

WOMEN

Page 8 The Guardian Wednesday, Mar. 16, 1955

ELLEN'S DIARY

by an Island Farmer's Wife

We came with Mack through the crisp of this morning to make the acquaintance of the calf which came to us on a recent wind-blown night. We found it resting fed and content on a strawy bed. Winsome as are all the new-born of stable and sty and fold, it appeared small in the setting, dwarfed by the space of the stall and the high beamed ceiling above. A wandering sunbeam caught dust motes in its light, following them up to a cobwebby corner there. And seeing, one thought of the lazy summer haze of the hillsides the gauze of butterfly wings and the floating gossamer of Island autumn days.

"She's the same color as her mother," the youngster offered. "I guess" he nodded "we'll likely keep her for a cow! A red cow. . . . Make what we used to call a good 'poor man's' cow." James shuffled appearing suddenly from the adjoining stable a cleaning-fork in hand.

He rested it presently to go then he put harness on the Nell mare in her stall. And we followed to watch once more this old rite of the farming, fast disappearing in the machine age of now. After an old fashion of his, he brushed with bare hand her back, smoothed her mane, tidied forelock and tail before proceeding with her harnessing, giving then every attention to strap and buckle to have her dressed comfortably and neatly to come to the sleigh, and the hauling along the fields of the farm.

And we remembered other years and our excursions together by wagon or sleigh: maybe to town on a market day of summer, to our minds then and still though we might have nothing to market, the

best days of the week for such outings.

On the first lap of the journey we would join other teams that we knew, but later where other roads converged on the main artery of travel, strangers also moved there—in fine rigs and indifferent carriage, buggy, farm-wagon and lumbering cart. . . . It's cold—too cold to think of going to town today," we said yesterday in prospect of the outing. And hearing, Mr. D. offered "Cold—and going in the truck! My, my what pampered creatures women are nowadays. How would you like to make the trip in a cart as many a woman did in olden times? Yes, perhaps perched on top a load of tanbark, or some other item of marketing. In comparison, travel is magical now: one goes in comfort, and fast.

And while we would be interested for the most part in our fellow-travellers, James would be taken up with the horses, wondering about the breeding, placing the probable line by the characteristics he saw. And once we came to a man making repairs to a bit of sorry harness on a thin steed. We recall it as well as the man who took a piece of lace to help. Then lingered, running a hand along the animal's withers smoothing the mane, easing a moment the collar; asking: "What age would she be?" "Nodding 'That's what I judge. A good mare? Yes. Nice limbed' with a smile 'no spavins there!'"

Silent when we resumed our way. Saying then, "She is a good mare. I guess she never sees grain—just a bit of grass. I don't know him. Perhaps somebody struggling hard to make a living against discouraging odds. We never know. . . ."

But past this night, we know comes St. Patrick's Day in the Morning. . . . Until tomorrow ——— Good-night.

KEEP IN TRIM

Have You Ever Tried Slim-Ups?

By Ida Jean Kain

Setting up exercises are so uninspired. The very terms "set-ups" and "work-outs" sound dull and arduous. Half-heartedly you start out, "One, two, three four . . . guess that's enough." With a quickening of the spirit, there is little to sustain interest. Change to "slim-ups." Immediately this gives a mental lift. "Slim" is synonymous with stream-

lined mat on floor and simply stretch from tip to toe, pulling both ends against the middle measurement. Reach back on floor beyond head, stretching to fingertips, pushing downward with toes. . . . Twist and turn and get the whole body into it. Stretching is wonderfully rewarding, and so easy to do.

Here's a bias stretch. Lying on



lines. Since gravity exerts a downward pull, the word "up" brings a young lift and helps fight old lady gravity. Think of being slim, supple, and looking and feeling 10 years younger—it will be a pleasure to stretch, bend, and take a turn at slim-ups. Stretching movements are a natural. Stretching stimulates circulation, forcing the muscles to act against one another. On the mental side, think of stretching as pulling the figure up out of the dumps. To warm up, lie on back on

back on floor, legs straight down, arms down at sides. The movement is merely to stretch right arm back on floor beyond head as you lift right leg slightly and cross it over the left, the s-t-r-e-t-c-h all along the right side, bias-wise. That movement feels ever so streamlining. Since a held movement is more toning, hold the stretch while you think, "slim, young, supple. . . s-t-r-e-t-c-h for s-t-r-e-a-m-l-i-n-e-s." Relax for a second, and crossing left leg over the right as you stretch left arm back on floor beyond head, re-

A Research Project Turns into Marriage Map for British Girls

What started out to be a staid and sober scientific survey by two geographers at the London School of Economics has become, instead, a best-selling guide of where to go for a wife or husband.

