

WOMEN

Page 8 The Guardian Saturday, January 8, 1955

Happenings of The Week

A One Minute Editorial from a Canadian business publication reads: "Ours . . . the freest, fullest way of life on earth. We made it that way — we can keep it that way — as long as we keep building strength."

Dr. and Mrs. W. A. Ernst who have been visiting Mrs. Ernst's parents, the Hon. T. W. L. Prowse and Mrs. Prowse at Government House have returned to Montreal.

The greetings from the Prime Minister of Canada, the Rt. Hon. Louis St. Laurent and the Mayors of Canada's capital cities upon the occasion of the opening ceremony of Charlottetown's Centennial year were very much appreciated by all the residents of Prince Edward Island. It was fitting that as these present day public men paid tribute to Eastern Canada's statesman of an earlier day, that a descendant of one of these former prominent men should be the organizer at Mayor J. D. Stewart's reception at the City Hall. Mrs. Helen Calbeck Pearson, a daughter of the late Mr. and Mrs. Henry Calbeck of Redwood and St. Avard, a descendant of Mr. Phillips Calbeck acting governor in this province from 1775-1780. He was also Attorney-General and speaker in the House. Mr. Calbeck was a native of Bristol, England. Mrs. Pearson's music on the All Canadian Hallman electric organ, reed-inspired, giving it the tone of a pipe organ, was a great pleasure as she played from two until five. Her selections were Christmas Carols, well-known familiar classics, and some of the Coronation Music. Mr. and Mrs. Pearson and their young son, Cyril, were visitors to England for the Coronation. While in the Province they were guests at the Charlottetown Hotel for the New Year's week-end and have now returned to their home in Sussex, N. B.

Mrs. George D. DeBlanc entertained at a luncheon bridge on Thursday at her residence, West Street.

Senator and Mrs. J. P. McIntyre left Boston Wednesday for Ottawa.

Senator and Mrs. G. H. Barbour left Wednesday for Ottawa.

Miss Elizabeth Horne was hostess to her friends on Friday evening at a jolly square dancing party.

Canada has been interested in hearing about "The Twelfth Night" Christmas Custom in Western Old England as well as "Wassailing the Apple Trees" another custom which is followed there was that of "St. Distaff's Day". This was the day on which the women resumed the work of spinning after the Twelve Days' Festivities of Christmas and it was popularly known as St. Distaff's Day. In medieval times it was the occasion for much merriment and rustic spot and jollity. As the men were in no honour to return to work in the fields, their object was to prevent the women from resuming their household duties. They set fire to the floss waiting to be spun, while the women retaliated by drenching their opponents with buckets of water, as described in the following lines: "Partly work and partly play, you must on St. Distaff's Day. If the maids a spinning go, burn the floss and fire the tow. Bring in pairs of water then, let the maids bewash the men. Give St. Distaff's all the right, then bid Christmas sport good-night." A very beautiful drawing by Muriel Broderick, an English artist, depicts all the jollity of St. Distaff's Day.

Miss Hilda Jenkins of the staff of King's Hall, Compton, Quebec, has been the guest of her brother-in-law and sister, Mr. and Mrs. Fred Taylor at Bunbury.

Spending the Christmas holidays with their mother, Mrs. Michael Doyle, and other members of the family at their home at North Rustico were Miss Elsie Doyle, Edmonton, Alberta; Mrs. Ralph Booth (formerly Miss Maureen Doyle) and Mr. Gavan Doyle of Montreal.

Miss Margaret Doyle R. N., North Rustico, left Boston recently to spend the winter months in St. Petersburg, Florida.

Mr. and Mrs. G. M. Avarad entertained on the holidays the staff of the Atlantic wholesalers, Ltd., and their wives at a Buffet Supper at the Avarad residence on Greenfield Avenue.

Prior to the Rotary Dance at the Queen Charlotte High School, Mr. and Mrs. G. M. Avarad entertained at a Buffet Supper Party.

Dr. and Mrs. J. A. MacMillan entertained Monday night at their residence at a square dancing party.

