

WOMEN

Page 8 The Guardian Tuesday, March 29, 1935

MRS. GORDON MACMILLAN A COUNTRY GARDEN

HOPE IN MARCH

It is hard to believe. This bleak March day That spring is only Some miles away; That even now Beneath the mud There's a Dream in hope And a Spring in bud. Can we surely trust Fair Beauty's vow Of her glad return? That creeping bough Encased with ice That river dead In the winter's grip— All hope is fled! And yet — and yet — How blind was I To believe that bough, To trust that sky! Those leaden clouds, That threatening wind— They are passing now; I hear a kind And comforting voice From some near-by bush A song of a bird— A song and a hush. Now I know, I know, I am surely say That spring is only Some miles away.

—Clark.

Day by day in March, through the medium of small events in the garden, we become aware of a changed mood in ourselves. We are in a state of slow and half-reluctant awakening from winter sleep, with as yet, no eagerness of hope, no assurance of coming warmth and color, only a certain readiness for change which finds expression in a long-forgotten tendency to loiter and today—dream out of doors.

Plans can be made for certain parts of the garden and new borders are always so interesting to think about. Much pruning and cutting has been done on the old orchard trees and the large untidy shrubs. On sunny days it is possible to do many tasks in the garden; then on stormy days garden chairs and seats can be mended and painted. Seats can be made of boxes, old blocks of wood and broken down beds. I knew one farm woman who gathered up the worn out pig troughs and painted them green.

Every garden needs many garden seats so it is possible to sit and rest every possible moment on busy days. When garden visitors come to see your garden be sure there are seats in many colorful corners where the garden can be enjoyed while you talk and perhaps drink a cup of tea. The summer is short, plan now for every possible moment out of doors in the sunshine. Many household tasks can be done if seats and tables are placed near at hand.

A lion-hearted herald comes Who winter's rearward dares, And valiantly, through storm and sleet, This gladsome message bears: A proclamation, signed by Spring, That joys are on the way— The living smile of April sweet, The perfumed breath of May.

—McLachlan.

HOW PLANTS OBTAINED THEIR NAMES

Most plants do not possess true common names. Carrot, for example, is a common name in English, but it, like other vegetables, has other common names in French, Italian, and other languages. The Greeks has a name for it; surely you have heard that expression. The word "corn" has a different meaning in England than in America.

Names arise in a number of ways. Many plant names have come down to us from a dim antiquity, and no one can say why they were originally given. Often we can tell in which language a name arose. For example, the name artichoke is of a Celtic origin; asparagus is from the Persians; carrot is from the Greek; beet is from the Latin; potato is Haytian; cabbage is from the Italian; ginseng from the Chinese; spinach is Spanish; tomato is Mexican; spud is of Irish origin; and the word squash is of American origin.

Many plants are named after men. On the other hand, families have been named after vegetables. In the old days of Rome, the Fabii family took the name of the bean. The Cicerones of that day

were merely the Messrs. Onion; the Pisones were the Peas; Ciceroni were Mr. Chick-pea. The Lentuleni were the lettuce family. We often speak of the potato as a "spud." The name spud originated in Ireland long ago when the potato was not only an important Irish dish, but a favorite one. Because the potato was so tasty to the Irish, it was feared that they were eating too many for their own good, and therefore, the Society for Prevention of Unhealthy Diet was formed to warn the public. And from the first letters of the words in the Society's title came the word "spud."

The word "potato" is a Haytian or Spanish name for the native American word batata. This word was first applied to the sweet potato. The white or Irish potato was cultivated by the Incas, the old sun-worshippers of South America and Mexico, whose name for it was papa, a name which the Spanish still employ. The word "corn" has a special meaning on this continent. In Europe, it applies to oats, wheat, barley, or rye, as well as to Indian corn. The references to corn in the Bible probably mean only the small grains, since Indian corn or maize was not known in the Eastern hemisphere prior to the discovery of America.

The word "squash," especially with reference to summer squash, was derived from part of a word of about the same name used by the American Aborigines or Indians, particularly those occupying the northeastern Atlantic coast.

The word "cabbage" is derived from a word meaning head. We commonly speak of a head of cabbage.

The doctrine of signatures is the old theory or idea that marks, colour, and size on the indicated parts of plants are significant. Thus, yellow flowers were to be used for jaundice. "Scorpion-grass," the old name for forget-me-not, was supposed to be a cure for the bite of a scorpion. And so on.

The first part of the word "rhubarb" refers to this plant as from the region of the Rha River, now the Volga River. The second part of the word "rhubarb" is associated with the fact that the plant was originally grown in the barbarian district beyond the immediate confines of the Roman Empire. Names of vegetables associated with a place are Brussels sprouts, Chinese cabbage, Savoy cabbage, Swede turnip, Swiss chard, and New Zealand spinach.

