about giving up their home, even to move in with loving children.

Tomorrow we will look at a few suggestions made to the older persons which will help them adjust themselves to the "younger generation."

## My Favorite Salad Recipe



### STAR SALAD

by Mrs. T. W. L. Prowse,  
wife of the Lieutenant Governor  
of Prince Edward Island.

4 oranges  
2 grapefruit  
Fruit salad dressing,  
Sprigs of mint  
Bing cherries.

Arrange five sections of grapefruit in the shape of a star on crisp lettuce or chicory. Line each grapefruit section with a section of orange. In the centre place a large cherry and add sprig of mint. Serves six.

## Big Fuss Made Over American Women's Dress

FRANKFURT, Germany, (AP)—A battle-scarred U. S. Army Colonel died behind his combat ribbons today as the wrath of a thousand American women poured down on him.

"I had no idea it would cause such a fuss," said Col. John H. Dilley, commander of the Frankfurt detachment, who issued an order advising army wives and daughters here to spruce up and tone down their dress.

His directive said "the attire being worn in public by some American women is not in good taste," and warned that if they didn't do something about it "positive action" would be taken.

Bare-back, halter-type sunsuits worn without a jacket or wrap. Bare midriff costumes. Strapless, low-cut dresses except in clubs or at social functions.

Shorts on teen-agers or women. Blue jeans on "mature women." Pin curlers, unless neatly covered.

## The Stars Say

By Estrellita

For Tomorrow  
THIS day favors originality and those with creative or imaginative ideas. Travel is also favored, not only for recreational purposes, but for business reasons as well, since you will be more than likely to make contacts of value in your occupation.

Friends and social activities may play an important part in your evening activities, but avoid indulgence in any form. Conserve health and energies for an exceptionally active period ahead. Romantic and domestic matters are favored.

For the Birthday  
If tomorrow is your birthday, your horoscope indicates the possibility of advancement through persons of influence—especially during the fall months. But generally speaking, your rewards, both financial and occupational, will result from a program of steady endeavor and application to the job at hand.

Late in September, some misleading influences may appear, so avoid those who would try to sway you from your principles or tempt you to risk hard-earned cash on

## ELLEN'S DIARY

by an Island Farmer's Wife

So our world changes—it knows no moments of idleness, no standing still. The years give . . . and take, according to the mysterious Plan of the ages. And giving, bear us joys in good measure. And taking leave us so often, especially, as for us they continue to wester, to mourn our losses.

This morning with other friends and loved ones from near and far, we attended the funeral of the neighbouring farmwife and mother lately called home. The day was new then, dewy-sweet and exquisite along the farmlands about. The surroundings were hushed and reverent, and over and about lay that peace of rural places which to note is to contemplate that "which passeth understanding" of Heavenly realms.

The sun spread a light fabric of mellow gold on the summer fields of our valley but even as we watched, as was this home we were come to, a shadow, moved over it, setting a gloom, a subtle sadness over the face of the countryside. . . . Here were the shrubs and the flowers, of the lawn, doubtless of her planting or for her delight for she "loved flowers" and every winsome and good thing of earth. Edging

it the lane dipped down to the millstream and road—the same road along which in good health this woman has gone to her Church, taking with her her joys, her hopes and her cares, naming them over even as do we, in our sometimes unspoken prayers. For the last time and in death, she would come this morning between summer fields and church that well loved way. The Church would be the last sheltering roof of all that was mortal until the red clay of a new mound should seal her resting place of earth.

So we leave them—the mothers gone on. Rested now are the gentle hands and the loving arms that had known so well the ways of cradling babes . . . who had lived and loved and tasted the joys, the sorrows and trials of earth.

"And they don't die," Carolyn's little motherless lad commented of this neighbour's passing. "I know they don't die! They live now," he nodded skyward, "somewhere else . . . And wait for us there."

To live on in the memories of kin and friends—that is not to die. Until tomorrow . . . Diary  
Good-night . . .

## Contract Bridge

By Josephine Culbertson  
DOING LESS THAN HIS FULL DUTY

The fact that a player makes a couple of forward-going bids does not necessarily mean that he has in this deal signed off too quickly.

South dealer.  
North-South vulnerable

♠ Q 4  
♥ 10 6 5 2  
♦ A K Q 7 3  
♣ J 6

♠ K 10 6 3  
♥ 8 7  
♦ 10 6 5 4  
♣ 8 3 2

♠ J 8 7 5 2  
♥ K 9 4 3  
♦ J 8 2  
♣ 5

The bidding:  
South West North East  
2♠ Pass 2♦ Pass  
3♠ Pass 4♦ Pass  
5♠ Pass Pass

It didn't matter what West opened—South could take all 13 tricks by virtue of the heart finesse, and had at least six-odd in any event. Since the finesse was needed for that grand slam, it is obvious that that contract should not have been reached, but the failure to bid a small slam was inexcusable. And, of course, it was entirely North's fault that the small slam contract

questionable ventures. You may have to shoulder some additional responsibilities during November, but you should be able to handle them well. Watch health and guard against nervous tension during October.

