

WOMEN

Tuesday, January 18, 1955 The Guardian Page 3

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

MY HYACINTH

I have a hyacinth in bloom. Its beauty helps each passing hour. The fragrance of its sweet perfume, Hath itself a wondrous power. I planted it, a naked bulb, Not long ago beneath the sod; Day after day I watered it, And left the rest with God. And He hath given to me a flower, Blue as the skies in Heaven above, An emblem of its Maker's power, A tribute to His living love. I gaze upon this gift divine, Which glorifies my simple room, Breathing my thanks that it is mine. This hyacinth in fragrant bloom.

C. Partridge. Hyacinths and Daffodils are blooming from bulbs planted in October and November in a great hurry in the Fall rush, and now I am very thankful that an effort was made, so that this beauty and fragrance is here on a winter day. Bulbs make a winter long day light indoors and add their good cheer to dispel the dreariness of long winter days. A few pots blooming on the window sill or in the winter window-garden will change the whole atmosphere of the room, and this morning while writing here I notice a beautiful fragrant Iris in bloom! It is in the lovely shade of dark purple with bright orange crest and this is the color of the African Violet nearby in the window facing south under the eaves where I am writing. It is the violet fragrance of this Iris that I love and the price is so low for these bulbs, a little more than a postage stamp, so anyone can plant a few for winter days for beauty and fragrance. Winter brings more than thickened blood, it brings a need to warm the winter in the mind. With dreams of rich and most irrelevant things: Some blown be butting at a sun-shot blind. All drowsy-drunken; or dim penicil streaks. Of distant rain; or sudden thunder showers. That stab at hills with crooked, savage beaks; Or, after rain, the odor of drenched flowers. These fuel the faint pulse and stroke the heart. With light and fire against the treacherous fog. That creeps unseen, these write

a starry chart. And receded a radiant catalog. Even the frosts of love to these relent. Even the winter of our discontent. Auslander.

In January it is wonderful to walk into a garden house or a greenhouse as it is more often called, and last week I spent a happy morning over at the Memorial Nursery.

Fragrant Lilies and Oleanders were blooming, also beautiful Azaleas and Camellias. Large tubs were filled with wonderful Orange and Lemon shrubs which were fragrant with blossom and fruit. Lemons were very large, measuring eleven and a half inches in circumference and four and a half inches long, some were ripe and yellow, others were green. The orange tree had fragrant blossoms and thirty-six oranges some ripe and some green.

Many Amaryllis and Cyclamen were making good growth and Ivies, Ferns, Hyacinths, Geraniums and Begonias made it a bright and colorful room although it was a cloudy, snowy day outdoors.

Every time I visit this nursery and hear of all who are making use of the many bulbs, plants, shrubs and trees I think how fortunate we are on this Island to have a Memorial Nursery. If you would like to share in all the nursery stock available, send at once for the list which is ready now and see the great quantity and variety of plants listed. The Superintendent tells me that there are many beautiful shrubs and plants which will winter here that we never knew would stand our winter seasons, and for several years English Box and Tree Peonies, many varieties of Azaleas and Rhododendrons have been wintered in the Nursery Gardens.

Experiments are being conducted all year on tree shrubs and trees. In our climate continues to be mild, perhaps we will have good gardens for many months in the year?

Next week I shall tell you of the heather at the Nursery, as Burn's birthday is being celebrated on that day.

In the Spring Price List of the Nursery there are over a hundred varieties of Roses, and hundreds of trees and shrubs, including fruit trees and small fruits. Gladioli and Dahlias are also listed, all at the lowest prices.

A booklet on "Correct Planting Continued on page 10

MARY HAWORTH'S MAIL

Mature - Age Matron Loses Heart & Head to Young Married Man

DEAR MARY HAWORTH: A woman very dear to me is playing with fire. She is getting involved with a married man, younger than she; and your wise counsel is needed quickly, to avert disaster, I think.

Mr. T. call her, thinks she loves the fellow — on the slim basis of a two-week romance — but she is starchy-eyed from sweet talk and attention. She is planning to obtain her freedom in the near future, and so is he, that they may marry. Her husband knows nothing of this; and by and large is a wonderful chap with certain faults.