Mrs. Gordon MacDonald, Mrs. R. F. Van Alstine and Mrs. Richard Found, Ellerslie, have been attending a Sunday School Publications Evaluations Committee meeting held at Marshlands Inn, Sackville. The joint chairman for these meetings were Dr. David Forsythe and Dr. Wilbur Howard of the Board of Christian Education of the United Church of Canada, Toronto. There were representatives from the four Atlantic provinces.

Mr. and Mrs. Harry Morris and Mr. and Mrs. B. W. Patterson en-

MARY HAWORTH'S MAIL

Devoted Wife is Not Responsive to Mate

DEAR MARY HAWORTH: My husband is considerate and good natured; the trouble is with me. When we are together usually I am cold and unresponsive; then when John is at work or elsewhere away from me, I regret my unjustified behavior and can feel love for him.

He says he's not certain I love him, although I do, very much, but it seems I just can't express it directly to him. I try hard, it seems to me; and I vow to myself that I will be sincerely demonstrative when he gets home, as a loving wife should.

But always the same situation recurs; I scorn his advances, all the time not knowing why, apparently unable to act otherwise. Perhaps you can help me to understand myself, and make my husband's life more meaningful.

She Is Product Of Broken Home

I have wondered if my attitude is due to family background — to a broken home and no parental love or guidance. My father wanted to put us children in an orphanage, and our mother, in whose custody we were placed (she did this to spite my father) only thought of us as a block to her search for happiness, though she never remarried.

Now that we are all going separate ways, two of us married, he wants us all back under her wing; and has tried to break up our marriages, and to prevent the unmarried children from finding happiness with a helpmeet. This is all past history, and I do not want to do something about the present and the future; and I've been thinking of getting psychiatric help, except I haven't that kind of money. Please advise me.

P. S.

Past and Present Probably Figure

DEAR P. S.: From what you say, there is no great mystery about the primary source of your denying attitude towards your husband's love-hunger. Your parents' feeding relationship has transmitted to you an involuntary reflex of hostility to the opposite sex. And your sharp though unconscious quarrel with your mother's faulty temperament may lead you to distrust your own attractiveness towards men. Thus perhaps you are unconsciously afraid to let yourself go and love. John freely-supposing you could — lest he lose interest once your guard is down and he feels he knows and possesses you fully.

However, there may be more to the story than your inhibitions, acquired from uneasy observation of parental discord. There may be a secondary factor blocking your intelligent wish to be demonstrative with John. By which I mean, maybe John is an awkward or unprepossessing lover, despite "Yes," James agreed, "I wouldn't chuckle." The days are the same. We know however that we are living in a brand new year — it's there the change lies.

"I too always have a feeling they've changed," James smiled. "There is a different quality about them, one clean and fresh. And they commence to lengthen, very little though it is each day, still it soon becomes noticeable in fine weather, if the moonrise comes early. That puts an end to the short days for the evenings begin to stretch."

"These are nice days," we said. "Yes," James agreed, "I wouldn't mind if we'd get a spell of weather just like this. It's a great time for working in the woods — for gathering up the trees that were blown down by the autumn gales. It could not be better than now for that — no snow to hamper the work and at the same time enough if a fellow wishes to haul the wood on his own. We've been busy there this last day or two and it's surprising what we have done."

"Santa Claus brought him a fine new axe," we smiled, remembering that if at the time James had commented over the needless expenditure when he said, "there was plenty of them lying around waiting for handles," he nevertheless had been touched by the

thought that had prompted it, as well as the timely gift. And also the younger farmer's remark: "A good man deserves good tools; and so we sat about the night-fire fed with sticks of sturdy maple and winsome white-wrapped birch. And we talked of the mild winter so favorable thus far to all work of the farm: the shippings and field-haulings, the woodwork; and was it not remarkable for the time of year that machines could still come and go with ease to the yards?"

And we thought of the privileges the coming of the new year had given. Our worries and sinnings we had left to the old year to bury, not lightly of course, or without applications and yet with relief. And taking with us, the "What-soevers" that had been satisfying, together with the lessons learned, the experiences gained, we had stepped confidently and indeed blithely within the shining portals ahead.