A child born on this day will be efficient, self-confident and extremely forthright in his dealings with others.

## Modern Etiquette

By Roberta Le

Q. Would it be all right for two girls, who are spending a week in New York, to visit some of the well-known nightclubs without male companions?

A. Not only would this be incorrect, but none of the high-class clubs will admit unescorted girls.

Q. When a woman is entertaining both men and women at dinner in a hotel or restaurant, what is the best way for her to pay the bill?

A. The best way is for her to order the dinner and pay for it in advance.

Q. What kind of gifts are given in observance of a second wedding anniversary?

A. This is the "Paper Anniversary," and gifts comprising that material are appropriate.

Let's review the bidding. South not only opened with a two-bid, but the two-bidder need not later jump to show his strength, he made a jump rebid of clubs to announce the great length and solidity of the suit.

North, it is true, had answered the opening two-bid with a positive diamond response, but—and this was the crux of the situation—his following four-diamond bid, over four clubs, meant little or nothing. North would have bid this same bid on a six-card suit headed by A-Q or A-J, surely it is vital to discriminate between that possible holding and the A-K-Q holding North actually had. Even the spade queen or the club jack might be valuable, as an entry, if nothing else.

Considering the bidding he had already produced, South could not think of going to the slam over four diamonds, but North certainly should not have passed to five clubs.



— G. H. M. —

WINNERS ALL! I'm very happy to announce the names of the Lucky Ballot Holders who came into Holman's in Summerside and Holman's in Charlottetown and successfully answered their questions asked them, thus winning the Big Birthday Prizes. In Summerside—First Prize (The Enterprise Propane Gas Range) was won by Ben J. Arsenault of 175 Ottawa Street, Summerside. Second Prize (The Nechth Portable Sewing Machine) was won by Mrs. Camden Gardiner of Lower Free-town. The Third Prize in Summerside (The Kroehler Rest Rocker) was not claimed. In Charlottetown—First Prize (The Enterprise Propane Gas Range) was won by Mrs. Ray MacKinnon of 50 School Street, Charlottetown. The Second Prize (The Nechth Portable Sewing Machine) was won by Reg S. MacDonald of Souris. The Third Prize (The Kroehler Rest Rocker) was won by Mrs. Clarence Murphy of East Royalty. Congratulations to all these Lucky Winners and to the rest of the people who held ballots—Better Luck Next Year on our 98th Birthday.

WHEEE! . . . The slickest and sharpest of smart tailoring has gone to make the new DACRON SLACKS perfect from every angle. They're to be found in the Sportswear Department of Holman's Summerside and the Ladies' Shop in Charlottetown. Just think of the satisfaction of a pair of Slacks that holds a press and a crease indefinitely, no matter how and where you wear 'em! They're in a pleasing shade of gray with a fitted waist and front waist pleats, slightly tapered legs and neat belt loops—in fact these Slacks have everything you could possibly desire. The size range of Dacron Slacks is from 12 to 20 and the price is 10.95 a pair. For the smartest and newest of Sportswear, make a real point of doing your shopping in the Sportswear of Holman's Summerside or the Ladies' Shop of Holman's Charlottetown.

THEY CAN TAKE IT! . . . Yes, indeed, the tough, well made DENIM JEANS in the 5 and 10 Summerside and the Budget Shop Charlottetown can take all the wear and rough usage you can possibly give them! They're in blue or brown colors—double stitched, bar tacked and riveted, of course. Sizes are from 12 to 20 and the reasonable price is just 2.98 a pair. Everyone likes Denims for active wear—everyone likes Denims for appearance—everyone likes Denims for the service they give season after season. Outfit yourself with a pair of these Denim Jeans from the 5 and 10, Holman's, Summerside or the Budget Shop, Holman's, Charlottetown.

HERE YOU ARE FOR A BARGAIN! The attractive WHITE TERRY BEACH JACKETS that with such rapidity, have been coming into and going out of the Sportswear Department, Summerside and the Ladies' Shop, Charlottetown are now reduced considerably in price—originally they would cost you 4.98—RIGHT NOW (while the supply lasts) they are marked a mere 3.00! Ideal for all Summer wear, these Terry Jackets in the hip length are boss styled with the raglan shoulder cut in one piece with the front. The big pockets and sleeves are trimmed with rows of navy and red braid—gives a touch of color to the white whiteness! The neck collar is notched. Sizes range through small, medium and large sizes. You'll feel so comfortable and at home in one of the Terry Jackets—they give exactly the correct amount of coverage. AND you get a BARGAIN by buying NOW! Beach Jackets are reduced from 4.98 to Just 3.00 in the Sportswear Department of Holman's Summerside and the Ladies' Shop of Holman's Charlottetown.

