

WOMEN

Page 8 The Guardian, Tues. May 24, 1955

Seven Days A Week

1. MONDAY: The history of trees is an interesting study and this item about ash trees is one clipped from one of the nicest of seed catalogues — strictly mythological of course!

In Ireland the ash trees were regarded with awe and wonderment.

"Gruel the ash tree" is in the *Battle of the Trees* and to-day the shadow of an ash is said to blast trees and crops.

In English the ash tree was considered to have powerful potency. Children afflicted with rickets or other illness and disease were slowly passed through a cleft in an ash tree as a means of a sure cure.

Warts were transferred to the ash sometimes by rubbing them with a piece of bacon and then slipping the bacon under the bark and repeating this charm — "Ashen tree, ashen tree, pray buy these warts of me." In the meantime a needle was stuck first into the tree, then into the wart and then finally into the tree where it remained.

In other parts of England ash rods were used for the cure of diseased sheep, cows and horses. In Richmond Park there still stands a Shrew Ash. It is a reminder of the cure for cramp or lameness in cattle. Here's how it was done . . . A hole was bored in the ash tree and into the hole a live shrew mouse was placed and then it was plugged up tight. In this way the disease was transferred to the tree.

In Scotland highland children were given a drink of the astringent can as a medicine and to protect them against witchcraft.

Pliny, the Roman naturalist, mentioned that a snake would not crawl over ash leaves and if a circle were drawn with an ash rod around a snake it would die of starvation.

There is a persistent belief both in England and parts of the United States that the snake's fear of ash has been extended to a fear of the shadow of the tree.

2. TUESDAY: "Stone walls do not a prison make nor iron bars a cage."

Down in Statesville prison, not far from Chicago, you will find twenty acres of beautiful well-cared for gardens confined within the prison walls. The warden, Joseph E. Hagen was awarded a prize by the National Council of State Garden Clubs.

The prize was actually based on horticultural merit rather than on any desire to foster social work.

These twenty acres are tended by 80 gardeners, inmates of the prison, and this is, to say the least, most unusual. The warden states that it has enabled many of these lost souls, within the prison to find themselves again. Many of them, he found, were rehabilitated much better and much quicker than by regular means.

A gardener knows that when you are occupied and concerned with the tending propagating, and the growing of living things you can't be thinking of robbing, murder and destruction . . . because a mind concerned with creations is not one that fosters destruction. Perhaps from this report that came from Joliet will come many good things. Perhaps those in charge of our prisons throughout the country will see in this experiment a guiding light. After all what better purpose could gardening have than to find and lead lost souls in the paths of righteousness?

3. WEDNESDAY: A nice bit of poetry I came across this past week and I think it bears repeating. It is called *Prayer for a Child in Hospital*.

He is so small, and pain can be so mighty,
There are so many rows of white,
So many corners with dark shadows waiting,
So many aching hearts and throbbing heads,
Be kind to him, O God in solemn heaven,
Praised by the angels and the saints in light,
Bend down to him, and share his lonely vigil,
Staring away the creeping hours of night,
Not for him only: for all children lying
Puzzled and -frightened by the thing called pain,
Small, troubled minds (like ours),
Their questions wordless,
Who count the stars, or listen to the rain,
And this verse is on the non-sensical side. It is an inscription on the grave of a horse thief:

He found a rope and picked it up,
And with it walked away,
It happened that to the other end
A horse was hitched, they say,
They took the rope and tied it up
Unto a hickory limb,
It happened that the other end
Was somehow hitched to him.

4. THURSDAY: In Cleveland,

Oho, the judge examined prospective jurors in a robbery case. He asked one woman what her husband's occupation was.

"I have no husband," the woman replied. "I'm separated."

"Well, now that you're separated, what does your husband do?" the judge continued.

"I've no idea where he is or what he's doing," she said.

"Well, what did your husband do before you were separated?" the judge persisted.

"He didn't do anything," the woman replied.

"That's why we separated."