The word "melon" is the Greek name for apple or honey-apple, from it, through Portuguese and French came the name "Marmalade."

One of the most common imported shrubs in the prairie provinces is caragana. This name is from caragan, the Mongolian or Tartar name of the plant. Incidentally, caragana was probably first introduced into Western Canada by the Mennonites who settled in Manitoba in the early 30's, though one of the earliest services performed by the Dominion Experimental Farms was the introduction of this species, from seed from the Royal Botanic Garden from the city then called St. Petersburg.

The word "ask" is derived from the Norse aska, for according to legend, it was from a twig of this tree that Odin fashioned the first of our race. Achilles used an ash spear and Cupid made his arrows of the wood.

The white spruce is one of the most common evergreens, and the word spruce means neat or trim. You've heard the expression "spruce up." The word spruce was an old form of Prussia. Prussia formerly Pruce, is the French for Prussia, and the "s" seems to have been prefixed for emphasis.

Another evergreen, the pine, is derived from the Latin Pinus, raft, because the wood, being easy to cut, was employed for the boats and floats of primitive men.

Let's consider the naming of some of the pines, namely, the Lodepole Pine. Very frequently these trees are called lodepoles because of their name lodepole. The name originated, however, from the use of the long, slender stems of saplings by the Indian for lodge poles or tope poles.

It is interesting to read about these plant names and how they were named.

Wild geese have been flying north and a "naturalist's eye"

KEEP IN TRIM

What's Back Of A Double Chin And Scraggly Throatline?

By Ida Jean Kain

At this season of the year, perhaps because of new Easter bonnets, there seems to be a general dissatisfaction with the state of the chinline. So with no more bandying words, let's ferret out the cause and take corrective measures.

Back of a double chin or a scraggly throatline is a muscular deficiency extending from the tip of the chin to the dimple in the throat. We're on the right track here, but we must go deeper and put the finger on why the muscles are so weak.

The real toning measure, however, is to exercise the muscles of the throat. The practice of correct head posture affords continued mild exercise. But, in order to counteract the necessity of tipping the chin down, for example in typing and other work, corrective exercise is needed by most of us.

An easy exercise to take before getting out of bed in the morning is to simply slip the pillow under the shoulders, let back of head rest on bed, and from this position, raise head to chin level. Be sure to hold for six seconds, for holding is toning. Repeat twice, night and morning.

What about creams and oils and tugging astringents? All these surface measures help, for creams and oils are softening, discarding wrinkles, and the astringents are skin toning. But only toned muscles can support the skin to a smooth covering.

The main emphasis should be on exercise for muscles toning, backed up by perfect head carriage. The proper way to carry your head is squarely on your shoulders, with that line at the back of the neck pulled up, and the tip of the chin held level. That's the clue to the beautiful throat line of our all-time favorite actresses.

Some of you write to ask if a chin strap is helpful. While a chin strap feels bracing, reasoning again from cause to soft muscles, the temporary support from a chin strap is no more

as time goes by.

Can the whole thing be blamed on the years, or is there something else? Well, one rarely sees a famous actress, even an old timer, with a double chin, and of course there is no physiological difference between an actress and other women. The difference is head posture. Fact is, bad head carriage is back of most chin troubles. When the head is held properly, the throat muscles are bracingly on the job.

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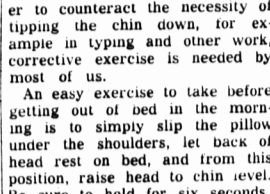
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Chin strap no help

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MARY HAWORTH'S MAIL

Widow Mourns Since Mate's Death

DEAR MARY HAWORTH: I am a widow, 61, with two married sons, who are wonderfully good to me—but nothing seems to console me. In the past I was always able to adjust to new conditions as necessary—which was often; but I seem unable to adjust to widowhood.

My grief has been so terrible; I cannot travel much due to arthritic ailments; otherwise I would seek a job. My family and friends are amazed that I've come to pieces like this. I can't stop doing all the housework and being treated to all appearances. Then early one morning while I was asleep, he went. I pray to God to lift this awful gloom, and perhaps you can help me; perhaps you can suggest a way out. I shall try to follow your advice. I am ashamed of myself. I have so much to be thankful for.

As time passes, I feel steadily worse—physically better but mentally confused and mixed up. Perhaps this is because Gene's death was so unexpected. In his last months he had improved, treated to all appearances. Then early one morning while I was asleep, he went. I pray to God to lift this awful gloom, and perhaps you can help me; perhaps you can suggest a way out. I shall try to follow your advice. I am ashamed of myself. I have so much to be thankful for.

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LET'S EAT

Serve Your Leftovers In Edible Bread Boxes

By Ida Bailey Allen

"Oddments of meat or fish are often transformed into glamorous