Women's realm

Stiffer Fabrics Forecast For 1954 Spring And Summer

By Peggy Massin

PARIS (Reuters) —The fabric forecast for spring and summer 1954 indicates women will be wearing the crisper finish fabrics now being shown in Paris textile collections.

General trends in every type of fabric indicate a swing away from the soft supple weaves popular during the last two years.

Hard, smooth and dry finishes set the pace in woollen materials, with silks represented in the stiff-ribbed famiiy which includes faille, ottoman and bengaline.

Crepes and sheers also tend to stiffer, crisper effects, in place of the limp silks, jerseys and chiffons which have so recently been the favored theme.

Tweed Popular

Tweed is no longer restricted to classic country suits and coats for autumn and winter wear. The British variety still is in great demand in Paris, but the French have made their own adaptations of the weaves and colorings to every type of fabric for every season.

One of the smartest fabrics is Robert Perrier's new heavy cotton tweed. It has a close basket weave in shades of black, white and deep gold under a flecked surface.

Bianchini concentrates on a new "silk tweed" for suits and redingotes. A subtle sheen in the texture is achieved by means of a weave using threads of irregular thickness.

Prints In Vogue

A controversial point is prints. Until last spring, prints were practically absent from the high fashion scene, and leading designers and style experts were begging the public to leave them alone.

Then Dior and Givenchy launched the florals, fruit, flame and naturalistic prints which have sold all over the world.

Manufacturers agree that the vogue will continue, but in newer, stylised versions, often taking on three dimensional qualities.

That Body Of Yours

By James W. Barton, M.D.

EFFECTS OF EARLY AND LATE RISING AFTER OPERATION

When our hospitals become overcrowded and patients after operation are allowed up within a day or two and discharged from hospital withn a week instead of two or three weeks, many of us may have thought that this early rising and short stay in hospital was to secure more hospital beds for waiting patients. This was not the reason although it did secure more beds for patients. The real reason was that it was better for the patient not to rest in bed too long after operation.

As a matter of fact, early rising and getting on the feet in the hospital one day after operation was proposed by a Dr. Rees over fifty years ago. In Postgraduate Medicine, Dr. L. T. Palumbo states that prolonged rest causes many undesirable physiological changes including bones and smooth muscle weakness and loss of tone, loss of calcium (lime) and nitrogen from the body, reduced vital capacity (heart and lungs), decreased heart output, slowing of the circulation and delay in wound healing. Consequently many complications may occur during this prolonged bed rest after operation.

Some of the beneficial effects of early rising and getting about on the feet soon after operation may be seen in the following. In a group of patients (1,203) kept in bed for six days after operation and 1,700 allowed up on second or third day, there were only 2.3 per cent with complications in the group allowed up early whereas in those who remained in bed six days or more after operation, there were 5.7 per cent with complications. The most frequent complications were those of the lungs, stomach and intestine.

Another distressing complication was difficulty in passing urine; only 1.3 per cent in the early rising group as compared with 2.6 per cent in the late group. Other cases with more or less serious complications showed that the cases rising early after operation did better than those who rose late.

Finally, the period of hospitalization was reduced; the average stay in hospital was 14.4 days for the early rising (ambulation or walking) and 19.2 days for the late group. From the above figures, Dr. Palumbo states that "from all aspects, early ambulation provides a more rapid rehabilitation of the patient and causes an economic saving to both patient and hospital."

Of course, this means that, other things being equal, these are the true facts but there are exceptions where the stay in bed is prolonged for general health or for surgical reasons.

Morning Smile

Household Hint: Feed the baby garlic, and you can find him in the dark.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

YESTERDAY'S stimulating aspects continue with special emphasis on the affairs of those engaged in creative arts and those in public life, especially entertainers, lecturers and those in the musical field. You may experience great emotional drive or some nervous tension this day. Both can be turned to constructive use if properly directed. Participation in community affairs or social welfare might prove a happy outlet.

During the evening hours do what you can to promote happiness and congeniality in your home. Relax after the pressures of the day and maintain an optimistic attitude where your most cherished desires are concerned.