5. FRIDAY: Baked Halibut with oyster stuffing sounds good doesn't it? You get 2 large slices of halibut one inch thick; lay one piece on a greased sheet of aluminum foil in pan and sprinkle with salt and brush over with lemon juice.

Co. . . .

in buttered cracker crumbs, and season with salt and pepper. Cover oysters with the other slice of halibut, and sprinkle with buttered cracker crumbs. Fasten together with toothpicks and bake 30 minutes in a moderate oven 350 degrees F. Serve with egg sauce, and garnish with lemon wedges and parsley or watercress.

EGG SAUCE

1-3 cup butter
3 tbsps. flour
1 1/2 cup hot water
1/2 tsp. salt
1/4 tsp. pepper
2 hard-boiled eggs.

Melt half the butter, add flour and seasonings and gradually pour in hot water, stirring until thick. Add remaining butter in small pieces and two hard-boiled eggs, chopped finely.

6. SATURDAY: Imagine receiving \$25,000 for one rope? Yes, that's what one woman obtained in a baking contest — country-wide — held in U. S. A. last year. I don't know if sesame seeds can be obtained here or not. Whether they can or not I'm going to give you the recipe for some day you'll get some sesame seeds to try out this twenty-five thousand dollar winner.

"OPEN SESAME" PIE

1 envelope gelatin
1/4 c. cold water
1 c. milk
1/4 c. sugar
1 c. pitted dates, cut very fine
1/4 c. heavy cream, whipped
1 tsp. vanilla
2 egg whites
2 tbs. sugar
Nuts

1 baked "Sesame" pie shell
Soften gelatin in cold water. Beat together milk, egg yolks, sugar, salt in top of double boiler. Cook over hot water, stirring until mixture coats metal spoon. Add softened gelatin; stir until dissolved. Chill until almost set, stirring occasionally. Fold in whipped cream, vanilla, dates. Beat egg whites until slight mounds form. Add sugar gradually, beating after each addition. Fold stiff meringue into date mixture. Heap into cooled pie shell. Chill until firm; sprinkle with nuts before serving.

"Sesame" Pie Shell—Toast 2 to 4 tbs. Sesame Seeds in piepan at 325 degrees F. 8-10 mins. until light golden brown. Remove seeds. Sift together 1 c. sifted flour and 1/2 tsp. salt. Add sesame seeds. Cut in 1/2 c. Crisco until particles are size of small peas. Gradually sprinkle 3 to 4 lbs. cold water over mixture, tossing and stirring lightly with fork. Form into ball; roll out. Fit loosely into 9" piepan; flute edges. Prick with fork. Bake at 350 degrees F. 10-12 minutes until golden brown.

7. SUNDAY: How green the fields now and gone are the wild, stormy days of early Spring. The sounds of May are gentle sounds — robins singing in the early morning, swallows diving and darting endlessly, here and there in the bright sunshine, filled days. . . .

ing home after wild chases. In the dry bird he sees. "That a, will be worn off to the knees if he doesn't stop running," says Ron disgustedly, as he sets a dish filled with cold water for the busy, thirsty puppy to drink—We garner more flower slips, some quite unexpectedly and these seem nicer because they are unexpected. Today we celebrate a wee Scot's birthday. Yes, baby Garth will have four birthday candles on his pink and white cake — three for the years gone by and one for the year to come. How well he has fitted into our home and our hearts and he has come a long way from the four-and-one-half pound, one week old tyke who came to live with us just about three years ago. Yes, he is truly ours, as much as are our own, and we hope the years ahead will be kind to him— And now a fitting quotation for the coming week:

"A politician is a person who approaches every subject with an open mouth."—Adlar Stevenson said it.

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Fruit And Bread Loaf As Good As Shortcake

By Ida Bailey Allen

"In an old New England cookbook I came across a recipe for a fruit and bread loaf, popular more than a century ago. Why are fruit loaves not used more often today, Madam? They are quick to make and taste as good as a fruit shortcake made with biscuits. They look beautiful and can be made a day ahead."