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## DOROTHY DIX

Young People in Love

DEAR MISS DIX: You often advise young lovers to date others when they are lonely. However, my girl friend and I have found such contentment in our love that we have no wish to date anyone else. Must we put up with the consequences of loneliness brought on by being so far apart? I'm in the Army and won't be home until October. We are in our late teens. A.K.

## HAPPY THOUGH LONELY

ANSWER: Strong as an attachment is as strong as the one between you and your sweetheart, it certainly would be foolish to advise outside dating. You are both much happier, even in your loneliness with the mutual confidence in each other's loyalty. Your girl friend could somewhat assuage her loneliness by working for the Red Cross, or some other organization helping servicemen. For you, of course, there's not much choice of volunteer work; Uncle Sam has your time quite well scheduled. Just put all your efforts into being the best possible soldier, and getting as much schooling as you can while in the service. Best of luck to you both.

DEAR MISS DIX: My sister, her husband and I are giving a present to a relative. How many people should pay for it (my sister doesn't work), and how many names should be put on it? My sister says the expense should be divided three ways, I think two.

ANSWER: First of all, if this joint present is causing any dissension, it would be better for separate gifts to be sent. According to the arrangement you suggest, it would seem to me most fair to divide three names on the gift—after all, it's coming from two households, not three.

DEAR MISS DIX: I recently met a girl who is 15. She likes me a lot, and I like her. However, as I'm 21 she thinks the difference in our ages would be a drawback. To tell the truth, I don't act as old as I am and don't look it, either.

ANSWER: Wouldn't it be a good idea, Roy, to learn to act your age? Being 21 but acting younger is nothing to boast of. The girl is too young for you, and I think a Miss closer to your age would be better company.

DEAR MISS DIX: I had been happily married for five years until I started having an affair with my boss, who is also married. When my mother-in-law found out she threatened to have me declared an unfit mother and have my small son taken away from me. Now my husband is getting suspicious, too. What should I do?

ANSWER: Try to find your way back to self-respect, obviously. Since it is fairly certain, however, that you have no intention of doing so, you might as well let matters take a natural course. This is for your husband to discover your infidelity, perhaps getting a divorce and being awarded custody of your own son. THEN—just watch Mr. Boss do a quick get-away from the whole trouble. The progress of affairs such as this is standardized.

## How Can I?

By Anne Ashley

Q. How can I keep moths out of blankets?  
A. Clothes, blankets, and such articles, if wrapped securely in newspapers, without leaving open places, will not be infested by moths.  
Q. How can I give a good flavor to roast lamb?  
A. A delicious flavor will be added to the roast lamb by adding several quarters of apples.  
Q. How can I make starched linen glossy?  
A. The linen will have a glossy finish after ironing, if a little salt is added to the starch.

## Better English

By D. C. Williams

1. What is wrong with this sentence: "Please sit down while I see where our supply of pens and pencils have been placed."  
2. What is the correct pronunciation of "chafe"?  
3. Which one of these words is misspelled? Magnetize, magnesia, magnificence, magnanimity.  
4. What does the word "dogmatic" mean?  
5. What is a word beginning with hu that means "kind"?

## ANSWERS

1. Say, "Please be seated while I see where our supply of pens and



## PINEAPPLE PIE

½ cup white sugar  
3 tablespoons flour or corn starch  
Salt. 1 cup water. Cook until thick, and add 1 cup crushed pineapple. Cook a few minutes longer, then add two egg yolks beaten.  
Place in baked pie shell and cover with meringue made of two egg whites. Put in oven to brown.  
—Elva McAllister,  
New London W. I.

pencils has been placed." 2. Pronounce the a as in fate, not as in chat. 3. Magnesia. 4. Asserting a matter of opinion as if it were fact; arrogantly authoritative. "Some critics write in a very dogmatic way." 5. Humane.

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## Hot Biscuit Supper Sandwich

Season to taste 1 c. minced cooked meat with grated onion, salt, pepper and condiment sauce; moisten slightly with gravy or sauce. Sift twice, then sift into a bowl, 2 c. once-a-week pastry flour (or 1½ c. once-a-week purpose flour), 4 tps. Magic Baking Powder, ½ tsp. salt, ½ tsp. dry mustard. Cut in finely 5 lbs. chilled shortening. Make a well in dry ingredients and add ½ c. chili sauce and ½ c. milk; mix lightly, adding milk if necessary, to make a soft dough.

Knead for 10 seconds on floured board and divide dough into 4 parts. Pat one part into a greased round 8½" cake pan and spread almost to edges with meat mixture; moisten edges of dough with water. Pat second part of dough into an 8½" round and place over meat mixture; press lightly around edges to seal; serve top layer deeply into 6 pie-shaped wedges. Bake in hot oven, 425°, about 20 mins. Serve hot with brown tomato sauce. Yield—6 servings.



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