For the Birthday

If tomorrow is your birthday, your planetary aspects indicate a stimulating upward trend in both business and financial matters beginning in early February. Because of this fact you may be faced with a temptation toward extravagance which it would be well to avoid. Concentrate on the progress of your career and consolidate your financial gains so that you will be able to take advantage of further opportunities which should come your way early in the Summer.

During June, you should make some excellent contacts which will help you either socially or professionally, and there is also the possibility that romance will play a great part in your life during this period. You may experience some emotional stress late in August, but do not fret or worry. With your indomitable will to win you can overcome any obstacle.

A child born on this day will be understanding, diplomatic and extremely methodical.

LONG-LASTING

The Indian elephant in its wild state is estimated to have a life span of 150 years.

A Country Garden

By Mrs. Gordon MacMillan

A Garden Hymn

Give me a lovely garden, and the rest of the world you can take, give me the songs of the earth, each morning when I awake. Give me the earth's bright rainbow of petals alight at my feet, give me a lovely garden, in exchange for a busy street.

Give me the laughter of nature, which breaks into colored smiles, give me one foot of flower-filled earth in exchange for shoplit miles. Give me the gold-splashed sunshine and shady nooks, green-dim, and give me the soft rain falling like cool notes of a peace-filled hymn.

• • •

This lovely poem was sent to me at Christmas with an envelope of seeds from the garden of a dear friend. I wish to thank all those who sent greetings at this happy season and hope to see them in the garden "next year."

Now that the days are beginning to lengthen and we are looking forward again to our gardens, we know that the weeks will soon slip by and the plans we make now can be carried out in our gardens.

A covering of spruce boughs should be placed over exposed plantings if snow does not cover the garden, as freezing and thawing is injurious if it happens very often. A beautiful Amaryllis has been added to the collection of house plants, and they are brilliant when in flower. Blossoms on any of the broad hybrids run from seven to nine inches in width There are clear colors such as sparkling white, frosty salmon, delicate rose, vivid orange, brilliant red, and rich, dark reds, plus a selection of stripes and multi-colors.

These bulbs are expensive until you realize that they will live for many years if given proper care. There are records of amaryllis that are fifty years old and even older.

When planting in good soil with sand and compost they do not like deep planting. The bulb should be set so that at least half of it shows above the soil line.

After forcing the plant it can be set out in the garden and treated in several ways. You can plant them unpotted in the garden, setting the bulbs slightly below the surface of the soil. Or sink the pots in the soil and water carefully.

• • •

In our study of the Royal Homes and gardens it is interesting to know that the Queen Mother and all the Royal Family in England spent Christmas at Sandringham House. We are continuing our study of Sandringham gardens this week and the beautiful Norwich Gates are illustrated in the book.

These gates stand at the north entrance to Sandringham. These were presented to King Edward the seventh by the people of Norfolk and they were exhibited at the International Exhibition as an example of fine iron work. To the north of this gate there is a continuous border of fine trees with an underplanting of many sun-loving shrubs and groundcovers. Off to the north end of the House a new scheme was begun in 1947. This area is roughly rectangular in shape with a double row of lime trees down each side and across the far end. Within is a formal garden consisting of a series of small units bordered by box hedges and planted with an alteration of high and low plants to give a massive, loose appearance.

To the west of the House the parterre flower beds have been removed and the whole scheme simplified. It is a pleasant aspect with the vast lawn, clumps of oaks and beeches and conifers, the long pine-bordered walk to the Church and the old Deer Park, and towards the southern end of the vista over the rock garden to the upper lake and dell. In the spring there are drifts of daffodils stretching as far as the eye can see and planted the way daffodils should be, running up to boles of trees and carrying on into the distance. There are beautiful illustrations of the thousands and thousands of daffodils under the trees. Aconites and snowdrops border the Church Walk and take shelter under the shrubberies. Later come purple foxgloves, lythrum and all other lovely native wild flowers of Norfolk.

The rockgarden above the upper lake and the boathouse and grotto constructed of huge blocks of local stone is impressive in its scale. This is a successful feature, largely becaue the scale is correct and it has been incorporated into the bank in such a way that it has become an integral part of the scheme with its coverings of shrubs and rock plants. The lake is well planted along its margins and fine water-lillies of different hues break the surface.

Approaching the lake from the other side, one enters the dell, a delightful spot with a trickling stream, shaded pools and a luxuriant tangle of different tones of green.