"The best year of all, this will be!" "Her arms are full of gifts; her feet are shod. All fitfully for rough roads or velvet sod; Her eyes are steady with belief in God."

Her voice falls sweetly as a vesper bell. Where trust and hope all lesser notes dispel; Scarce knowing why, we feel that all is well.

She smiles a little as she turns away. Breathing a promise for each coming day. And we — we pause a little while to pray. — Until Monday — — — Diary — — — Good-night

KEEP IN TRIM
Inspiration For Slimming
By Ida Jean Kain
SET THE DATE FOR NORMAL WEIGHT

It's a fascinating fact that you can predict the date at which you can expect to be down to healthy normal weight. One Ohioan has set an anniversary date . . .

"I have been married 24 years and added 50 excess pounds. I would like to lose those 50 pounds by my anniversary which is June 24th." Good! An incentive adds interest. Let's figure how long it takes to lose 50 pounds. By the same method you can figure the date at which you will be normal weight.

Reducing isn't a mystery — it's a calorie subtraction. Calories are only a measure — the measure of the fuel value contained in food and the measure of the amount of energy you spend. The average middle-aged woman doing light housework or office work requires 2000 calories a day; 2200 for more physically active work.

There is only one way to lose excess fat — burn those stored calories for part of your energy needs. On a 1000 to 1200 calorie diet, you can lose two pounds a week. Figure this way: The fuel value of a pound of body fat is 3500 calories — that number takes water content into account. If you normally use 2000 a day and your diet is restricted to 1000 calories a day or 7000 a week, 3500 x 2 = 7000, which amounts to two pounds a week. Follow the diet and on the basis of a two pound loss a week, set your date.

Calories, however, are only part of the story. The 1000 or 1200 calories included in the diet must furnish all essential nutrients in normal amounts. You have no effective reserve of the nutrients that make good the wear and tear of daily living, so the foods furnishing these vital nutrients must be eaten daily . . . lean meat, eggs,



MR. AND MRS. LORNE BASIL MURPHY
Islanders Wed in Quebec

Wed in Our Lady of Fatima Church, Ville St. Laurent, Montreal, recently are Mr. and Mrs. Lorne Basil Murphy. The bride is the daughter of Mr. and Mrs. Emmet McCue, Alberton, and her husband is the son of Mr. and Mrs. L. J. Murphy, Summerside. The doubling ceremony was performed by Rev. Claude Shea, R.C.A.F. chaplain, Summerside, who flew to Montreal to officiate. He was assisted by Rev. Father MacDonald, Montreal.

ELLEN'S DIARY by an Island Farmer's Wife

"The days of the new year seem to be different," a visitor to the place this evening remarked. "I can't say exactly what makes that difference," she smiled, "but I know that it's there! There's a new challenge in them, a demand and an expectancy that isn't in the lapsed ones of the close of the year."

"I should say the difference is mostly in one's mind," her husband chuckled. "The days are the same. We know however that we are living in a brand new year — it's there the change lies."

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By HERMAN N. BUNDESEN, M. D. LET'S EAT

Cure For Pneumonia But Not For Cold

PATIENT: "I've got a cold, doctor. Can you cure it?"
Doctor: "No. But come back again when you get pneumonia. I can cure that."

Medical Phenomenon

Now I'm sure no doctor ever offered this kind of advice, but this "joke," which most of you have undoubtedly heard, does illustrate a medical phenomenon: We can't cure colds, but in most cases we can cure pneumonia.

I don't mean to imply that pneumonia is a joking matter. It's a serious illness. Sometimes it's fatal, but fortunately not as frequently as it once was.

Lobar pneumonia, for example, took the life of every fourth person it attacked only a generation ago. Today modern medicines have cut that toll to less than one death in every 20 cases.

Attacks Lungs

Lobar pneumonia is a disease which attacks the lungs. It is caused by bacteria and usually hits in late Winter or early Spring. It strikes the young, strong and healthy persons as well as the aged.

In children, it strikes both sexes with equal vigor. But 70 per cent of the adult victims are men. Neglect seems to be especially susceptible.

The disease almost always follows a cold. That's an important thing to remember.

