

WOMEN

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LET'S EAT

Spring Brings the Yen To Eat Fresh Greens

By Ida Bailey Allen

Today, Spring's a comin' in! Physically, we feel the change in seasons, and naturally turn to certain foods. And as an antidote to the rich, heavy foods of the winter diet, we crave fresh fruits and vegetables and more salad plants.

Plenty of Lettuce

"There is plenty of crisp, crunchy iceberg lettuce available," observed the chef. "a perfect basis for a big refreshing salad for each person. I suggest this as a first course at dinner, each day a new combination."

"Always first rub the salad bowl lightly with garlic. Cut the lettuce in bite-sized pieces, and for each salad combine a different ingredient with it, such as shredded scallions, sliced radishes, shredded young dandelions or field salad, water cress or sliced celery.

"Dress with not-sweet French dressing, or with 3 parts olive oil to 1 part vinegar, pepper and a very little salt, or, for flavor va-

riety, use on herb salt such as dill, celery or tarragon salt.

TOMORROW'S DINNER

Potato-Leek-Parsley Soup
CROUTONS
Broiled Ham Peas
Carrot Rounds
Spring Greens Salad Bowl
Orange-Gel Spice Cookies
Coffee Tea Milk

Potato-Leek-Parsley Soup: Peel and slice enough white potatoes to make 3 c. Clean and slice 2 leeks, including the tops. Add 3 c. boiling water, ½ tsp. salt, ¼ tsp. pepper and 1/3 tsp. celery seed.

Cover, boil 20 min., or until the vegetables are tender. Rub through a sieve or food mill. Add ½ c. minced parsley and 3 c. scalded whole milk or reconstituted instant non-fat dry milk. Bring to a slow boil.

Cream together 2 tbs. butter and 2 tbs. enriched flour. Add ¼ c. of the hot soup and mix well. Add to the soup and cook for 5 min. Stir until boiling all over. Serve garnished with minced parsley and butter-crisp croutons.

Orange-Gel: Sprinkle ½ envelope unflavored gelatin over ¼ c. cold water; dissolve in 1 c. boiling water. Add ¼ c. sugar. Stir in 1 ½ c. orange juice and 2 tbs. lemon juice. Refrigerate until beginning to thicken.

Place 6 halved peeled orange sections into each of 6 rather large square dishes. Pour in gelatin. Refrigerate 3 hrs., or until firm.

Serve plain or with a whipped topping.

BUTTER CRISP CROUTONS FROM THE CHEF

Cut enough sliced, enriched (not sweet) bread into dice to make 2 c. Melt ¼ c. butter in a 7" x 11" baking pan. Stir in croutons.

Bake in a moderate oven, 375 degrees F., until crisp and golden brown. Stir twice. Season with paprika if desired.

Household Hint

Nearly half the housewives in the United States use hard water in the laundry.

Hardness is caused by the presence of minerals in the water. A scum appears in the form of curds when soap is added to hard water, and this scum clings to the clothes and is difficult to wash out.

By using a large amount of soap you can eliminate hard water scum, or use a good water softener, of which there are several in the market. Be sure to follow the manufacturer's directions when you use the softener.

Tea Council Wants Canadians To Drink More Cups Of Tea

The "cup that cheers, but does not inebriate" is being given a big boost this week as Tea Council of Canada fires its big guns in an effort to wear more Canadians to the friendly cup of tea.

Commonwealth brothers India and Ceylon are also behind this all-out effort, for both countries are "eager beavers" in their endeavours to stimulate trade with us. Their feelings of trade, not aid, are welcomed here, as Canadians too, seek to extend their markets in

—he is the world's largest tea drinker.

Because of the shortage of tea during the war some Canadians turned to other beverages for breakfast, but the traditional habit is coming to the fore again as economy-conscious housewives start counting up the cups to check Tea Council's claim that each pound of tea gives them over 200 cups.

There are, however, places in Canada where tea is almost with-



TEA BREAK IN THE ARCTIC

Ulurksit, an Eskimo hunter, enjoying his cup of tea at 50 below zero.

these important Eastern countries. Since tea is the biggest dollar earner, India and Ceylon are taking great pains to increase their exports to follow up success and fill more Canadian cups with the relaxing brew.

According to the record we are, however, way behind the British when it comes to drinking tea. The average Briton is reported to imbibe ten cups a day! Starting from a cup in bed before rising, sipping at every opportunity, and winding up with a couple of cups with bread, cheese and pickles before "hitting the hay" at night.

out competition. In the far north among the Eskimos, trappers and hunters, tea is a necessity. It is always included in their packages as a relaxing pick-up after a bout with nature at its worst!