Fine birches and great clumps of bamboo make a feathery background and a nesting place for the birds that dip and flutter in the shallow pools. Traveller's joy, wild grapes with their heady fragrance and wild roses form a delightful bird sanctuary in the trees above. Osmunda ferns, azaleas, magnolias and berberries have grown to fulfill the dreams of even the most ambitious gardener, and drifts of candelabra primulas, mimulus in shades of red and gold, scarlet lobelias, spireas and iris have naturalized so happily that the water no longer meets the shore. The reflections in the lake are so important to the beauty of the scene that one realizes the importance of not overplanting pools and ponds so that there is room for trees and sky. The little island with its rock-bound shore boasts a luxuriant growth of ferns, a willow and gorse which form a delightful retreat for the waterfowl which rule the lake. Near the Church Walk is a collection of notable trees planted as memorials to people and events. The list is endless. Not only are these trees fascinating for their associations but as a record of

Continued on page 3

It's Up To The Women Now . . . To Get Equal Pay In B. C.

VICTORIA (CP)— Although a new law says they must, it's up to British Columbia's working women to see that they get the same pay for doing the same work as a man.

Under the B.C. Social Credit government's new Equal Pay Act, which becomes effective today, employers must not discriminate against women by paying them less than the amount paid men for doing the same work in the same establishment.

But it's up to the women to complain if she thinks her pay is less. Complaint is the basis for the new act.

If the female employee feels she is underpaid, she complains to the department of labor, who sends one of 25 inspectors to the plant to check the type of complaint, plant records, and then ask employers to adjust the pay scale. The board of industrial relations and finally the minister of labor are the final authorities if an adjustment is disputed.

Described as almost identical to a similiar act now in effect in Ontario, the law was passed at the last session of the provincial legislature.

The labor department said it has no way of telling how many of the more than 8,400 B.C. firms who employ about 63,000 female workers will be affected by the legislation.

Labor department spokesmen said they hope the new law will go into effect without too much controversy, as the Ontario act did.

Commission Acts As "Medical Watchdog" For Hospital Patients

By Robert Goldenstein

CHICAGO (AP)—Do not cross your fingers and hope you won't be snared for unnecessary and expensive carving when you go to a hospital for a check-up on your aches and pains?

There's a powerful medical watchdog that stands guard against this happening to you.

The minute your name is entered on a hospital's receiving list your case is of direct concern to the joint commission on accreditation of hospitals.

The commission's goal is to ensure the best possible medical care to today's hospital patients and to improve this care as rapidly as knowledge and experience will permit.

It is backed by five of North America's most powerful medical groups who spend $500,000 of their own funds each year to carry the program forward.

80 Per Cent Approved

More than 80 per cent of the 4,000 hospitals in the United States and Canada which sought accreditation have passed the rigid requirements and been put on the approved list.

The program is entirely voluntary, however, and some 2,200 other hospitals in the two countries never have applied for approval.

Suppose you have stomach pains hinting of appendicitis and a doctor sends you to an accredited hospital for a check-up. How would the program work in your case?

There would be many safeguards in a hospital meeting all conditions recommended by the joint commission.

Keep Records

Attendants would be required to jot down on your record sheet any previous medical attention you had. And you would receive a complete physical examination before any operation.

If the physician or surgeon were uncertain of his diagnosis he would have to consult with another physician or surgeon.

In the operating room, emergency lighting would be available in the event of a power failure. Dressings and instruments would be sterile. A qualified anesthetist would administer the anesthetic. Skilled nurses would be on hand to follow up your case.

If the surgeon removed your appendix, the tissue would be sent to the hospital pathologist for examination to determine whether it was healthy or diseased. The pathologist would record his findings.

The surgeon would make a written record of his diagnosis, his technique of performing the operation and what tissue he removed and why.

Now suppose the operation wasn't necessary—that your stomach ache was brought on by too much enthusiasm at the dinner table.

The hospital's own tissue committee would find this out within 30 days.

In an effort to determine whether an operation is justified or unjustified, this group is required to report at least once a month on agreement or disagreement between the doctor's original diagnosis and the report of the pathologist on the condition of the tissue removed.