There's a good reason why these fine desserts have been omitted. Chef. Most of today's home-makers have never heard of them! So let's get out the recipe for an old New England favorite.

Blueberry Loaf: To 3 cups fresh, canned or thawed-frozen blueberries add sugar to taste, 1/2 tbs. lemon juice and 1/4 tsp. cinnamon.



WHEN THE OCCASION calls for a special something for dessert, serve this perfect combination—a Blueberry Loaf and steaming tea.

Be 1 1/2 c. Thicken with 2 tbs. flour blended with 2 tbs. cold water. Stir and boil 3 min. If desired add 2 tsp. carobs. Serves 6.

TRICK OF THE CHEF
Add 1/4 c. slightly fried scallions and a little browned butter canned or cooked frozen mixed vegetables for flavor interest.

TOMORROW'S DINNER
Chilled Grapefruit
Spicy Pot Roast of Lamb
Brown or Capar Sauce
Flaky Rice Mixed Vegetables

HOUSEHOLD HINT
Never cut snags on upholstery or rugs. Tie them if you can, or tack them down with invisible stitches.

Cook's Corner

CLAM PIE
Peel and dice raw potatoes in baking dish, add layer of shelled and cleaned clams, slice of onion, pepper and salt for taste, small cubes of fat salt pork (about 1/4 cupful), fill dish in this same manner, then barely cover with boiling water and top with buttered bread crumbs. Bake in hot oven 1 1/2 hours.

Words Of The Wise
Winds are fair always, when you fly from harm.—(Sophocles).

FALSE TEETH That Loosen Need Not Embarrass
Many wearers of false teeth have suffered real embarrassment because their plates dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little **FASTEETH**, the alkaline (non-acid) powder, on your plates. Hold false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" (denture breath). Get **FASTEETH** at any drug counter.

STOP THAT HEADACHE
When you suffer from pain of Headache, Neuralgia or Muscular aches you want to stop that pain fast. . . . **FASTEETH** starts disintegrating almost the instant you take it — starts to relieve that pain almost instantly!
Always Ask For **ASPIRIN**
A PRODUCT OF **BAYER**

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Mrs. ERNEST EVANS, of Victoria, B.C., president of the Canadian Home and School and Parent-Teacher Federation, will preside over the national sessions to be held at Fredericton May 29 to June 4. Theme of the 1955 annual is "The School — Our Continuing Concern."

False Teeth Often Have a Certain Odor!

Soak your plates in Polident daily to avoid "Denture Breath"

Polident is the specially designed cleanser that keeps false teeth—and breath—clean and fresh always. Follow these simple rules:

1. Never use a brush on them! Your dental plates are much softer than natural teeth. Brushing wears down fitting ridges so they get loose.
2. Never use soap or toothpaste! They can leave film which collects bacteria and food particles, a major cause of offensive "Denture Breath."
3. Use a soaking-type cleanser made for false teeth only. . . . Polident Polident is the denture cleanser recommended by more dentists than any other. No brushing, no handling of soapy plates that can slip and break. Polident gets where a brush can't reach. Best of all, Polident always leaves false teeth odor free. Get the world's largest selling denture cleanser, Polident, at your drug counter.



Wife Preservers
Do not grease your cake pans with butter. An unsalted fat like lard or one of vegetable shortenings is better. The salt in the butter will often cause the cake to stick to the pan when baked.

Household Hint
Next time you buy cut flowers, save several to arrange in one of those inexpensive glass flower globes which you fill with water. The "flower under glass" will lend a Victorian touch to any room and will stay in good condition for two weeks or longer. Use distilled water for best results. You can get it from your florist, or use the water de-frosted from your refrigerator, which is also distilled.