The other man is her inferior and has been married twice. He owns no property and is deeply in debt. He can't hold a job, and owes his present employment to Madge's husband.

In all fairness, Madge has some cause for dissatisfaction at home. She married quite young, and has several children — now in high school and college. Early in marriage her husband was able to give her a beautiful carpeted home with every modern convenience, beautiful clothes and a car for her own use. The only thing lacking in his companionship; he has been too busy making money and gaining respect in the business world. His excuse—the does it for her and the children; and I know he loves her. Lately, his social drinking has been much heavier.

Madge always has been somewhat of an introvert, more or less shy and retiring. Although she is well educated, with a high IQ, she doesn't make friends very easily, and is babe-in-arms about the facts of life. She has confided in me, urging secrecy. Please help.

H. L. Two Pursue An Illusion DEAR H. L.: Well, what can one say, at second or third hand, to stay a fool from his (or her) folly? Especially when it is a case of middle-aged madness, to use the classical label for the condition. It is a condition of wanting to escape the battered routine that one's life has become, and return to the springtime of hope — to love oneself romantically, through the extravagant praise of a dazzled admirer.

It is my surmise that Madge's suit, let's call him Harry, is impressed with her status as her husband's spouse, and in this spirit has launched the first specific galanteries that kindled the flirtation. No doubt her social setting and possessions suggest the prosperity and prestige that her husband worships and spends his time pursuing. And inasmuch as Harry is a falling along this line, he probably finds comfort (unconsciously) in being closely identified with exemplars of worldly success.

As Madge's husband is Harry's job-patron at present, Harry looks up to him, I suppose, and at the same time may resent the difference in their respective fortunes. In the state of mind to find himself romantically acceptable to his patron's wife gives him a kick of ego-satisfaction, perhaps, and emboldens him to court her preference intensively — on the unconscious theory that his romantic top-rating with her really makes him superior to her husband, in the field of men. Poised On Rim Of Frying Pan Poor Madge, in her timidity and dependency, dissatisfied with her situation and totally unprepared to be self-reliant, may likewise resent her husband's dominance and detachment in their relationship, hence thrill to the young man's disposition to treat her as a person of importance, having precious significance to him. Maybe also she has long childishly counted, unconsciously, on getting even with her husband some day by quitting him for an appreciative true love, who will list her first in his repertory of great interests.

Certain dovetailing neurotic trends of this kind usually underlie those flash romances that tempt frustrated married folk to snuck off their mate, and leap from the frying pan into the fire, in a mistaken grab for happiness.

The best advice I can give Madge in this crisis is to read Dr. Edmund Bergler's book "Divorce Won't Help" (Harper & Brothers). If she and Harry are currently involved in a raging infatuation, your efforts to influence their actions are probably futile. It is a psychological truism that the voice of reason, or common sense, usually gets no hearing, as the heels of emotional stress. Mr. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Now nature has a way of getting rid of this excess sugar. Abnormal amounts of sugar in the blood cause great thirst. Drinking a lot of water to quench this thirst naturally causes frequent urination. The inability of the sugar to produce energy causes you to become weak tired and hungry.

But eating won't help cure this condition. Since you cannot fully utilize the foods you eat, you will lose weight, no matter how much you consume.

We doctors don't know just what causes diabetes, but excessive eating of sugars and fats, which cause overweight, apparently are contributing factors.

That, in simple words, is what diabetes is. Tomorrow I'll tell you how the diabetic situation can be corrected.

QUESTION AND ANSWER A. M. M.: What causes cold sores? What can I do about them? Answer: The exact cause for cold sores, scientifically known as herpes

By ELEANOR ROSS labialis, is not known. They commonly occur following colds and such diseases as pneumonia, malaria or meningitis.

It has been found that one treatment with X-ray will tend to help prevent the recurrence of this condition. However, if the herpes have already formed, the use of such preparations as spritz of camphor or a bland ointment such as Les-sar's paste may be helpful.

