

# WOMEN

Page 8 The Guardian Friday, January 23, 1955.

## ELLEN'S DIARY

by an Island Farmer's Wife

Steps on the porch are frosty, and the glass tells a story of a night that is cold. And we say: "After so much mild winter weather—why, we aren't acclimated to this!" and we draw shades and close doors and put extra sticks on the fire. And yet it is only pleasantly keen, giving the stars above the snowy countryside an added brilliance, gemming the yards with diamonds that glow and sparkle in the lights about—and making us wish that the new moon of month had come up to set her silver along the white-clad hills.

Granddaughter, who had been playing along the yard-paths with Mack and a number of kit-cats in the veil of the twilight came in to announce: "I found a star! It's back of the barn—just a star! It's a hill-top. And after so many cloudy nights, isn't it a welcome sight! Would you like to see it? Then come to the door with me . . . Why," she smiled happily, when we came to stand beside her there, "there are more already—so many I wouldn't like to count them." Crisp and white-spread and starlit as it is, we could fancy this is a January night left from an Island winter long past.

And we added fresh sticks to the kitchen-fire to make the old arm-chair "a desired haven" of comfort and rest for James, when last choring ended, he came to it with obvious content. Granddaughter came then from the house across the Lane to join us, they to listen to the chapters of a series we as it comes to us, read aloud to them. They prove to be most attentive listeners.

"How will it end?" she smiled wistfully, when we reached the to-be-continued close. "Wouldn't it be nice to know!"

"It will be all the better for following it through the weeks . . . the waiting will make it more interesting," James said.

Instead of facing toward the yards of this place this afternoon, the brown mare must go in the opposite direction, which in trips a bit shorter, landed the lengths of firewood at Rob's, though the scene of the cutting remains the same—in a grove on this farm.

Supper? We could appreciate how good it must have been for James to come to it from the frost and work of outdoors—to smell the aroma of the homely foods, to partake of them, blessed to our use. The meal was of home-produced, home-cured ham, with home-grown potatoes (baked) and eggs for nice accompaniment. For an ending, there were apples from an old tree in the orchard, quartered and cooked in a sweet syrup until clear, a clove added for magic . . . The night-shadows had already reached the windows, reminding us again of the lights and warmth of the indoors. The fire sang a quiet tune of woody places and the kitten entrusted to our keeping "until I come back" was cuddled in sleep, feet a little weary, without sight or sound of departure—not even a sigh in the night.

Now our day is over. Gone is the expectancy, the sprightliness of the morning. Burdened with a miscellany of our givings, among them it comes to mind the minutes lost and ill-used, it will be off soon on a little weary, without sight or sound of departure—not even a sigh in the night.

Until tomorrow . . . . .  
Good-night . . . . .

## LET'S EAT

### An Herb Of Many Uses

By IDA BAILEY ALLEN

"SESAME is a most useful herb, with an entrancing flavor," observed the Chef. "Why is it not used more often in this country?" "Sesame seed are now on sale in good food specialty stores everywhere. They are not expensive, and add a luxurious touch to both savory and sweets. Let's work out some new uses for them."

#### NEW WAYS WITH SESAME SEED

Toast, and sprinkle over veal or chicken savory, hamburgers or chili. Brush ready-to-bake rolls or bread with egg white; dust with sesame seed and brown. Use instead of crumbs for final coating of veal cutlet, chicken, oysters or fish fillets to be deep fried. Border edges of pie pastry with sesame seed before baking pastry shells. Dust over sponge or plain cake or gingerbread batter before baking, for an attractive finish.

#### TOMORROW'S DINNER

Vegetable Juice  
Toasted Cheese Loaf  
Sesame-Fried Chicken  
Delmonico Potatoes  
Mashed Vegetables  
Cherry Batter Pudding  
Coffee Tea Milk

Cherry Batter Pudding: Remove pits from 1 No. 2 can cherries or use thawed-frozen cherries. Mix in 2/3 c. sugar. Place in an oiled qt. bowl or mold. Sift together 1 c. already-sifted enriched flour, 1 tsp. baking powder, and 1/4 tsp. salt. Beat 1 egg, add 1/2 c. milk and 1/2 lbs. melted shortening. Stir into flour mixture. Spread over cherries.



#### COOK'S CORNER

**TOASTED CHEESE LOAF FROM THE CHEF**  
Slice a small loaf of French bread into 1" slices to within 1/4" of bottom. Cream together 1/4 c. soft butter, 1 tsp. table mustard and 1/2 c. fine-grated sharp American cheese. Spread between slices. Brush loaf all over with 2 lbs. butter, and 1 tsp. mustard, creamed together. Bake 10 min. in hot oven, 400 degrees F.

