WOMEN

ELLEN'S DIARY

by an Island Farmer's Wife

"What a day!" one of our world about commented of this, another in the week's succession of those that have been too often quietly beclouded, discouraging thus the harvesting of potatoes and roots, and the threshing, begging now to be done.

• • •

"Yes, it is a disappointing day," another agreed.

"Disappointing!" the first chuckled, "it's much worse than that!"

We remembered the conversation when later in the day, which remained listless, we happened upon an article in a corner of one of the favorite farm-magazines of these places, one we felt should be shared with those who might not have had the opportunity to read it for themselves.

"Its a Rotten Day, Ain't it?" by Paul Talbot.

"One cold and gloomy day last week, I heard a fellow say, 'It's a rotten day ain't it?' I was about to nod my head in agreement when I recalled a story told some years ago by the one and only 'Dusty' Miller. His response to just such an offhand remark ran like this:

"Well it's not a rotten day to me. I'm glad to get this day—I might not have had any. All the other days of my life are gone and the rest of them—if any—aren't here yet. So far as I am concerned, this is the nicest day of my life, for I've got this one!

• • •

"A few years ago I was as sick as anybody ever gets—and gets over it. I had at one fell swoop the influenza and double pneumonia. I was the right age and the right size to do what all the rest of them did—join the innumerable caravan.

"It was the last of February. The weather kept up that heavy, foggy, surly sour variety. I was having a close-up session with that uncanny, uncouth, fellow that carries a scythe. He stayed close to me for a couple of weeks.

"Sometimes I could almost feel his clammy fingers. One gloomy murky miserable day when a winter rain had been humdrumming on the roof for hours, he put the scythe down and said in a hollow voice: 'So you want a little more time, do you? Well, I'll let you have a little more, just a day at a time, remember, just a day at a time till I come back.

"I've known a great many days—more than a half-century of days—bright ones, happy ones, and some sad, disconsolate, heart-aching days, all kinds, but that was the grandest day of all my life—the day I was given some more days, one at a time."

"Quite a story, 'Dusty'—one of the best. It has stuck in the back of my mind for several years and will be there a lot longer—I hope. No matter how thick the clouds, or rough the storm, you are never going to catch me saying 'It's a rotten day, ain't it?'"

• • •

Good indeed? As has been this day which came in gift to us this morning though for the most part quietly beclouded.

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

Bringing Up Baby

Hints Collected by Mrs. Dan Gerber (Mother of 5)

Frequent queries come to this column for information on bottle-feeding of infants. Here are a few "tried and true" rules that may prove helpful to new mothers.

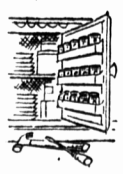
1. Make formula accurately. It is your doctor's recipe for meeting your baby's individual needs.
2. When heating bottle for feeding, test temperature of formula on wrist. If it feels comfortable (not hot), it's right for baby.
3. Always hold baby for feeding. It makes him feel wanted and secure.
4. Hold baby as upright as is possible for comfort, since he is less apt to swallow air in this position.
5. Allow plenty of time for each bottle. 20 to 30 minutes is about average.

• • •

Strong point. More and more doctors are recommending meat early in the infant diet, for the complete proteins that aid growth, build all body structures. Gerber's protein-rich Strained Meats are ideal. Made from selected juicy cuts, they're 100% meat, with just enough broth to give the smooth, nice-on-the-tongue texture little ones like. Processed for minimum fat and fiber, they're easy as milk to digest . . . have the true-meat flavors babies find appealing. Your choice of 6.

• • •

Cupboard clue. Short of storage space? Have dad build narrow shelves on the inside of your kitchen cupboard doors. Swell for storing baby foods, spice jars.



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Different, delicious, nutritious . . . special egg yolks prepared by specialists. Gerber's creamy Strained Egg Yolks have a wonderful custard-like consistency . . . a delicate fresh-egg flavor. Rich in vitamin A and iron, they're also a good supplementary source of protein. Gerber's Egg Yolks are heat-sterilized for baby's protection and laboratory-tested for purity. 2 tablespoons equal 1 yolk. Gerber-Ogilvie Baby Foods, Limited, Niagara Falls, Canada.