This map—and the scientists who prepared it in the first place aren't at all happy about it being used for "lonely hearts" purposes—shows where in England there are more men than women, and vice versa, all neatly divided into age groups.

When Dr. Michael Wise and Daniel Sinclair prepared this serious and scholarly study, based on Britain's 1951 census figures, they titled it "Regional Variations in the Age and Sex Structure of England and Wales." However, after they presented their findings to the British Association at Oxford, the more frivolous-minded sections of the British press labeled their work a "marriage map." On it, for quick identification, sections where there are more men than women are shaded in red. Areas where there are more women than men are shaded in blue.

In case anyone is planning a trip across the Atlantic to seek a mate, wife-hunters—according to this map—should go to the South-east coast of England, the North-west coast of Wales and the seaside resort towns of Lancashire. Husband-seekers have their best chance in the North Riding section of Yorkshire, West Suffolk, Shropshire, Lincolnshire, Rutland, Wiltshire, the Welsh counties of Merioneth, Radnor and Brecknock, and in the garrison towns in the military areas. In London itself, according to this survey, there are more men than women in the Hayes and Harlington sections; more women than men in North and South Kensington. Although in this country, like in England, the lassie now outnumber the eligible lads—in England the average ratio is 108:1 woman to 100 men—the Wise-Sinclair "marriage map" has revealed one ray of hope for future brides. In England, at least, from one end of the country to the other—in the under-four age group—there are today more boys than girls.

peat the movement to a slow waltz count, again holding the stretch. Think of the "taffy-pulled" middle measurement fashion as you repeat the exercise.

A simple leg swinging routine brings bulk hip muscles into slimming action. Standing, hold on to chair back for support and swing leg forward then rearward. Keeping the knee straight, raise the leg past the 45 degree angle on both the forward and rearward swing. Hold on the backswing to increase the toning. Hit a smooth rhythm. . . . swinging to a slow tango tune. Swing with the opposite leg.

If you are rusty on exercise, be sure to stop at the heat of its invigorating effect and the following day you'll feel better for having taken "slim-ups."

SAIGON, Indochina (AP)—Assailants hurled two hand grenades into the car of South Viet Nam's government, Gen. Lam, Monday in an unsuccessful attempt to assassinate him. Lam leaped out of the car before the grenades exploded. The attackers escaped.

Bringing Up Baby

With Collected by Mrs. Dea Gorden (Mother of 5)

A friend, who recently visited a foundling home, told me something which impressed me deeply. She said that apart from seeing to the infants' physical needs, all nurses were required to administer at least one or two hours of TLC to the babies each day. TLC is simply an abbreviation for "tender loving care"—or the cuddling, cradling and crooning that gives a baby a sense of being wanted.

Coleries may be unpopular with out-size growups, but rapidly-growing babies need a good share of these energy-givers.

Midday Magic. Soup for baby's lunch—delicious and nutritious—and easy to serve especially when you use Gerber's Strained Vegetable-Meat Dinners, by simply adding a small amount of milk or water. For these hearty dishes combine three important food groups: vegetables, meats and cereal. All carefully blended for a delightful variety of savory flavors. 5 Strained Dinners, 5 Junior dinners, for tots with a few teeth.

Spot this MILK, meat and egg stains on baby's clothing are more easily removed if you soak the articles in cold water before laundering in hot suds. Hot water, used first, will set the spot.

"Growing tools." Many a new mother asks: "Why meat for a tiny baby? Isn't it hard to digest?" First off, meat is the best-known source of the complete protein, so vital to growth and the development of all body structures. Gerber's 6 Strained Meats for babies are rich in these important "growing tools." And easy digestibility is assured since they're specially processed to remove most of the fat and fiber. Made from savory selected juicy cuts, they're all solid meat, with just enough natural meat broth to give a smooth, nice-on-the-tongue texture. Gerber-Ogilvie Baby Foods Ltd., Niagara Falls, Canada.

MARY HAWORTH'S MAIL

DEAR MARY HAWORTH: Possibly it was a simple matter of never having met quite the right man; and no doubt I was influenced by my mother's unhappy marriage. At any rate, I have never been more than mildly in love, and I have never married. By the time I was 30, most men of my age and acquaintance had taken a wife; and so I began to go about with men 10 to 15 years older than my self. Now, in my mid-forties, I have spent considerable time with an older man whose company I enjoy.

We have begun to speak of marriage and I am not sure whether to accept him or not. There is nothing spectacular about Dave. He is not handsome or rich, nor even possessed of particular charm—but he is acceptable, generous and companionable. He can provide reasonable financial security and other advantages which I cannot provide for myself.

Is Harmony in the Cards?