**AICE SUPPER DISH**  
2 c. boiled rice  
1 c. chopped cooked meat  
3 eggs  
1 c. milk  
1/4 tsp. celery salt  
2 lbs. fat  
2 lbs. catsup  
Salt  
Season the chopped cooked meat with salt and pepper and place in



### Arrives For Play

Stage and screen star Deborah Kerr arrives in Toronto for a week-long appearance in the touring Broadway show "Tea and Sympathy." In this Canadian National Railways photo she sips a cup of tea in her drawing room aboard train.—(CP Photo).

By HERMAN N. BUNDESEN, M.D.

### Correcting a Hernia

You don't have to do hard manual labor to develop a hernia. While the inguinal hernia is frequently found in laborers, others also suffer, no matter what their occupation. Children get them, too.

A hernia is a rupture, and an inguinal hernia is the most common type. The inguinal area is the section where your thigh meets your body.

#### Weak Wall

A hernia is simply a protrusion which results when the abdominal wall has a weak section. The protrusion is a sac which may contain omentum or fat or a portion of the small or large bowel or bladder. Or it may contain a combination of these organs.

You may cause a hernia by lifting a heavy weight, by straining or even by coughing. If a father has a hernia, his son frequently has one also, although we are not certain that heredity is to blame. You'll easily recognize the symptoms of a hernia. It causes a swelling of varying size, usually in or near the groin. The swelling is most noticeable when you stand, strain or cough. Except during its production, it is not necessarily painful.

Men are more apt to get a hernia than are women. Women probably are most susceptible following childbirth, when their abdominal walls relax. An operation upon the abdominal walls may also weaken them enough to permit a hernia to develop.

#### Contents Pressed Back

Frequently the contents of a hernia may be pressed back into the abdominal wall by trusses or supports.

The size of the hernia, however, may become greater over the years as the abdominal wall becomes weaker. Its size may increase because of irritation or pressure, or because it has been permitted to protrude for a long time.

The contents of the hernia may

become attached to the inside of the sac, in which case, it cannot be returned to its proper position. This is called an irreducible hernia.

#### A Serious Condition

An irreducible hernia is a serious matter. In such a condition, the sac and its contents are constantly outside the abdominal cavity. You can readily see they then become susceptible to further injury or constriction. Now this may interrupt the normal flow of the contents of the intestine and may even shut off the blood supply, causing gangrene. This calls for surgery to correct the condition.

By surgery, we can return the contents of the sac to their normal position and remove the sac entirely. Through surgery we can also strengthen the weakened abdominal wall.

**QUESTION AND ANSWER**  
M. W.: What causes moles on the face and body? Is there any way of getting rid of them?  
Answer: Moles are usually congenital, that is, they are present at birth, although they may enlarge considerably after birth.

Certain types of moles should be left alone. Your physician will determine whether or not removal is necessary in your particular case.

## MARY HAWORTH'S MAIL

### Objects to Exchange Of Kisses at Parties

DEAR MARY HAWORTH: Now that the holiday parties are past, I wish to broach a problem that is fresh in my mind. It isn't like me to take up personal problems with strangers, but apparently I have become a celebrated "stuffed shirt" in the social circles I frequent.

My question is, just how far can married people go, in a presumably friendly exchange of kisses and genial familiarity, with other guests at parties—and not be promiscuous? There is a great deal of this kind of affection at holiday parties; and in my younger days it held little if any significance for me. I just considered it part of the holiday spirit.

But now I am an older man, with membership in a social club, and a professional status that requires my presence at parties, I am increasingly embarrassed by so much unabashed physical contact with other men's wives, with their maids standing by. Frankly I feel like a fool when some married woman is mauling me, while her husband looks on with a sheepish grin, aware of my obvious discomfort.

Moreover, at my club I have been witness to two nasty scenes, keyed to threats of violence, triggered off by this supposedly "good natured" kissing and hugging. Apparently the era of the brief warm handclasp and the cup of tea as a gesture of friendship has been replaced by the warm lingering kiss and two quick cocktails. Perhaps I too belong to a social era that has passed. What do you think?

S. S. Matter of Taste Mostly, We Think DEAR S. S.: Loads of people, young, old and middle age, feel as you do towards indiscriminate huggers-and-kissers, — they don't like to be publicly embraced when it means nothing, except mauling, from their viewpoint. So there's nothing "old hat" or passe, or outmoded Victorian about your dislike of the experience. It is simply a matter of taste.

Indeed the whole phenomenon of social embracing of Tom, Dick and Harry is a question of taste, really. Whether it is in good or bad taste depends upon the persons, the circumstances, the motives of the aggressor, and so on.

