

Woman's Realm/Social and Personal/Fashions/Literature

Timely Notes On Nutrition

By Marjorie G Hill

Many mothers find that they have very little trouble getting their babies to eat during the first year. Then suddenly the baby becomes more choosy and less hungry. It is at this early age, between the first and second year, that feeding problems are apt to start and the more the mother frets and urges, the less the baby eats. The less he eats, the more anxious the mother becomes until meals become an agonizing affair which may last for years.

Your baby is a little less hungry after the first year because he is not growing as fast nor gaining as much weight as he did in the first few months after birth. He is becoming more choosy because he is starting to form ideas of his own on just what foods he likes and dislikes. After the first year his back teeth start to come through, and the molars especially are hard to "cut" and may affect his appetite. Remember babies are much like adults in that their appetite varies from day to day and week to week.

If your baby turns down some vegetables twice in succession, then leave these vegetables out of his meals for a week or so. You will find that he may lose his dislike for them during that period, and take them willingly later on. It is not uncommon for a two year old to turn down half of the vegetables offered him. If this be your problem, then choose only the vegetable the baby does like and offer him those. Another incidence may be when the baby turns against all his vegetables for awhile but loves his fruit — then let him have the fruit but give him extra amounts to make up for the lack of vegetables in his diet.

Time and time again mothers have told me that their babies are tired of cereals — especially for supper. My advice to them is — don't push the cereal on the child. If he wants to give up all his starches for awhile it won't hurt him. He will take them again when his appetite for starches returns.

Another food that your baby may vary in from day to day is the amount of milk he drinks. One pint of milk daily is sufficient for a child between one and three who gets an otherwise varied diet. Don't keep offering him the cup if he shows he is not interested. But if he continues to drink less than one pint of milk in all forms, then learn to use milk in puddings, cereals, vegetable soups, mashed potatoes, scallops, etc.

Feeding at meals is a sign that your baby is growing up. When he has had enough to eat he will lose interest in his food and try to stand up in his chair, or indulge in a countless number of other things apart from eating. When this happens take the food quietly away and let him down from his chair. If a few moments later he discovers he is still hungry give him another chance, but don't try to give him a meal if he is not hungry. His next meal may be served earlier than customary or you could give him a little more than usual at between-meal feedings.

Babies love to experiment with the feel of their food. They will want to squeeze their cereal and vegetables between their fingers — this really helps them to learn to eat by themselves. Between the age of twelve and eighteen months the baby shows you that he wants to learn to feed himself. Let him have a spoon and a few minutes alone with the food at the beginning of the meal when he is hungry. When he can finish a dish in ten minutes it is time to let your child eat his meals without any assistance from you.

RACING CLASSIC

The oldest stake racing event in North America is the King's Plate, a Canadian fixture that was first run in 1836.

Lenten Meditations

TEMPORAL AND ETERNAL
(The London-Times)

Most Christians become aware at times of a certain tension between the claims of the spiritual and the material, the temporal and the eternal. In so many respects, so here, Christianity inculcates a balanced view: it is not a question of the simple choice "either-or." Christianity is at once both the most spiritual and the most materialistic of all religions.

It does indeed insist upon the supremacy of the spiritual, but the spiritual inspiring the practical life, and finding its highest expression in the material. The Kingdom of God demands not only the life of worship but also that of appropriate action; each presupposes the other. To retain this true relationship is not easy in the present world — it never was easy — for the world is too much with us. The struggle for existence, which must in some degree be shared by all; the demands of a life which incessantly calls for more and more strenuous endeavor, do not make for an easy withdrawal into the sanctuary where the soul can consciously meet with God. The things which distract men from the eternal are not always essentially evil; the good can and often is, the enemy of the best.

But the secret of a real withdrawal, even in the midst of physical activity and the pressure of outward circumstance, can be learned. At all times, and in every place and situation, God is immediately present; the eternal is impinging upon the temporal; the spiritual upon the material.

It is a state of being into which man can enter in this temporal existence, and which gives to all his actions a significance far beyond what their immediate consequences might suggest.