Herman N. Bundesen, M. D.

Gallstones Aren't Restricted To Women

WHEN I went to medical school, and we were studying gallstones, we were taught that persons most likely to develop this condition were fair, fat, fertile females of forty. This meant that women who were overweight and who have had a number of children were the ones most likely to develop this disease.

However, now comes new evidence that this is by no means correct. It is true that most women who develop gallstones have had children, but so also have most other women.

Related to Age

Gallstones, like many other diseases, are more common in the later years of life, but they also occur in young adults and have even been found in children.

In many investigations of gallbladder disease, it is found that more than one-third of the cases occurred in persons under forty years of age. Also, the disease is more common in women than in men, a fact which has perhaps hidden the diagnosis in men who have had such symptoms as excessive acid in the stomach and indigestion.

It is interesting to note that in certain countries several years after the war there was a rapid increase in the number of cases of gallstones discovered. It is believed that this may have followed removal on the restrictions of certain foods, particularly fatty foods. An excess of fatty foods is definitely harmful. Not only does it cause a general gain in weight, but fat may also be deposited in the liver, which interferes with the action of this organ and may eventually lead to serious liver disease.

The symptoms of gallstones are pain in the upper right part of the abdomen, together with sickness of the stomach, sometimes vomiting and jaundice, due to an accumulation of bile coloring matter in the blood. Of course, whenever such symptoms are present, the doctor should be consulted at once.

QUESTION AND ANSWER

J .C.: How would a normal person taking insulin for ten months react to it?

Answer: Insulin given to a normal person will, of course, cause a reduction in the blood sugar. If too much is taken, it may cause attacks of weakness or even unconsciousness. Insulin, however, has been used, under the direction of the physician, for aiding persons to gain weight, but it is only required in exceptional cases.

Morning Smile

"Aren't you the thought-reader who was entertaining the company a couple of hours ago by finding needles and other small objects they had hidden?"

"Yes."

"Well, what has kept you here so long?"

"I'm looking for my hat."

Lane's

Made By The Makers Of
Lane's Fine Bread

Celebrate Golden Wedding Anniversary

Pictured above are Mr. and Mrs. Fred L. O'Brian, 116 Pearson Avenue, Somerville, Mass., who celebrated their golden wedding on Sept. 25. They were married on Sept. 25, 1904, at St. Teresa's, that being the bride's home parish. The groom of that day was a young man from Bristol. Following their marriage they moved to Boston.

The anniversary Mass was celebrated in St. Clements church in Somerville, by Rev. Phalen McKenna, P.P., Morell, P. E. I., who made the trip to Boston, for the occasion.

In the evening at eight a reception for almost two hundred guests was held at the Knights of Columbus Building, Cheverus Hall.

The toast to the bride was given by Father McKenna, and responded to by the groom.

The big party was under the direction of Mr. Harold Dunphy who acted as master of ceremonies and assisted by Francis O'Brien, W. B. McManus, and George Bannum. A buffett supper was served to the guests while dancing was carried on featured by an old time jig as they danced them fifty years ago.

Out-of-town guests included Mr. and Mrs. W. A. O'Brien, Charlottetown, P.E.I., and Mrs. Thomas Dunphy, Peakes Station, P.E.I., who had gone up for the occasion along with Rev. Phalen McKenna. The happy couple now both seventy five years young are hale and hearty after fifty years of married life.

CARAMEL COOKIES

1 cup brown sugar
1 cup butter
½ tsp. salt
1 egg
1 tsp. soda dissolved in 1 large tbs. warm water.
1 tsp. vanilla
2 tsp cream tartar sifted in flour.

Flour sufficient to make a stiff batter. Roll out and cut with cube cookie cutter. Bake in a moderate oven and when cold ice with favourite icing.

—Mrs. Isaac Dunbar,
Alma W. I.