I am no great beauty, but I am intelligent, attractive, chic and well liked. Through the years, acquaintances and friends have voiced surprise that I stay single. Until now I've never considered marrying anyone, although several men waited patiently for lengthy periods, hoping I would finally consent.

Do you think this man, who has lived in me for so long and I am sure you have been independent all my life, can make a well adjusted couple? Do you advise us to marry? K. C.

Inner Meaning of Indifference

DEAR K. C.: The picture is almost indecipherably vague, as you try to explain why you haven't married. I don't think you are putting in that I stay single here, although I may add you probably don't understand yourself at all. Very likely you have an image of self that bears no resemblance to the actuality of your personality and character. It is my impression that you've decided aren't the independent type you profess to be. I sense that you are childishly immature, passive and dependent in your attempts at interpersonal relationships. And no doubt this accounts for your failure to establish significant ties with persons your own age, in the ascending years of life.

In childhood and adolescence, one must have a certain robust self-confidence in order to hold one's own in the normal struggle for favorable consideration. Lacking this kind of courage, a child will avoid the struggle to make good in group situations involving other youngsters. He fears the stigma of conspicuous failure, and tends to hide this fear, even from himself, by adopting an attitude of indifference towards his contemporaries and their pursuits. And having shut himself off, as it were, from his most yearning desire—which of course is to be like other people and to be accepted as one with them—he then has only a lukewarm feeling towards all experience. Something of the kind has kept you on the sidelines of life thus far, I suspect.

Marriage Made From Day to Day

Now, about marrying Dave. It seems that marriage suggests itself to both of you, as possible fruit of ripening friendship. And perhaps you are susceptible to this opportunity (as never before) largely because Dave is mildly self-sufficient; as moderate emotionally as you tend to be. In short, the alliance may appeal to you as a sound security arrangement that wouldn't change your routine too much. As to whether you'd be a well adjusted couple, who knows?

can't advise you to marry Dave, but neither do I vote against it. Your respective potentials just aren't clear. And there can be no advance guarantee of happiness in any case. A success-



NOREEN WHITMAN JANET DOUCETTE

Student Nurses Receive Caps

Miss Noreen Whitman and Miss Janet Doucette, who are students at the Halifax Infirmary School of Nursing, received their caps after completing the six months' pre-clinical period. Miss Whitman is a niece of Mr. and Mrs. R. L. Burge, Saint Peter's Bay and a former student of Saint Mary's Convent, Souris, and Notre Dame Academy, Charlottetown. Miss Doucette is the daughter of Mr. and Mrs. Isidore Doucette, 34 Connolly Street, Charlottetown, and a former student of Saint Joseph's Convent and Notre Dame Academy in Charlottetown.—(Meyers Studios).

Cook's Corner



SANDWICH LOAF

1 loaf rye or white bread
¼ cup finely minced onion
¼ tsp. pepper
2 tsp. prepared mustard
2 3-oz. pkgs. cream cheese
4 hard-cooked eggs
½ tsp. salt
2 c. mayonnaise
1 c. ground ham, bologna or luncheon meat.
Method: Cut loaf lengthwise into 5 slices. Remove crusts if desired. Spread butter on each slice, then ham salad filling on two slices and egg salad filling on two slices. Place one on top of the other, alternating filling to form a whole loaf. Soften cream cheese with a little milk. Season with a little celery salt. Spread on outside of loaf. Garnish with pimiento, radishes, stuffed olives, etc. Chill for 3 or 4 hours and serve.

Egg Salad Filling

Mix together finely chopped eggs, onion, salt, pepper, 1 cup mayonnaise and mustard.

Ham Salad Filling

Mix together ground meat, pickles and 1 cup mayonnaise.

ful marriage is a result of dealing wisely with a complex series of relationships, between two different souls. You make your success from day to day; and to acquire your self with the requisite skills, you might study Alexander Magoun's splendid book "Love and Marriage" (Harper). M. H. Mary Haworth counsels through her columns, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Post-Nuptial Shower Held

On Friday evening, February 4, Mr. and Mrs. Lloyd G. MacPhail (nee Helen Mae MacDougall) were tendered a post-nuptial shower at their home by the residents of New Haven.

Helen and Lloyd were escorted to the seats of honor by Mrs. Eric MacPhail and Mr. Stanley Newman. After appropriate remarks by the chairman, Mr. Roland Buchanan called upon Mr. Charles Frizzell who made the presentation of a well-filled purse, and Mrs. Thomas Devereaux who read the following address:—

Mr. and Mrs. Lloyd MacPhail, New Haven, P. E. I.
Dear Lloyd and Helen:
Friends and neighbors from New Haven have gathered at your home here tonight to offer congratulations on your recent marriage and to wish you both the "very best."