It is often said that service and worship are not two separate activities in the life of the Christian; that in ideal they are fused into a unity, so that each becomes the other. That is true; but in practice it can be realized only as both aspects of life are seen as complementary. To "pass through things temporal" so as not to lose the sense of "things eternal" is the task which faces every Christian, and is also the reward of his dedication.

Morning Smile

Sporting Chance

The church service was proceeding very nicely when a woman in the gallery got so interested that she leaned out too far and fell over the railing. Her dress caught in a chandelier, and she was suspended in mid-air. The minister noticed her undignified position and thundered: "Any person in this congregation who turns round will be struck stone-blind."

A man, whose curiosity is getting the better of him, but who dreaded the clergyman's warning, finally turned to his companion and said: "I'm going to risk one eye."

Cook's Corner

ORANGE CAKE

1 large or 2 small oranges
1 cup raisins
2-3 cup sugar
1/2 cup shortening or margarine
2 eggs
1/2 cup sour milk
1 teaspoon soda
2 cups sifted all-purpose flour
Squeeze from orange 1/2 cup juice, and reserve for topping. Grind the rest of the orange, pulp included, and raisins together. Cream shortening, add sugar and cream will again. Add well-beaten eggs. Combine soda and sour milk and add to creamed mixture alternately with sifted dry ingredients. Add orange and raisin mixture. Bake in a well greased cake pan 9 by 9 inches about 45-50 minutes at 350F.
Combine 1/2 cup granulated sugar with 1/4 cup reserved orange juice. Pour over hot cake; set on rack to cool.

ELLEN'S DIARY

By An Island Farmer's Wife

Pleasant it was to come to a nice Winter day like this after the chill and frost and bitter winds of yesterday. Yesterday we remember was one of February's days, that will be likely to remain in memory long after the month has passed into its interval of oblivion. Like the keen-edged tooth of a word angrily spoken, or a fancied slight that has a way of lingering in mind through many moons and years. Much easier to recall than the pleasantries. Indeed humans being human and given to the frailties of the flesh, extremely difficult to forget or forgive.

"I'll forgive her for saying the like to me", a friend of the family commented of a skirmish of words some years ago, in which neither of the participants was undisputed victor, as is usual, "but" she said setting a jaw that could be very kindly, as well, in a determined expression "I'll take me a long time to forget it! But I have one consolation," she twinkled, "it's glad I am, that I gave it back to her in her own coin — that will make it easier to forget!"

And then before we could make any remark, she spoke with a regretful note. "Do you know, Ellen," she said, "there are times when I wish to goodness I had let her words pass — just taken no heed of them. The poor thing has it dreary enough I'm thinking without having to worry over any hard words of mine. She's not a bad soul — and you never know in a case like that who's to blame. Perhaps he was being mean and cantankerous and perhaps . . . but you never know. I'd feel terrible if anything was to happen to her, though you don't think of the like at the time when you're angry!" There was a character in one of the "Red Pepper" books — "the doctor it was," we observed, "he never forgave himself for cursing in the presence of a dying child — he was angry at the mother for disregarding his instructions, and through carelessness letting the life ebb away." "Yes, that's it, Ellen, we say and do things when we're 'het up' that we'd give the world to undo later. But at any rate I forgive her." "Until seventy times seven?" we quoted softly. "I won't promise that," she chuckled, "that would be imposing on good nature, wouldn't it? But yes, if it will do her any good and ease my own conscience so that I can live happily with myself, 'until seventy times seven.'"

"And forget?" we persisted, knowing our own short-comings. She shrugged capable shoulders. "I reckon," she commented, "that life's too short for the like of me, and too full of lovely things to enjoy, to make a perpetual battle-ground of it!"