Pineapple Chiffon pie

1 envelope unflavored gelatin
¼ cup water
3 egg yolks
½ cup sugar
¼ tsp. salt
½ cup pineapple juice (drained from canned crushed pineapple)
½ cup water
1 tsp. lemon rind.
1-3 cup monfat dry milk powder
1-3 cup water
1 tbs. lemon juice.
1 cup crushed pineapple (well drained).
Chilled graham cracker crumb crust.

Soften gelatin in ¼ cup water. Let stand five minutes. Put egg yolks, sugar and salt in top of double boiler; beat until well blended. Cook and stir constantly over hot, not boiling water until smooth. Combine pineapple juice, ½ cup water, and lemon rind. Gradually add to egg mixture. Continue to cook and stir constantly, until mixture has thickened slightly. Add gelatin; stir until dissolved. Remove from heat. Chill mixture just until it begins to set. Combine 1-3 cup water and lemon juice. Sprinkle nonfat dry milk over surface of water; beat with a rotary beater or electric mixer until stiff, about five to 10 minutes. Fold whipped nonfat dry milk and crushed pineapple into gelatin mixture. Pour into chilled crumb crust. Chill until firm, about two hours.

MARY HAWORTH'S MAIL

Friendless Social Life Depresses Navy Wife

DEAR MARY HAWORTH: I am 40, well-educated, a Navy wife—and I am having blue moods lately. Perhaps I am looking at trifles too closely; but also, we seem to be living in an almost friendless vacuum. It has happened before, and will happen again, unless I can find a way out.

Henry and I have moved often in our 14 years of marriage, and at first his associates drew us into their social life. This was good, as I am a bit reserved, and Henry was shy in his youth, and still is. He is reluctant to make social contacts, and also claims to find most parties and many individuals boring.

Six months ago we returned to this area, where I have a number of school day friends. But Henry finds their husbands dull, so it is difficult to plan much with them. Thus we are seeing no new faces; just going to infrequent "command" parties. Perhaps by next year we may know a few couples and have dinners or picnics with them. There is always this waiting for others to draw us out, and meantime I get lonely and depressed.

HER HEALTH IS UNCERTAIN

We have young children, the eldest already a bit shy, and I feel they will profit if we can achieve a more stimulating social life. Henry enjoys bridge, but I have no card sense; and we don't dance. He likes reading and travel, has no hobbies, and looks forward to retirement on a small farm or island or some such arrangement. I enjoy music, painting and folk dancing.

My health is uncertain and ruled out social exchange at one time; but I am not medically considered ill now. If I remember to get enough rest I am fine . . . Henry is a very good man, interested in helping others when he sees the need clearly, and very fond of me and the children. He is at least partly aware of our situation and perhaps would like to change it a bit—if he weren't constituted to be such a rugged individualist. Just what is the problem? — and what should we do?

D. F.

IN CONFLICT WITH SPOUSE

DEAR D. F.: It is my impression that you and Henry have a frustrating effect on each other. You haven't much in common, socially and psychologically — although you may be loyally attached to each other, with seasoned affection and a sturdy sense of married loyalty.

Henry could be genuinely self-sufficient to a much greater extent than you, it seems. He can take or leave most people; he doesn't really want much variety in fellowship. He probably gets more than enough social contact to satisfy him in the course of his work routine, and in caring for his family. And for the rest, he reads, thinks, looks ahead, explores the world imaginatively, conceiving various turns that life might take.

Whereas Henry has his own kind of backbone, you are pretty limp in dealing with circumstances, and inclined (ever so softly) to be a whiner—by implication reproaching others for your inability to please yourself.

OPPORTUNITIES ESCAPE HER

In general, the social success of a husband-and-wife team is up to the wife. Either she ingeniously makes the most of their possibilities, based on his position and economic status. Or, by ineptness or indifference, she lets opportunities get away, and remains obscure and overlooked, socially speaking.

By preference, you'd be more outgoing than Henry; but you shrink from the effort required to be yourself. You wish he, or somebody, would take charge, to maintain you in the social mainstream. As he doesn't you feel thwarted, handicapped, angry, hence depressed, in the unconscious reaches of mind.