Avoiding Disaster

You're courting pneumonia if you've got a cold and work too hard, stay out late at night, become chilled or are soaked by a cold rain.

If you notice a severe chill, a sharp pain in your chest, a hacking cough and have difficulty breathing, have a flushed face and a fever, you'd better call your doctor right away. Go to bed immediately. Your room must be ventilated, but not cold.

Conserve Your Strength

The person caring for you must keep you quiet, and comfortable. You will have to change your position in bed often. But have your nurse move you. You must conserve all your strength.

Your nurse should wear an apron which covers her dress completely. She must wash her hands thoroughly each time she touches you or comes near you. You can't have any visitors.

You'll have to drink a lot of fluids, about three to five pints each day. You can have fruit juices with water, coffee or tea or other sweetened drinks.

Keep Up Morale

One more important thing: Keep up your spirits and maintain a determination to get well.

A physician armed with penicillin and sulfa drugs can probably cure you quickly if you summon him in time. But call him immediately. Don't wait until tomorrow. That may be too late.

QUESTION AND ANSWER

E. L. W.: What would cause numbness in the hands?
Answer: The numbness in the hands may be due to a number of different conditions: first of all, poor circulation, disturbance in the blood vessels in the hands, as in Raynaud's disease, or disturbance in the nerves supplying the affected parts.

MORNING SMILE

A man's voice called the insane ward at the county hospital. He—Have any of your men got away lately?
Keeper—No, but why do you ask?
He—I just wondered. Someone has just run away with my wife.

bean, turnips, tomatoes, cabbage, spinach
Butter for vegetables, 1-2 tsp. 25
Cheese 1 oz. with cracker; or Frozen or Fresh Fruit 100
Coffee black or Tea

Total Calories for Day 1145
Note: To lower calories, women should delete first course or dessert course.

Cook's Corner

KIDNEY ROLLS
SPECIAL JELLY SALAD

1 lemon jelly powder, 1 tin tomato soup, 1 green pepper, 1 small onion, 1/2 c. celery (cut finely), 1/2 c. almonds, 1 c. cottage cheese. Prepare jelly as directed on package. Mix with other ingredients. Pour into wet mould. Chill.

Plain Old Chick Peas Cooked To Perfection

By IDA BAILEY ALLEN

"A GOURMET food is not necessarily dressed up with a fancy sauce, too much butter, rich cream, or wine," I said to the Chef. "It can be any plain food, cooked to perfection, served on the right dish and attractively garnished. Consider chick peas, for instance."

I agree, Madam. Chick peas are an example of a down-to-earth food that can be combined with meat or vegetables, made into delightful salads, or even an hors d'oeuvre spread.

Chick Peas: To plain cook, pick over 1 lb. chick peas and wash in cold water. Place in a deep saucpan. Add 1 tsp. salt, and 2 qts. boiling water. Cover and let stand 50 min.

Bring to a brisk boil; simmer-bull from 2 to 2 1/2 hrs. Drain off liquid to use in making soup. Use chick peas as desired.

Chick Peas with Brussels Sprouts: Combine equal parts cooked chick peas and cooked Brussels sprouts with 1 c. thin-sliced cooked celery. Season with 2 tbs. butter or margarine, 1/2 tsp. monosodium glutamate and salt and pepper to taste. Heat in a double boiler.

Chick Peas with Onions: Combine cooked chick peas with 1/2 the quantity steam-fried onions; serve very hot.

Chick Peas Creole: In 2 tbs. butter—saute 1/2 c. each sliced celery and diced green pepper, 1/4 c. chopped onion and 1 crushed peeled tomato sauce, 4 drops tabasco and 1 lb. cooked chick peas with 1 c. cooking liquid. Simmer 20 min.

The following menu includes several foods from the Near East, including chick peas.
MONDAY DINNER
Chick Pea-Celery-Olive

Saladettes
Greens Vinaigrette
Almond Rolls Glaces
Tea
Milk

Lamb Pilaff: Remove all excess fat from 3 lbs. stewing lamb. Cut meat into bite-sized pieces. Place in a heavy saucpan; saute in its own fat until meat begins to turn color.