The commission allows for a reasonable percentage of error in pre-operative diagnosis, but it wants convincing explanations when too high a percentage of healthy tissue is consistently removed or the original diagnosis was wrong and there was no previous consultation among the surgeons.

The joint commission's board of commissioners includes:

Three representatives of the American College of Surgeons, three representatives of the American College of Physicians, seven from the American Hospital Association, six from the American Medical Association and one from the Canadian Medical Association.

Nylon Fabric For Sofas And Carpets

By Olga Curtis
International News Service

NEW YORK — Want a pink velvet sofa that won't show dirt? Or a pastel carpet that sponges clean of spots?

You can have both with nylon The same synthetic that goes into your hose is now being made up into luxury decorating fabrics and carpeting—and it hasn't lost any of its easy-wash, easy-clean qualities.

Only trouble is that the price is in the luxury class.

You can get nylon velvet, nylon damask or nylon in a silky weave —for upholstery, drapes and pillows as well as nylon chenille carpeting—in dye-to-order tints.

Those are high prices, but they pay off in wearability and easy cleaning, especially for the woman who yearns for light colors in the home but is afraid of a constant cleaning bill.

To prove this point, a New York furniture store has opened a "nylon room" setting done entirely in ice-cream colors. The setting features a pale pink nylon carpet, a dusty pink nylon velvet love seat accented by off-white nylon pillows, and a pale grey nylon damask armchair.

DOROTHY DIX'S COLUMN—

Jilts Girl

Two Weeks Before Wedding, Man Decides Mysteriously To Break With Fiancee

DEAR MISS DIX: Two weeks before we were to be married, my fiance disappeared, after a six-month engagement. I know his parents disapproved of our marriage, and I think that's why he jilted me. I haven't seen or heard from him in over a month. Should I forget him?
W. O.

ANSWER: It would be a bit impossible to completely forget a man you loved and intended to marry, but the next best thing is to shelve him as far back in your mind as possible. At the moment you are so hurt that relegating him to the past won't be too difficult. It probably would be quite useless to hope for his return, and after such a cowardly action, it wouldn't even be advantageous to have him back.

DEAR MISS DIX: I've been going with a man for several months and, though we are in love I know he will never consider marriage. He has a chronic nervous ailment and he claims it would be unfair for him to marry. I love him so much that it wouldn't make any difference to me. How can I convince him to see things my way?
C. A.

ANSWER: Perhaps the young man is right. The nature of his illness may be such that marriage would be, to say the least, unwise. To get the facts straight, ask him if you might talk to his doctor. A frank, professional discussion of the case will do a lot to settle your mind

DEAR MISS DIX: The boy I like is my age, 15, but he only telephones me occasionally and won't talk to me in school if there's anyone else around. Do you suppose he doesn't consider me good enough to talk to in the presence of his friends? My mother sympathizes with me because she had a somewhat similar problem when she was a girl.
S. L.

ANSWER: Bravo for Mom! She can still remember the problems of her own youth. Too many parents never seem to recall that they, too, were once adolescents. I'm sure your mother's conclusions are sound enough to guide you. A boy of 15 is invariably a shy creature, and perhaps the only reason this boy isn't overfriendly in public is because he's afraid of being teased. Give him time to acquire a bit more poise.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

ELLEN'S DIARY

By An Island Farmer's Wife

The sheep came home last evening, the little white flock of the place which up to then had ranged the quiet fields of "the other farm." We saw them there in the stubble by the orchard when on what may have been a last stroll of the season along those scenes, we came with the children to rest awhile in a sunny corner there. And then we followed the path hard-beaten by their neat hoofs which led to the spring. There too that fall morning, we in turn drank, lingering then to watch the crystal liquid bubble and flow over smooth pebbles to join the millstream below. Sensing, the coming snowfall which last night turned the neutral-clad farmlands into a fairyland of white, the flock came home.

"I guess, Ellen," James remarked at sight of them, "the winter is here at last!" But only lightly did the snowfall carpet the fields, out of regard, we fancied, for the feet of the little New Year who now walks them.

"And what shall we do now," a young member of the Family asked recently aware all at once of the let-down feeling one experiences at the close of the Christmas Season.

"Take a long breath," we laughed, "and get busy with the New Year!"