Every beverage has its advocate, but the confirmed tea drinker will tell you that he would go to drastic lengths rather than do without his refreshing beverage. "Tea for Canada Week" may not turn Canadians into avid tea drinkers, but it should certainly show them that there is much to be said for a nice cup of hot tea!

MARY HAWORTH'S MAIL

Wife Wonders If Man Has Right To Nag Dependants

DEAR MARY HAWORTH: Is it right for a man to continually nag persons he loves, supposedly to make them strong and not so sensitive? My husband and I have two children and how they can respect me is beyond my comprehension.

Bob is very successful in business, doing the work of three men on his job, and very industrious around the house as times. But he continually tells the children, and me, of my faults. He even tells them what he thinks I think; and he used to call me bad names over every incident.

He might have gone crazy if he had kept that up. Isn't it possible to be driven mad, even when you have normal sense?

He persists in antagonizing our springer spaniel to an extent that makes me want to call for help; yet I stand by praying that his actions and judgment are right. Our dog isn't mean; he loves children and would love them. I feel, even without the rough treatment Bob gives him.

Her Good Works Cause Arguments

Our elder child doesn't concentrate much, and the younger boy is antagonistic, although he can be very sweet when he likes. We live in a new community where we must take the initiative to make friends, but my husband feels no need of new friends, and I have to go to the gymnasium to meet people.

Our plan ahead for expected company gets all keyed up; and Bob picks inopportune times to nag, a possibility I dread. We have a large house and an acre of ground, and I am the only one who does the housework.

I have to help with various community activities — school, church, scouts and Sunday School, in the mothers' groups — which causes family arguments. How can we manage a life together until the children are older? I couldn't provide as Bob does. Please advise me. F. P.

Cruel Neurotic Streak In Man

DEAR F. P.: Your letter, here revised and condensed, is touchingly distraught in its uncertainty as to what is wrong. As I get the picture, your husband is neurotically cruel in his home life, when irked by obligations, etc.

And this is because there is a lot of stagnant hate backed up in his system — morbid consequence of a wretched rearing. I assume that family relationships include the right to "speak as you please" — that is, with contempt for the feelings of dependants.

It might be a godsend to all concerned if Bob could see his mistake in perspective. Self-awareness, as regards his bullying, might start him on the road to psychological health. As matters stand, he is transmitting emotional sickness down his line from his ancestors to his offspring.

Obviously his sensibilities were destructively treated in his helplessly early years. Now he is doing his children equal harm, in keeping their nerves and yours on edge with his vicious verbal criticism and ugly attitude toward the dog. In making you a butt of sneers in the children's hearing, he is wickedly assaulting their spirit also — for children spontaneously identify themselves with their parents' status, for good or ill.

Civic Interests Good For Soul

You ask: Can this sort of beating cause mental illness, even in healthy people? The answer is yes, if victims of the beating are intelligent, sensitive and yet too timid or too tired by circumstances, to break away in self-defense. However, you are saving your sanity by doing good works with civic groups. An investment of interest in the public welfare is always good medicine for the soul; that is, if you dig

flurry of snow along the yard in a March whim, a little lad of the place came in to ask: "Do you remember what robin's songs are like? There's nothing much better is there? Nothing much better."

Wild Geese today? Aye, a dark V of them, bearing from sunny climes to the winter-bound. Spring on their wings.

Until tomorrow — Diary
Good-night . . .

KEEP IN TRIM

Changes Good For Extending Life Span, Scientist States

By Ida Jean Kain

"Everybody wants to live a long time and nobody wants to grow old," according to the proverb. This being the first day of spring, when all earth is renewed, I discussed our chances of keeping young and living to a ripe old age with a scientist, Col. J. E. Ash, M. D., noted pathologist and Director of Laboratories at Suburban Hospital in Bethesda, Maryland.

Birthdays to the contrary, we do not all age at the same rate. The important factors in determining the rate at which an individual ages, the doctor explained, are not only nutrition, but the state of balance of our nervous and hormonal organs — and our environment.

On the nutrition score, the body requires materials for repairing wear and tear on its tissues, and for the up-keep of vital internal functioning. From this comes the belief that "you are what you eat." However, we are born with our cellular backgrounds. The absorption and utilization of the nutrients are dependent upon our inherited nervous and hormonal systems.

To the question, does science know how long the body is capable of lasting without wearing out in any vital part, the doctor replied, "Theoretically the body is capable of lasting indefinitely if we could control the supporting substances. The secret is largely locked up in the chemistry and physiology of the substance which hold the body cells together."

"Granted we do not know all the in and work — and don't just sound off. How can you manage a life with Bob until the children are grown? I suggest, 1. By prayer, using Glenn Clark's book 'God's Reach' (MacLester Park); or 'The Sermon on the Mount' by Emmet Fox (Harper's). 2. With psychological guidance, if necessary, as provided by various mental hygiene clinics in your area.