If the kissing kind are enthusiastically indiscriminate, saluting everybody within reach (who can't escape), it is safe to say that their intentions are more pranking than erotic. In any case, the poised reaction, if you don't like it, is to break the clutch immediately and cheerfully—sugar coating the tacit rebuke with a friendly comment about something or other. As for example "How are you Jane?" "Wonderful party isn't it? May I get you some food, or drink?" "Man Is Socially Unaware of Himself" Your reputation for being a stuffed shirt, which you impute to

## KEEP IN TRIM

### Calisthenics Slim Off Inches

By Ida Jean Kain

Calisthenics are slimming but not reducing. There's a sizable difference. Slimming refers to inches . . . reducing to pounds.

It's true you can't substitute exercise for diet. A few calisthenics night and morning, even rugged ones, won't offset the bulging con-

your emotional reserve, probably takes its rise elsewhere. That is, in a lack of social ease, that causes you to act cold, or seemingly severe, when you are merely baffled and uncomfortable.

Probably you are by nature a mild, timid, correct sort of person, always concerned to win general approval—careful, to the best of your ability, never to offend anybody. You aren't sufficiently sure of yourself — or of your acceptability to "society" — to confidently stick to your own preference, when it comes to kissing or not being kissed. So you suffer "indignities" (so you feel) in a manifestly suffering way, that unfortunately does wound the self-love of the others involved—the foolish matron and her sheepish spouse.

These simple people, feeling vexed, half ruefully and half comically call you stuffy, I suppose, and thus the rumor get around. If violence is breaking out at the club, caused by careless kissing, my advice is to research your community for more congenial social circles—and leave this aggregation to those who like that sort of thing. M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

### MORNING SMILE

"I suppose that if you marry my daughter you will expect me to pay your debts?" "I shouldn't think of putting you to so much trouble," answered the suitor. "You can give me the money and I'll pay them myself."

### ENGLISH TOFFEE

1-15 oz. can condensed milk  
1 c. brown sugar  
4 lbs. syrup  
1-2 c. butter

Use a heavy pan in making this candy and butter the bottom well. Mix all the ingredients very thoroughly before you begin to cook the mixture. Put it on low heat and cook slowly but steadily, stirring all the time, until it threads. This will take a half hour or longer. Then pour into a well-buttered pan, mark in squares and allow to harden. Rum flavoring may be added if rum and butter toffee is desired.

tone the big muscles . . . the braiding front muscles which form the abdominal wall, the side-front muscles which span the waist area, and the big, fleshy muscles which form the hips. Here is an exercise that slims all three measurements. Since it involves a twist, it is not recommended for anyone with lower back trouble. Position: Lying on back on floor, hands clasped behind head, knees bent toward chest. Movement: Holding knees together and pulling snugly up-and-in with abdominal muscles, lower legs from one side to the other in a swinging motion, touching floor each time. Be sure to keep shoulders as flat on floor as possible.

## If You're TIRED ALL THE TIME

Everybody gets a bit run-down now and then, tired-out, heavy-headed, and maybe bothered by backaches. Perhaps nothing seriously wrong, just a temporary condition caused by excess acids and wastes. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys, and so help restore their normal action of removing excess acids and wastes. Then you feel better, sleep better, work better. Get Dodd's Kidney Pills now. Look for the blue box with the red bars at all drugists. You can depend on Dodd's. 52

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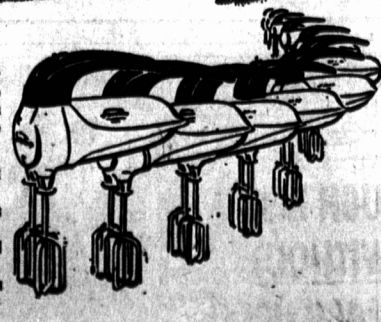
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1. Who was the English Monarch that had six wives?
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3. Who was the English Monarch that signed the Magna Carta?
4. Who was the English Monarch for whom Sir Walter Raleigh reportedly laid down his chest?



Mail your entry to "Monarch Contest", Box 325, Saint John, New Brunswick

- CONTEST RULES
1. Each entry must be accompanied by the top half of the front panel from any Monarch Mix package.
  2. Entries must be postmarked no later than midnight January 31st, 1955.
  3. Prizewinners will be the first fifty correct entries opened after the contest closes and will be notified by mail within 14 days after closing date, and a list of prizewinners will appear in this paper.
  4. This contest is limited to residents of the Maritime Provinces.
  5. Employees of Maple Leaf Milling Co., Ltd., its advertising agency and their families are ineligible.

# Monarch CAKE MIXES

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Pattern 7199: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 35-inch fabric. This pattern is easy to use, simple to sew is tested for fit. Has complete illustrated instructions.

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Pattern 7199: Pattern pieces, transfers, directions for making mixer-cover doll. Easy! Such fun! 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.

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