This we would say, now that it comes to mind, is one way that folks can keep this Lent in their hearts, by keeping a check on lips and hearts . . . there is much to remember, a searching of words and deeds in this season which leads us ever sorrowfully we find, towards Easter. We talked of these things with James this evening as we walked with him beneath the night's crisp stars. We were returning from Alderlea, whither our steps had taken us earlier in the evening. At present the road is plowed to make walking a pleasant exercise. Odd cars appeared, their lights contrasting with that set by the moon now faint and new, breaking for the time a bright path along the white of the snow in passing, and leaving us then to the moonlight and vast silence again.

Frosted windows now and Rob coming in from a close inspection of his cares in a piggery comments "Now wouldn't this be the right night for a new litter of pigs to arrive! And it won't be too long before there'll be lambs!" If it is frosty tonight, the Spring call with its piglets, its lambs, and its calves is just beyond a hilltop! Until tomorrow-Diary-Good-night!

Actress Mother, Actress Godmother



British Actress Margaret Lockwood holds her god-daughter, Anna, child of another actress, Josephine Stuart, at St. John's Chapel, St. John's Wood, in northwest London.

DOROTHY DIX SAYS -

Old Man's Fancy

Wife's Duty To Save Him From Passing Infatuation

DEAR MISS DIX: Please tell me what a wife is to do after she has given forty years of the best of her life to her husband, making him a happy home for him and rearing a family of five children, when she awakes to the realization that a woman much younger and more attractive than she is has come into his life? Is there anything she can do? Or must she just give up in despair?

OLD WIFE

ANSWER: There is one thing she can do, and that is to sit tight and refuse to give her husband a divorce, and that she should do not only for her own sake but for his.

When a man is young and he falls in love with another woman and wants to marry her, if his wife is convinced that he is sincere in his feelings, and that he has a lasting affection for this other woman, then she owes it to her self-respect to set him free. There can be no good accomplished and she can derive no happiness in holding his body in hostage after his heart and soul have gone from her.

DIFFERENT CASE

But when the man is an old man, as your husband is and when there are forty years of wedlock between you, it is an altogether different case. He is the victim of an infatuation that will pass. He is really suffering from a form of senile dementia and it is his wife's duty to save him from wrecking his life any more completely than he has.

If you will be patient, your husband's temporary madness will pass. His rheumatism will begin to trouble him. His feet will hurt and he will commence longing for his own fireside and slippers instead of running around with the fast young set, and his young friend will begin to bore him as much as he bores her.

DEAR MISS DIX: We hear a lot about the mistake of women marrying men ten or fifteen years younger than they are. Believe me, it is just as much a mistake for women to marry men that are much older than they are. I know, because I did it, and I am so bored with a husband who is so settled you can't pry him away from his fireside, and who falls asleep when I do drag him out to the movies, that I could scream. I have stood a husband who is fifteen years older than I am for ten years and I am fed up with it.

FLOPS

ANSWER: Age isn't any insurance against unhappiness in marriage. That is a matter of congeniality, of people liking the same things and wanting to do the same things, and that is more likely to be the case when people are approximately of the same age. Psychologists who have made a study of the effects of the passage of time told us that men and women declare that so far as intelligence and the ability to do things are concerned men and women age about equally. But I think that in the love of life and the love of pleasure men grow old much earlier than women.

Men settle down much earlier than women. Most middle-aged men have got into a rut and have few interests outside of their business and their homes. Possibly this is because in a man's early years he is brought in contact with the world and sees and does all sorts of interesting things, while the average woman is tied down to her house and babies, and it is only after the children are grown that she has a chance to amuse herself.

DEAR MISS DIX: Can a man really love two women at the same time? Recently I heard a man state that he honestly loved his wife, but there was another woman whom he loves equally as much. A STENOGRAPHER.

ANSWER: Love is like everything else, its size determines the amount of space it occupies. If a man has a great love for a woman it fills his heart so completely that there is no room in it for any other love. But not every man is any more capable of the grand passion than he is of singing in grand opera. The average man can have an infinity of little loves, none much bigger than a mustard seed, all flourishing simultaneously or in succession in his heart.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her columns.