Workshop Patterns by Ruth Wysh Spears

IRONING BOARD PATTERN 391

SLEEVE BOARD AND PRESSING AIDS PATTERN 392

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Mr. and Mrs. Frederick T. Coyle

Mr. Frederick T. Coyle And Miss Joanne M. Bovard Wed In Double-Ring Ceremony

A pretty Christmas wedding and one of much interest to their many friends and relatives was solemnized on Monday morning, December 27 at 10 o'clock in St. Bernard's Church, Moncton, when Joanne Marilyn Bovard, only daughter of Mr. and Mrs. Edmund Prince Bovard, 320 Cameron Street and Frederick Thomas Coyle, B.A., son of Mr. and Mrs. Frederick Coyle, Charlottetown, P. E. I., were united in marriage. The double-ring ceremony was performed by the Rev. John Morrison, who also celebrated the Nuptial Mass.

The church was decorated in keeping with the Christmas season with holly wreaths and red roses decorating the altar. The guest pews were marked with nosegays of holly and white satin bows. The soft nuptial music was rendered by Mrs. MacCarthy, the church organist, and Ervil Corrienter sang the solos, "Oh Sacred Heart," "Ave Maria" and "Pans Angelicus." Mrs. Aline LeBlanc sang "On This Day, Oh Beautiful Mother."

The bride looked lovely as she entered the church on the arm of her uncle, Major Leon Rice, by whom she was given in marriage. She wore an exquisite gown of imported French Chantilly lace with nylon net and tulle skirt over satin hoop underskirt. Her dainty lace jacket was enhanced by a doll-sized Queen Anne's collar and long sleeves coming to points at the wrists. Her headdress, designed by Juliet, was accented with tiny

seed pearls from which fell her over-the-face veil of tulle illusion bordered in French nylon lace. She carried a white Prayer Book covered in net and lace, topped with a mauve orchid, from which fell streamers of white satin and tiny rosebuds. Her only jewelry was a tiny white gold cross, gift of the groom.

The bride was attended by Mrs. Fred MacAulay and Miss Claire Croghan, who wore gowns of ankle-length crystalite. Mrs. MacAulay's gown was shirmp cocktail with which she carried a cascade of white Polonettes and pine with white satin bow. Miss Croghan's gown was of spruce blue with which she carried a cascade of red Polonettes and silver pine with satin bow. Both wore white feathered headdresses and long white gloves.

Little Miss Paulette LeBlanc made a winsome flower girl in her colonial dress of ice blue nylon with crimoline skirt; her headdress was a wide brimmed boater. She carried a nosegay of red and white feathered carnations.

Mr. Ivan Dowling, M. Sc., of Charlottetown was best man for Mr. Coyle and Messrs. Fred MacAulay, Barry Coyle and Boyd Cloney, ushered.

Following the ceremony a reception for approximately 100 guests was held at the Moncton Curling Club, which was tastefully decorated in keeping with Christmas. Tall white tapers adorned the bride's table which was centered with a three-tier bride and groom's cake. The toast to the

bride was proposed by Father Morrison and fittingly responded to by the groom. Miss Francis Coyle was in charge of the guest book.

The bride's mother was attired in Queen's blue taffeta with coffee color accessories and a corsage of yellow roses. The groom's mother chose Dior blue with touches of soft pink and a corsage of Pink Delight roses.

During the wedding luncheon, soft music was played and vocal selections were heard by vocal Cloney and Mrs. Aline LeBlanc. Following the luncheon, dancing was enjoyed before the young couple departed on their honeymoon.

For going away, the bride chose an azure blue knitted suit with tiny mink collar and cuffs. With this she wore a sequin trimmed velvet petal hat of the same shade as her suit and brown velvet gloves and purse. Over this she wore a muskrat coat and an orchid corsage.

The bride attended the Moncton schools, graduating from Horton Academy of Acadia University and has been with Trans-Canada Airlines at Moncton. The groom is a graduate of St. Dunstan's University, Charlottetown, and is with Trans-Canada Airlines at Halifax, where the newly-weds will reside.

Out-of-town guests at the wedding included Mrs. Florence Martin and Miss Phyllis Martin of Truro, Mr. and Mrs. F. A. Coyle and Ivan Dowling, M. Sc. of Charlottetown and Lt. May Doyle, M.N., of Halifax, N. S.

them! You might consider it wouldn't add up to much, but what a nice difference it can make!

"And never mind that hockey" he has said to Gage "Put away that stick and get the round of the handle of a pitch-fork in your hands; come and help with the feeding and learn to be a good farmer!"