You have grown up among us, your school days were spent at New Haven School, and except for a few years of college you were always with us. Seldom have you been absent from our community entertainments, thus giving your help and approval on all occasions. Most of us have visited your very hospitable home from time to time, and look forward to spending many more friendly evenings here.

In business, you have always been the perfect gentleman, fair and honest and doing all in your power to oblige your customers. To you, Helen, we extend a welcome to New Haven. You are not a stranger to all of us, and having come from a neighboring district, we feel it won't be too long until we are all well acquainted. Although on the border line of two districts, and your husband's interests turned to Clyde River in several instances, we do look forward to your associating yourself with us whenever possible.

Now, we would ask you to accept this gift from us, not for its material value, but as a token of the esteem in which you are held. Along with it go the best wishes from your friends of New Haven. May health, happiness and prosperity go along with you as you

MORNING SMILE

Each year for ten years Mrs. Brown had made her visit to the local church for the christening of the latest addition to the family, and each year she gave the new baby five names.

On the eleventh occasion the vicar, laboriously entering all the names in the register, felt he must protest.

"Now, Mrs. Brown," he told the proud mother, "we can't go on like this, you know. It's the eleventh year in succession that you've come to me in this way. Next year you really must bring your own ink."

Household Hint

If doing some painting, use a paper plate to hold the can of paint. It can be glued to the bottom of the can, and is more convenient than spreading newspapers which must be moved every time the paint is shifted from one place to another.

TRAVEL HINT

travel the road of matrimony together. Signed on behalf of those present.

Lloyd thanked everyone present on behalf of Helen and himself in a few well-chosen words for the gift and the sentiments expressed in the address.

After singing "For They Are Jolly Good Fellows," a dainty lunch was served by the ladies of the community. A very pleasant evening ended with a program of music.

ANNE ADAMS PATTERNS

WEEK'S SEW-THRIFTY

TRIPLE VALUE for your sewing time! It's a cotton wrap-on—it's a wool jerkin—also a terry-cloth coat for home chores, and the beach later! No fitting problems, it wraps. No ironing problems, it opens flat. Check that diagram—simple to sew!

Pattern 4669: Misses Sizes 12, 14, 16, 18, 20. Size 16 takes 2 3/4 yards 35-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

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Sore Throat?

use SODA. As a gargle to cleanse your throat and remove accumulated mucus, dissolve two teaspoons of baking soda in a glass of water.

FREE RECIPE BOOKLET gives other medicinal uses. Church & Dwight Ltd., Sun Life Bldg., Montreal.

COW BRAND BAKING SODA

PURE BICARBONATE OF SODA

Rules You Can Follow For Eating With Fingers

By Ida Bailey Allen

Finger foods are just what the name implies, food to be eaten with the fingers instead of a fork. In polite society, they do not include chicken-in-the-rough, big hamburgers or large thick sandwiches, big wedges of cake or ice cream cones to eat out of hand. These are what I call "fun" foods, to enjoy at picnics or barbecues.

Savory Morsels

Real Finger Foods. Real finger foods should not soil the hands, are not sticky or greasy, neither too hot nor too cold, and they should be small enough to eat in a bite or two.

"In France, this size is called the 'bonne bouche', Madame, or 'good mouthful,'" said the Chef. "I believe the French were the first to serve polite foods in finger form, for they invented the canape or very small open sandwich of thin toast or bread, with a savory topping. French canapes usually have one end uncovered to act as a handle."

Pastry Cases. "Other favorites are bite-sized cases of flaky pastry filled with ham or anchovy paste, and bite-sized cheese pies, served warm in paper cups."

"I might also add, Chef, that sandwiches for elegant parties should be very thin and small, so the bread must be home-sliced. As to buffet finger foods, fried shrimp on pils, oysters Rockefeller in the shell, or tiny hot meat or fish balls are often served."

Some Others. "Roasted or salted nut meats, assorted olives, sliced pickle on pils, raw vegetable nibblers, Tokay or Malaga grapes, small sections of oranges and fresh diced pineapple on pils also qualify as finger foods."

Dips are the newest thing for finger eating. A thick dip sauce containing certain kinds of savory morsels, and made with a basis of well-seasoned mayonnaise or com-

TOMORROW'S DINNER

- Tomato Soup
- Green Pepper Garnish
- Radishes
- Liver Sauté
- Browned Butter Lemon Sauce
- Baked Hash-Browned Potatoes
- Buttered Beets
- Peach-Orange Gel
- Coffee
- Tea
- Milk

The Chef's Liver Sauté With Browned Butter Lemon Sauce

Sauté any kind of liver according to directions frequently given in this column. To serve, pour over the following sauce:

Browned Butter Lemon Sauce: Melt ½ c. butter, preferably whipped; stir until lightly browned. Add the juice ¼ lemon. Use at once.

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