What to do? Accept Henry as is. Take stock of yourself realistically. Recognize that you are withering away, becoming dull and uninteresting to attractive people, because you expect them to track down and favor you—and they won't. You've got to bestir yourself—as it were part of your daily job to sell yourself in your very best light, to the folks you wish to know better—if you hope to be "counted in". M. H.

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

Perfection ICE CREAM
FRUIT NUT ROLL
You'll love it!

Islanders Wed In B. C.

Pictured above are Mr. and Mrs. Joseph Conway, whose marriage took place at Sacret Heart Church, Prince George, B.C., recently. The bride is the former Margaret Alice, daughter of Mr. and Mrs. Frank Murphy, Augustine Cove, and her husband is the son of Mr. and Mrs. Michael Conway, Kinkora.

KEEP IN TRIM

Food Allergies and Dieting

By Ida Jean Kain

Dieters who are allergic to eggs, milk or other of the protective foods which form the basis of scientifically planned reducing diets, have asked for help in planning their special menus.

The backbone of the safe and scientifically planned low calorie diet is protein. So the problem is to include sufficient protein when eggs, milk or, as in the case of vegetarians, meat is not used.

Let's tackle eggs first, since they are plentifully included in most diets. If you cannot tolerate eggs, but you can use milk, then have cereal with whole milk for breakfast. Hot cereal sticks to the ribs better. On alternate mornings, you might enjoy lean meat for breakfast. Canadian bacon is lean and hearty, or you can have lean ham. Luncheon or dinner eggs do not pose a problem for allergic dieters—any lean meat, fish or fowl or cheese can be substituted.

A sweet milk allergy can sometimes be sidestepped by the use of buttermilk, or a powdered milk. If milk is out, step up the calcium and protein by having a liberal serving of yellow cheese daily. If you are allergic to both milk and eggs, have large servings of lean meat and fish to keep protein adequate.

Figure this way—an ounce of cheese, one egg, a glass of milk, an ounce of fish, lean meat and fowl, each furnishes 7 grams of protein. Your daily diet must furnish one gram of protein for each two pounds of ideal body weight. Also remember that extra protein is a help to reducers because it stimulates the body to burn fuel. All food increases body metabolism, but protein foods cause the greatest rise. And right there is one reason breakfast is an important meal. There is an advantage in elevating your metabolism in the morning. Protein in the morning meal increases this advantage.

If you are allergic to some members of the cabbage family, to tomatoes, or to oranges, substitute foods in the same calorie groups. Any green or yellow vegetable can be used as a substitute. A citrus fruit or juice is needed daily, but perhaps can be better tolerated later in the day than at breakfast. In place of tomatoes, use a leafy green salad or cole slaw, but go light on the dressing.

Psychology can help in allergy cases. Do not use the allergy as an excuse for not bringing your weight down to healthy normal. The mind plays tricks on us that way. Set out to find ways by which you can slim down healthfully and you will find them.

Household Hint

Wooden salad bowls should not be immersed in water or soaked. Use a soapy brush on unpainted bowls, and a sudsy cloth on painted ones. Rinse quickly and dry.

LET'S EAT

Serve Reducers Cereal

By IDA BAILEY ALLEN

"I WOULD like to ask your opinion about the use of cereals in a reducing diet, Madame," the Chef began.

"They have a very definite, though restricted use, Chef," I told him. "When prepared in skim milk, ¾ cup cooked oatmeal or other high-protein cereals furnish a high-protein main dish for breakfast with real satiety or 'staying' qualities. The cereal should be served with 1 teaspoon sugar or honey, and a very little whole milk.

Amount of Calories

"The content of this combination is about 223 calories.

"Add a whole orange with the pulp ,and a cup of coffee or tea with 1 teaspoon sugar and a little skim milk, and you have a good start for the day, with a little under a third of the calories allowed on a reducing diet of 1000 calories a day."

"Is a ready-to-eat cereal served with skim milk equally satisfactory Madame?"

"Not quite. A hot cereal, cooked in and served with skim milk with a little sugar is more satisfying because of its greater protein content. At the same time, it has a more soothing effect in the stomach."