Household Scrapbook

By Roberta Lee

Suede Gloves

When cleaning suede gloves out on the glove, then rub all over it with a stale bread crust with about an inch of crumb to it. Change the bread when soiled. Pipeclay well rubbed in is the best method for cleaning white suede gloves.

Woodwork

When washing painted woodwork wash only a small space at a time, rinsing and then wiping dry. This will prevent those streaks which are seen so often after cleaning a painted surface.

Baby's Bottle

Do not turn baby's bottle upside down to dry. Any bottle will keep sweet and fresh if the air is permitted to circulate in it after washing.

Better English

By B. C. Williams

1. What is wrong with this sentence? "We are happy to have him in our midst."
2. What is the correct pronunciation of "peony"?
3. Which one of these words is misspelled? Commodore, sycamore, sophomore, semaphore.
4. What does the word "fuctuate" mean?
5. What is a word beginning with "incom" that means "indisputable"?

ANSWERS

1. Say, "We are happy to have him among us." 2. Pronounce peo-ni, e as in pea, o as in no, i as in it, accent first syllable. 3. Sophomore. 4. To move as a wave; rise and fall. "The mind may for some time fluctuate between two feelings, but it can never entertain both at once." 5. Inconceivable.

Pioneer Days In P. E. I.

By F. H. MacArthur

The plague of mice, three plagues in fact — infested this Island between the years 1724 to 1738, and became a terrible scourge to the settlers. They were larger than ordinary field-mice, almost black in color, with short legs and powerful claws.

During the winter months they hid their food under the roots of trees, and in hollow logs. Here they bred large litters and became so numerous that cats and dogs deserted their homes to fill their bellies with these rodents of the forest.

Came spring, they swarmed out of the woods, formed in long narrow lines and, spreading in battle formation, swept across the fields, devouring every vestige of crop from Georgetown to Malpasque. Small shrubs were denuded as well as grass and flowers. Having despoiled the whole countryside in this manner, they then ate almost all the meagre food reserves of the unfortunate pioneers.

The inhabitants faced starvation; word was sent to Louisburg, and, for once, the officers of the Fort acted quickly. Eighty-seven quintals of flour were sent; beans and pork, powder and shot were dealt out generously. Later on, small seeds were purchased and sent to the Island in time for the spring seeding.

The inhabitants tried to rid the Island of the pests, but without any success. They multiplied till the forests no longer could support them; then these savage little creatures rushed to the sea where millions of them met death.

Once great gaps had been cut in the forests, they gradually disappeared; but it was a long time before other landseers could be persuaded to settle in what they chose to call "The Land of Mice."

That Body Of Yours

By James W. Barton, M.D.

AGING AND CHRONIC ILLNESS

I remember motoring once for a short distance behind an old man driving a team of horses attached to a load of lumber. He had long grey whiskers and was in his seventies. While I was feeling sorry for a man his age having to be out in all kinds of weather, I passed a city firehouse and saw a well-dressed but feeble old man hobble into the firehouse to play dominoes with the firemen. My sympathy then turned more deeply to this man of leisure who sat around all day. Very likely would sooner be driving the team of horses; he would have a good appetite for food and be free of constipation—all because he was doing daily physical work.

Recently, when making a small purchase, the clerk, knowing me, began to talk of health. "You know, doctor, I have recently inherited money and my fellow employees think I'm foolish not to retire. I've bought a new house with grounds and expect to do some gardening. Also, for evenings, I have built a workshop in my basement equipped with worworking machinery so I'll not be idle, but even with garden and woodwork- ing, I'd be lost not meeting the public and fellow employees. I'm going to wear out, not rust out."

An editorial in "The Journal of the American Medical Association" reports a study of aging and chronically ill patients in the Birmingham Hospital region in England by a noted lecturer, Dr. A. P. Thomson. Dr. Thomson was impressed particularly during his study with the profound apathy or indifference of many of the patients. "They seldom spoke, they rarely moved, and they seemed to lack interest in all normal activities." They talked when questioned but showed no emotion in recalling any excitement or adventure in their lives. Food was apparently their interest.