"Your Grandmother evidently has a notion that everything stopped for the Holiday," James commented with a twinkle. "She forgets that no matter, what comes or goes, the stock take no vacation. Weekends, holidays are nothing to them. She'd be one to believe," he chuckled, "that a seven or an eight hour day would work on a farm!"

"I guess she knows better," the youngster offered, "or at least," he offered, "she should!" He was silent a moment. "When I think of it, I can't see one bit of difference between the New Year and the Old."

"But the new is clean and shining," we reminded him, "and full of days—days for skating and coasting, for building snowmen . . ."

"And with this moon" James nodded "there'll be longer evenings —and no more short days. We should soon" he remembered, "be away to the woods. The winter will have come and gone before we know it . . . And isn't it good, Ellen" he offered, "to have the barn finished at last!"

• • •

The Old Year saw its completion. The very day before Christmas, when a wee lad's mind was full of the anticipation of the Eve ahead, the electricians came to attend to the wiring, thus making it shipshape for the farmers. Now thoughts of the busy demanding days of the summer, the toil and stress of its building are dimmed by the satisfaction of the comfort and convenience now afforded them while about the choring.

"It's remarkable, if a fellow sets his mind and heart to an undertaking how much he can accomplish," James continued. "This time last year there was little thought of a new barn on this place. Now in the spring, if all goes well, we'll move the old ones to other sites and . . ."

"In the spring"—by frosted panes and sleeping fields and snowfall; past the winter—white magic . . . and quiet starlit nights such as this, which takes now this household to rest!

Until tomorrow - - - - Diary - - - - Good-night . . . . .

Household Scrapbook

By Roberta Lee

Old Varnish

When refinishing the furniture, put 3 tablespoonfuls of cooking soda and 1 quart of water and apply with a rough cloth. Then use sandpaper and the varnish will come off easily.

Watercress Salad

Watercress salad is delicious if it is served with French dressing made tart with lemon, and sprinkled with Roquefort cheese.

Powder Stains

To remove face or talcum powder stains from suits and collars of coats, sponge them with turpentine.

GINGER REFRIGERATOR COOKIES

1 cup shortening
½ cup molasses
1 cup white sugar
2 eggs beaten
4½ cups flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon ginger
1 teaspoon all-spice

Method:—Mix in order given and mould into loaf pan. Wrap in wax paper. Chill several hours. Slice and bake 10—12 minutes or until done.

—Mrs. Hammond Bowness
Bedeque W. I.

How Can I ! ! !

By Anne Ashley

Q. How can I make a hand lotion?

A. Take one-half cup of vinegar, one-half cup of water, four tablespoonfuls of starch; put these ingredients into a jar and shake well. You will then have a very effective and inexpensive hand lotion.

Q. How large a lemon should be used if a recipe calls for the juice of one lemon?

A. It is far safer to use three tablespoonfuls of lemon juice. The size of lemons and the amount of juice yielded vary so much, that a measured amount is often profitable.

Q. How can I prevent stretching of woolen scarfs when laundering?

A. Dry woolen scarfs and shawls between towels. Never hang them on the line or they will stretch out of shape.

Better English

By D. C. Williams

1. What is wrong with this sentence? "At least fifty men were taken prisoners by the enemy."
2. What is the correct pronunciation of "renew"?
3. Which one of these words is misspelled? Apathetic, aperture, aptitude aparrel.
4. What does the word "pernicious" mean?
5. What is a word beginning with lo that means "garrulous"?

ANSWERS

1. Say, "were taken prisoner." 2. Pronounce the ew as in few, not re-noo. 3. Apparel. 4. Highly injurious or destructive in character. "These things can have a pernicious effect on society." 5. Loquacious.

Modern Etiquette

By Roberta Lee

Q. Should a child always rise when being introduced?

A. Children should be taught to do this at the earliest possible age. It is insolent for them to keep their seats, but if they have not been taught to rise, they should not be criticized for this lack of courtesy. It is only too obvious where the fault lies.

Q. How should the butter knife be placed on the individual butter plates, horizontally across the top or vertically at the right side?

A. There is no set rule about this, but the consensus is that it looks better placed in the same direction as the other silver.

Q. Isn't the bridegroom supposed to pay for the wedding music?

A. No; this expense is borne by the bride or her family.

Anne Adams Patterns

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