Cereals Cooked in Milk

Use this method for cooking any kind of cereal — for reducers or family use .

Into a double-boiler top, measure the amount of water and salt designated on the package of cereal. To serve 6 persons, mix the right quantity of cereal with ¾ c. dried skim milk in powder form. Bring the water to a rapid boil; stir in the cereal and dried milk mixture; boil rapidly 1 min. Place over hot water. Cover and cook 15 min. or longer.

SUNDAY DINNER

Grapefruit
Oven-Fried Chicken
Pickle Relish
Cornmeal Spoon Bread
Green Beans
Apple-Jam-Oat Turnovers
Coffee Tea Milk

Cornmeal-Rice Spoon Bread: Combine 1 c. yellow cornmeal with 1 c. cooked white, converted or brown rice and 1½ tbs. melted butter or margarine. Stir in ¾ c. boiling water. Stir in 2 well-beaten eggs, 1½ tsp. salt, ½ tsp. baking powder and add 3 c. whole milk. Transfer to a shallow 3-pt. baking dish rubbed with butter or margarine. Bake 30 min. in a moderate oven, 375 degrees F., or until puffy and golden brown on top.

Apple-Jam-Oat Turnovers: The interesting pastry for these turnovers is made partly with uncooked rolled oats, which gives a nutty flavor and crisp texture.

Oatmeal Pastry: Sift together 1 c. already-sifted enriched flour and ½ tsp. salt. Add ½ c. shortening. Chop in with a pastry blender until the mixture resembles cornmeal. Add 1 c. uncooked rolled oats, ½ c. sugar and ½ c. shredded coconut. Stir in 3 to 4 tbs. water. Knead slightly until the dough barely holds together.

To Complete Turnovers: Divide the dough into 12 parts. Roll to form circles 5 in. across. In the center of each, put 1 tbs. combined fine-chopped peeled apple and firm jam of any kind. Fold over, press the edges together with the tines of a fork. Prick each turnover 3 times to allow the steam to escape.

Place on an oiled baking pan. Bake 15 min. in a hot oven, 400 degrees F., or until golden brown. Serve cold.

Specialites from the Test-Kitchen

"Fried rice is one of the most popular dishes served in Chinese restaurants," remarked the Chef. "I would like to give the recipe to our readers so they can cook this delightful dish at home. I would also like to include 3 more surprise Chinese-type specialites from our taste-test kitchen."

CHINESE-TYPE DINNER

Chicken Soup Chinese
Fried Rice with Shrimp
Tossed Green Salad with Almonds
Chinese Ice Cream Sundaes
Coffee Tea Milk

Chicken Soup Chinese: To 1 (10½ oz.) can condensed chicken soup, add 1 can measure water. Bring to boiling point. Add ½ c. fine-diced peeled firm fresh tomato; simmer 1 min.

Fried Rice with Shrimp: Heat 4 tbs. cooking oil in a heavy 9-in. frying pan. Beat 2 grade A, B or C eggs until well mixed; add ½ tsp. salt, ⅛ tsp. pepper. Pour into the frying pan; slow-fry like a pancake until yellowed, but do not brown. Remove and with a sharp knife, cut into fine shreds.

Meantme, add 2½ tbs. minced onion to the fat in the frying pan, together with 1½ c. (2 lbs.) small-diced cooked shelled fresh or frozen shrimp. Add 4 c. cold cooked flaky white or converted rice, ½ tsp. sugar and 2 tbs. soy sauce. Stir constantly with a fork over a low heat until the rice is hot.

Stir in ¾ of the shredded egg and reheat. Serve hot, garnished with the remaining shredded egg.

MANY TALENTS

Jerome K. Jerome, English humorist who died in 1927, was by turns a schoolmaster, actor, clerk and journalist.

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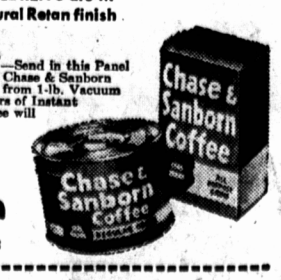

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8 9 10 11 12 1 2