This afternoon a west wind took the farmers to their woodwork. Mack too, to catch lovely rides on the sleigh-loads drawn home to the yards. And the heap there grows, warrant of fires in a year yet unstar. There was a January-snow spread lightly on the hillsides, and nearing sunset a rogg-past toward a hilltop to lead every sober little sunbeam back home.

But now are the night-hours. Winter-stars diamond-jewelled attend the winsome Lady of Moon, who radiant and lovely smiles graciously down on this valley, on field and on farmhouse, on mill and stream and pond, as she keeps a "silver" watch and ward over all.

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

ELLEN'S DIARY

by an Island Farmer's Wife

How pleasant it was to come to the glory of a morning of sunlight after a continued spell of damp clouded days!

"It's very welcome" Granddaughter smiled, eyes bright, braids smooth. She had stopped by a moment before setting out by truck to school to inquire: "Is there something you need from the store?"

"Would you mind this kitten for me?" Mack asked appearing later at the door. "Just until her paws get warm. She's been walking on the snow." His arms cradled the sleek black of a favorite. "She's a nice kitten" he said putting her down inside the threshold. "In fact" he nodded "I don't believe I ever had one any nicer . . . Keep her with you until the day warms up some . . . Isn't it great to see the sun again?" he smiled, turning away to go to the barns.

There he helps the farmers give the day's feed of roots to the cattle. It is a chore with some last to it, not so much from the number of animals that receive them as from the care given them.

"I just threw them round into the manger—and if they eat them, they do, and if they don't, they don't; they're there for them—that's all I know" we once overheard a farmer tell James. And James smiled without mirth and commented to us later: "And that's what passes for farming!"

At Alderley, if an animal shows his distaste for the turnip as it is, at once it is taken away and changed into a juicy pulp. If there chances

to be a small one in the baskets taken up from the barn-cells for the stables, to be a hazard of feeding, it is set aside to be used in finer form. If one happens to escape from the manger, it is allowed to lie useless there? Jams, or the younger farmer would walk a distance to retrieve the like, to return it to the place where it would do the most good.

"If instead of feeding the sheep round turnips—oh, I know they will eat them that way, after a fashion—you'd chop them . . . not too fine, you know, but then not too coarse" he commented to Jamie not long ago, "you'd be amazed what the little extra fussing will do for them. It wouldn't be much of a chore and you would find yourself well repaid for your time. I never count any time spent that way, lost. Yes" he said "it's the bit of extra care, that puts the shine on

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Here's a cough syrup that does more than just relieve coughs of colds. It works with a "relief action" all its own—and doesn't upset stomach or appetite.

Vicks Medi-tracting Cough Syrup is different—a combination of a new penetrating ingredient with a medicating formula. The penetrating in-

gredient carries the medicine to irritated crevices of the throat, where the medicating ingredient can go right to work. That's why it's named Vicks Medi-tracting Cough Syrup. It medicates as it penetrates.

Everybody likes the flavor! Try new Vicks Medi-tracting Cough Syrup.

VICKS MEDI-TRACTING COUGH SYRUP

KEEP IN TRIM

Inspiration For Slimming

By Ida Jean Kain

REDUCING TOGETHER SELDOM FAILS

This typical report from a home-makers' slimming club proves that overweight can help each other to reduce happily. "Our reducing club, started in the fall with 11 overweight home-makers, is making real progress. We have lost from 10 to 25 pounds each. Before clubbing together, none of us was ever able to stick with a diet. Here's the amazing part . . . we're all having a lot of fun!"

With that morale booster, let's turn to some unhappy overweights who seem to have little hope of being able to reduce successfully.

"My husband doesn't take me places any more because I'm so overweight. I try, but I can't stick with a diet to save me." Another . . . "I don't care to go anywhere or buy clothes . . . nothing looks right." The third . . . "I've tried everything . . . to no avail. I weigh 200 and wish I could go to some place and stay in a locked room for three months and have somebody bring me my meals. It's the only way I could diet."

If these three overweights could only club together, this dietitian is certain that they, too, could write a triumphant report. The over-eating that leads to overweight frequently stems from loneliness, boredom and frustration.