Add 1 c. fine-chopped peeled onions; cook until translucent. Stir in 3 (8 oz.) cans tomato paste, 3 can-measures hot water, 1 tsp. dried mint, 1 1/2 tsp. salt, 1 tsp. monosodium glutamate and 1/2 tsp. pepper. Add 1 c. white, converted or brown rice.

Bring to a rapid boil; then reduce heat. Cover and slow-boil from 35 to 40 min., or until rice has absorbed liquid and is tender.

Almond Rolls Glaces: Beat 3 egg yolks light. Add 1/4 tsp. salt, 1 tsp. cinnamon and 1 tsp. water. Stir in 1 c. already-sifted enriched flour or enough to make a thick paste.

Turn out on a slightly floured board or cloth. Roll very thin. Cut in 2" squares.

On each square, place 1/2 the finely-minced blanched almonds. Roll up and pinch edges together.

Fry in deep fat hot enough to brown a bit of bread in 40 sec. (375 degrees F.) Drain on crumpled paper towels. Pour over sugar syrup to glaze, or dust with powdered sugar.

Serve cold, or reheat in oven.

Sugar Syrup: Dissolve 1 c. sugar and 1/4 tsp. cream of tartar in 1/2 c. water. Slow-boil 4 min. Use hot.

GREENS VINAIGRETTE FROM THE CHEF
Season chopped cooked greens with olive oil and lemon juice to taste. Garnish with capers.

Household Repair Tips Can Save You Trouble

By ELEANOR ROSS
A batch of timely suggestions today to aid in the care of the home and household possessions.

First, a vital word about frozen plumbing pipes, the warning issued by the Bureau of the Plumbing and Heating Industries.

Not Major Calamity
Frozen pipes, these experts point out, although inconvenient, do not have to constitute a calamity. The calamity may come if the pipes are thawed with a blow torch, and if the open flame of the torch is allowed to come too close to combustible material, such as wooden joints of flooring.

It was pointed out that another danger from the use of a torch is unskilled hands arising when both ends of a pipe are clogged with ice, and when the heat is applied in the center. The application of heat at the center of a frozen pipe is likely to cause the water to flash into steam, with disastrous results for the user of the torch. Far better to adopt the slower and more conservative, but safer, method of melting ice by the use of heavy cloths soaked in hot water.

Freezing is most likely to occur in pipes that run along an outside wall. This hazard should be corrected by re-location of the pipes, if possible.

If this is impractical, thorough insulation with two to two-and-one-half to three inches of good pipe covering is the only safeguard. If exposed to weather, pipe insulation should have a protective jacket of roofing paper — similar material.

Mending Salad Bowl

Our best wooden salad bowl developed a crack during the holidays, and an expert in such matters fixed it for us. This is what he did to make the bowl look just like new.

First, the crack was scraped out with a sharp knife, and worked at until down to clean, dry wood. Then, plastic wood filled in the crack, which was done from both sides, since the crack was wide and went all the way through. The plastic wood was built up slightly higher than the sides of the bowl, and when hard, the surface was ground down until it was flush and smooth.

For a final home repair note, we'd like to remind you that when the doorbell falls to ring, one way to get it going again is to remove button or buzzer from mounting and clean contact points with sandpaper.

ALICE BROOKS DESIGNS

QUICK TO KNIT!

Twelve-month fashion! Knit this waist-length shrug to wear indoors, under a coat now — without a coat later on. Use big needles, heavy knitting worsted.

Easy pattern stitch, ribbing border. Pattern 7073; knitting directions. Sizes 32-34; 36-38 included.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted). To Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, irresistible — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — right NOW! You'll want to order every wonderful design in it!

HOUSEHOLD HINT

Make out lists before shopping. This will help prevent confusion, extravagance and forgetting vital items. A shopping bag for small packages is convenient.

Smart shoppers get to the store as early as possible. You accomplish more, and can take time later for a peaceful luncheon that will do wonders for you if afternoon shopping is also necessary.

TINY TOTS

JANUARY CLEARANCE

Balance of Coats, Snowsuits, Dresses, Jumpers Greatly Reduced.

SPECIAL BARGAINS

59c, 1.00, 1.50, 1.95