3. By confidently knowing that with God's help, you can take care of yourself and the children, if Bob's behaviour becomes intolerable. In short, you don't have to put up with him on ugly terms, and when he too sees that, he may reform."

Mary Haworth counsels through her column, not by mail or personal interviews. Write her in care of The Guardian, Charlotte-town.

answers — are we taking full advantage of our present knowledge?" I continued.

"Emphatically, No!" Dr. Ash averred. "If all that science has brought to light about the causes of aging were applied, we could make marked progress. It is true that man's life expectancy is longer. Statistics reveal that the life span has been materially extended. At the same time, an increasing number of folks are dropping off in the very prime of life."

The doctor blamed this seeming paradox on the speed-up in our rate of living and other unfavourable environmental factors.

But when the dietitian asked if the fast tempo cuts short the prime of life even more than overweight does, the doctor answered, "Probably not. While the thin stence man is particularly affected by our modern environment, the fat, placid man's life is jeopardized by the overtaxing of his vital organs — especially his heart."

Discounting the inevitability of heredity, what can we do to stay young and live a long time? The first rule is to avoid excesses, in eating, drinking and smoking, and secondly, to determine and respect our mental and physical capacities so as to avoid stresses, strains and tensions as much as possible.

Will science ever solve the mystery of aging? "Probably the answer will come when we know the cause of cancer," Dr. Ash concluded, "for then we will come pretty close to knowing what life itself really is."

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MORNING SMILE

A guest conductor was driven crazy at rehearsals because at least one member of the orchestra was always missing. After the last rehearsal he tapped for attention and said: "I want to thank the first violinist for being the only man in the orchestra who had the decency to attend every rehearsal."

The first violinist hung his head. "It seemed the least I could do," he said in an apologetic tone. "You see, I don't expect to show up for the concert tonight."

SALT AND WATER OKAY

PORTLAND, Ore. (AP) — Dr. Daniel F. Lynch, president of the American Dental Association, said Tuesday it's the brushing and not the toothpaste that prevents tooth decay. He said in an interview, "a person is just as well off brush-



4578
10-16
by Anne Adams

ing his teeth with water as he is with any toothpaste or powder on the market."

Cook's Corner



SHORTBREAD COOKIES

1 lb. butter
4 c. flour, sifted
1 c. icing sugar
Pinch of salt
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NEW SPRING SHADES

THE FASHION SHOPPE

ELLEN'S DIARY

by an Island Farmer's Wife

"I never thought I should live to see the day when I'd have no hand in splitting the wood" James commented at breakfast today. "It's the first year I've missed helping . . . the very first year, Ellen. I just couldn't seem to find the time for it with so many chores now at the barns. However, it's done — and done well! And it's good to know that we have plenty to see us through another year."

"There's a lot of work to do before it's ready for the stove" we offered. "The cutting and hauling and sawing and splitting take a good many days." We poured his tea, added hot to our own . . . So pleasant these breakfasts are. It is as though with no seasonal work pressing at the moment nothing but the choring, we have come to a bit more leisure: time to loiter a little at the meal and afterward, as we do the dishes, for James to catch a few draws on his pipe.

"Perhaps we should burn oil instead," we suggested. He looked surprised. "With all the wood-land we have!" he said. "No, Ellen," he shook his head, "wood it will be."

Faintly rosy and frost-cleaned, the morning was a lovely thing, bright and promising and full of the expectancy ever a part of a day new-born. What we wondered would the hours have in store for this Family? Already, not quite as old as the day itself was a calf in a stall, this one

snowy-white a striking color among the roans and the reds. From our place at the table we could see the two children, one on either side of their Dad, on the path leading from the barnyard to the House across the Lane. They were chatting eagerly and we could see happy faces. Yes, they were evidently well pleased with the morning's first gift.

"Next thing we know . . . though it will be a day or two yet" James said with a chuckle, rising now to take down his pipe from the old mantel, "the fencing will be here."

There were signs of it in the little wind of morning that soft as the gray velvet of the opening pussy willows the children now gather, blew down from the hills. In the sunshine of afternoon that old sheen and sparkle was back to the waters of the millpond reminding us that soon it would be time to direct thought toward the spring-cleaning of the rooms.

And a little girl went to school. And a farmer went with grist to the mill. There were haulings to the fields. And by way of "thinning them out" as he said, the younger farmer brought from a far one a fox, a limp bedraggled fellow . . . No more for him would he scent the wind along engaging trails, nor lie sunning in lonely nooks, nor send his fond assurances across the hush of the dim farmlands.

And then when the wind edged a bit keenly and there was a



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