KEEP IN TRIM
Be A Winner Mentally—Apply Psychology To Dieting

By IDA JEAN KAIN

Overweights are writing to ask for William James' philosophy on a diet. A philosopher, according to Plato, is one who desires to discern the truth. William James was certainly a seeker after truth. He was often called the Father of Psychology, and the broad psychological principles he brought to light apply to all of living.

Many of these basic truths can be applied specifically to dieting. For example, this wise observation: "Human beings can alter their lives by altering their attitudes of mind." In fact, it has been emphasized that our attitude toward a problem is more important than the problem itself.

Take the problem of overweight . . . your attitude toward reducing is more important than the number of pounds to be lost. The science of nutrition estab-

starting point. Desire is an action verb. You desire to be healthy normal weight, beautifully proportioned—so start picturing yourself that way. This technique gives the right blueprint to your mind.

It helps to keep your end goal vividly in mind, but it also helps to have a near goal. In reducing, the near goal can be your next smaller size. This means 12 to 15 pounds off. Instead of dwelling on the total poundage to be reduced, aim happily at your next smaller size.

What helps you to keep on a diet? To begin with, the right pattern of eating. Faddy diets drain energy. From the psychological angle, fresh ideas, excitement and efforts create energy, according to William James. Visualize how wonderful you will look and feel once you have banished the burden of fat. Picture yourself wearing a new outfit, looking and feeling a good ten years younger.

Your attitude at the beginning of any undertaking largely determines the outcome. Get enthusiastic about slimming, believe you can be beautiful normal weight—and act as if it were impossible to fail.

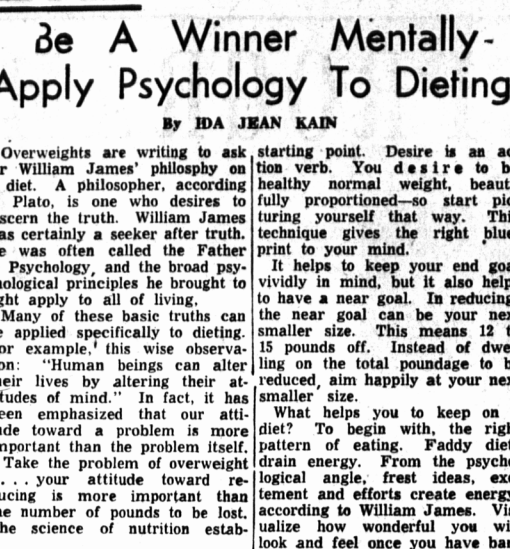
MORNING SMILE
Mr. Newlywed: "Why in the world are you working so hard today, my dear?"
Mrs. Newlywed: "Don't you remember, darling? It's Martha's day to clean. I just can't let her see the house looking like this."

VALUABLE CATCH
MATTAWA, Ont. (CP)—Caviar from sturgeons is what the Carriere brothers are after when they go fishing. The fish flesh brings \$3 a pound on the New York market, but the caviar commands \$1.25 an ounce.

lished many years ago makes it possible for any number of excess pounds to be turned back into energy. You can apply this science enthusiastically, fully expecting to succeed—and chances are you will.

On the other hand, if you feel sorry for yourself and regard diet as taking all the fun out of eating, your heart won't be in it. What's more, you will half expect to fail. This negative approach makes it next to impossible for you to start or stay with the right pattern of eating. Your mind will be dwelling on forbidden foods instead of finding ways to make sinning more exciting. Without being aware of it, you are creating a negative pattern, a failure pattern.

How do you accomplish anything you want? Desire is the



Looks young at 150 pounds

Relax with TEA

Get this new booklet "PLANT IT—ENJOY IT" from your local manager.



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A GOOD GARDEN IS AN ASSET

By improving the appearance of your home, a garden increases the value of your property. You will enjoy, too, the good impression it creates.



Blackness gives way to beauty when you plant a garden around your home. The first step is to make a plan which provides for a garden of the right size and type for your property.

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OUT OF THE ORDINARY...



Illustrated — The Spectacular Oldsmobile 4-Door Hardtop. A GENERAL MOTORS VALUE

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