Why does reducing together make dieting easier? Being able to talk with others who understand the problem relieves the unbearable tensions which are back of much overeating. Also through shared experiences, enlightenment is gained. The camaraderie and spirit of change gives a completely new perspective.

A Slimming Club may be just yourself and an overweight friend. Or it may have six, 12 or more members. For information about forming or joining a club, send along a stamped, self-addressed envelope for the new leaflet SLIMMING CLUBS.

Important: meet regularly. Successful groups report that overweights should meet not less than once a week. Some homemakers meet twice weekly. Have a definite period for the duration of the club. Twelve, 16 and 20 weeks have been found to be satisfactory. Those who have not reached normal weight in that time enroll for a second semester.

Choice Diet Tomorrow's Menu Breakfast 200 — 275 Calories Citrus Fruit Juice, 5 oz. 1 or 2 Eggs Thin slice toast Butter — 1-2 pat Or: Thin Slice Toast — Butter 1-2 pat Glass of Skim Milk Coffee, black

Luncheon — 350 Cal. Sandwich: Choice of Filling: Sliced chicken, or Sliced Egg Or lean meat Bread, 2 thin slices Thin spread, mayonnaise Glass of Skim Milk or Buttermilk Small serving Fruit

Late-Afternoon Energy Pick-Up: Hot Tea, thin slice high protein bread, lightly buttered, 80 Cal. Dinner — 400 Cal.



Helping each other.

Protein Choice: 250 Cal. Mixed Grill — Lamb chop — liver Or: Pot roast of beef 2 generous slices Choose One 40 calorie Veg. (1-2 cup) Winter squash, or carrots Or — Baked potato, 1-2 cut oblong Choose One 20 Calorie Veg. (3-4 cup) Or Mixed Green Salad — vinegar & Seasoning Butter for vegetables, 1-2 pat Dessert: Hat grapefruit or Melon Coffee, black

Total Calories for Day — 1036 or 1102

MORNING SMILE

A golf professional, employed by a big department store to give lessons, was approached by two women.

"Do you wish to learn to play golf, madam?" he asked one. "Oh, no," she said, "it's my friend who wants to learn. I learned yesterday."

HOUSEHOLD HINT

If windows are not washed regularly in homes or shops, the light may be cut down one-quarter.



GREASE PASTRY

1 1/2 c. flour 1/2 tsp. salt 1/2 c. shortening 1/2 c. grated cheese 3 tbs. cold water (approximately) Sift together flour and salt. Cut in shortening with 2 knives. Add cheese; mix well. Add enough water to hold ingredients together, sprinkling evenly and mixing with fork to form balls. Roll out dough as required.



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The magnificent main dining room of Ottawa's Chateau Laurier Hotel is the scene of notable state functions — brilliant dinner parties. The coffee must be of superb quality — to match the Chateau's famed cuisine. That coffee is Chase & Sanborn.

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How To Use Your Space To Best Advantage

With so many family activities centered in the home, every inch of space becomes doubly valuable. Use of attic and basement areas taking on workshop, extra living room or music room duties.

Amazing Conversion

It is amazing what can be done with basement areas, too often, just repositories for old trunks, bottles, jars, newspapers and magazines. Takes but a small amount of cash, and a little effort, to turn this catch-all into a smart game and recreation room.

First Step

The first step is to gather all of the old furniture available that looks usable. A fresh coat of paint will do wonders with it.

Foam rubber cushioning and new slipcovers or upholstery will give new life to a sofa and chairs. An old-fashioned dining room table converted easily into a table tennis table, while a kitchen table is easily done over into a handy refreshment bar.

If you haven't one already, a prowl in stores dealing in used furniture or in a piano store, is likely to turn up an old upright piano, for song fests. Making music is very much a part of do-it-yourself recreation activities. Must be so, for stores say piano sales are booming, as are sheet music and music lessons.

Bright Colors

Colors should be bright and lively, no matter what theme is worked out. The fabric used for draperies can be carried over into a skirt for

New Ideas For Afternoon Teas

For afternoon entertaining among women, the tea party is still the most sensible and enjoyable method. In The Standard this week, Food Editor Helen Gougeon is featuring some new ideas and recipes for your afternoon tea parties —

tasties which the children will also enjoy after your party's over. She also provides a few hints on how to make a really good cup of tea. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

The Standard