Some months ago I mentioned the fact that, as there are so many aging and chronically ill, a Committee on Chronic Illness has been formed as a result of joint efforts by the American Medical Association and the American Public Welfare Association.

Solving the problem so the aging and chronically ill rests to a large extent with those who donate time, experience and money. However, we can all do our part.

Modern Etiquette

By Roberta Lee

Q. When a man and a woman are standing in crowded bus and another man gives his seat to the woman, should her escort also extend his thanks?

A. Yes; both the woman and the man thank the person who offers the seat, and the man also lifts his hat.

Q. When the dessert is served at the table, should it be done by the host or the hostess?

A. The hostess usually serves the dessert, although the host may do so if desired, leaving the hostess free to pour the coffee.

Q. Is it proper for a bride to show her trousseau to a group of friends?

A. Yes, in an informal way; but it should be put on display as a wedding gift.

-Needlecraft-

— FOR THE HOME —

DRESSES FOR DAUGHTER

These two pretty little dresses take almost no time at all to make. One—with a bolero effect—is embellished by pleats. The other, basque styled with sweet heart pockets. (Two separate patterns.)

No. 2945 is out in sizes 1, 2, 4, 6. Size 4, 1 1/2 yards 35-inch; panties, included in pattern, 3/4 yard 35-inch.

No. 3052 is out in sizes 2, 4, 6, 8, 10. Size 8, 2 1/2 yards 35-inch.

Send 25 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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How Can I!!!

By Anne Ashley

Q. How can I strengthen new glassware?

A. By placing it in a vessel of slightly salted water, letting it come to a boil slowly, then boil thoroughly, followed by cooling slowly. The stower this treatment is done, the more effective will be the result.

Q. How can I prevent custard from soaking through the crust of the pie, when baked?

A. Beat the white of an egg lightly, brush over the crust before baking, and place in the oven for a few seconds. The egg white will harden the crust.

Q. How can I clean silver and remove the tarnish?

A. Place the silver in potato water for about an hour and then wash it thoroughly.

The Stars Say - -

By Genevieve Kemble

For Thursday, March 2

CONTINUED major aspects of lunar, solar and mutual configurations of an unpredictable, revolutionary and dramatic significance, in which all departments of life seem to be in the balance are forecast. Unique and spectacular adventures are probable, with emotions, feelings, impulses and aspirations all throbbing at concert pitch. Hopes and aspirations may suddenly reach new highs, with one negligible setback of a probably private nature. Take rebuffs in stride. Forge ahead.

For the Birthday

Those whose birthday it is, may chalk up on the calendar of life an outstanding year for high adventure, unique experiences, strange contacts and heart-warming climax to all hopes and aspirations. Create.

2945

SIZES 1, 2, 4, 6



3052

SIZES 2 - 10



active and artistic progress, with honors, dignities, romantic and dramatic culminations and innovations, if backed by sound ideas are in the offing. A minor personal upset may be overlooked. A child born on this day is abundantly equipped with originality, exceptional talents and skills, backed up by serious work and worthy ambitions, meriting dramatic and exciting rewards.



FIGHT COLDS
THIS
Easy WAY

Take a HOT MUSTARD BATH

Dissolve 2 or 3 tablespoonfuls of mustard in a little cold water and pour it into your hot bath. After the bath... a brisk rub-down... then off to bed for a good night's sleep.



FOR WOMEN (WHO BAKE AT HOME) ONLY

KEEPING MENFOLKS HAPPY!



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Something different!
Frosty Lime Lushus!

Layers of glittering green and frosty white jelly. Just dissolve Shirriff's Lime Lushus and divide in two. Cool one half to jelly more quickly and when set, beat this until frothy, gradually adding two tablespoons milk. When other half is partially set, fill tall glasses with alternate layers. Garnish with green cherry.

Remember only Lushus has that extra rich, extra fresh flavour—because only Shirriff's has the favour "Bud". Yet Shirriff's Lushus costs no more.

SHIRRIFF'S LUSHUS