

Women's realm

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Modern Etiquette

By Roberta Lee

Q. What should one do at the dinner table if one is asked a question just at the moment one is conveying a bite of food towards the mouth?

A. Most certainly don't put the food into the mouth and then attempt to answer the question. It is much better to return the fork to the plate, answer the question, and then resume eating.

Q. When entering a night club with her escort, should a girl go first to the table with him and men excuse herself while she goes to the powder room?

A. No; she should go first to the powder room while her escort waits for her somewhere near the entrance to the dining room.

Q. Is it considered good manners to eat the ragmish that is served with a meat dish?

A. Certainly, if one likes it.

Better English

By D. G. Williams

1. What is wrong with this sentence? "In so far as I know, he told the absolute truth."

2. What is the correct pronunciation of "dictator"?

3. Which one of these words is misspelled? Reservoir, reside, resonance, resistible.

4. What does the word "propensity" mean?

5. What is a word beginning with mo that means "a fine kind of leather"?

ANSWERS

1. "Omit 'in' and 'absolute.'" 2. Accent second syllable, preferred. 3. Reservoir. 4. Natural inclination. "She must guard against certain propensities, which might lead her into trouble." 5. Morocco.

That Body Of Yours

By James W. Barton, M.D.

MANAGEMENT OF PROLONGED ILLNESS AND REHABILITATION

Some years ago a noted psychiatrist, after a trip to Europe, reported that in many of the European hospitals, after an illness or recovering from an operation, a patient was required to take daily exercise in the hospital gymnasium under an experienced physical director for some days or weeks before being discharged from hospital. Patients need some building and strengthening up before they return to their regular occupations.

In these days, when it has been found that early rising after illness or operation fits the patient for earlier discharge from hospital, it would seem that these European hospitals are working along similar lines to our own hospitals as they try to get the patient in his best possible condition before discharging him from hospital.

Physicians treating patients who have had a prolonged period of chronic illness extending over many weeks or months are now working out a program that will overcome the harmful effects due to inactivity of the body—weakness and sometimes a wasting of the muscles and other tissues of the body.

Bringing the body back to normal strength, which usually means bringing back mental and emotional strength, also, is called "rehabilitation."

In "Medical Clinics of North America," Drs. Arthur S. Abramson and Alfred Ebel state that, "rehabilitation is a medical program designed to lessen or prevent the deleterious effects of inactivity, to minimize disability and to train the patient with permanent disability in the techniques of overcoming handicaps. Disuse, disability and handicap occur with the greatest frequency in patients with long-term illnesses and it is for these patients that rehabilitation is of greatest benefit. Rehabilitation strives toward the goal of completely restoring the patient to society." Since this cannot be attained at all times, lesser goals are often acceptable to patient and physician.

"After the nature of the disability is known, its extent must be defined. By muscle testing, electric-nerve-muscle study, the nerve and muscle strength is determined. The patient is tested for his ability in those activities he needs to make his daily living."

With this information as a guide, the patient is strengthened, his movements coordinated so that a greater range of movements is obtained and maintained.

He is sent to the workshop and classrooms where his training is put to use in a purposeful way. With this experience and knowledge, "the patient can select the job, or profession wherein he will not be handicapped by reason of physical or mental limitations."

How Can I!!!

By Anne Ashley

Q. What are the best cleaning agents for use on rubber articles?

A. Mild soap and lukewarm water are the only safe cleaning agents. After any rubber article has been washed and dried, a coating of talcum powder or cornstarch will help to preserve it.

Q. How can I prevent a plastered wall from crumbling when driving a nail into it?

A. One of the easiest ways is first to paste a strip of transparent gummed tape over the spot and drive your nail through this. The tape can then be removed with no trouble.

Q. How can I recondition paint brushes which have been allowed to harden?

A. Put the brushes into an old tin can filled with vinegar and allow this to boil on the stove for 10 or 15 minutes. This may cause falling bristles in inferior-quality brushes, but it will soften them up considerably. Then wash them in warm water and soap.

Household Scrapbook

By Roberta Lee

Bead String

A violin string makes an excellent chain for stringing beads. It lasts practically forever, as it is much stronger than ordinary thread or string.

Pearl Buttons

Pearl buttons can be very nicely cleaned with olive oil. Then polish



MUSTARD PICKLE

2 quarts cabbage
2 quarts onions
Red peppers
2 quarts tomatoes
Cut up fine and scald in salt and water. Drain.
Add 2 quarts vinegar
4 tablespoons mustard
5 cups brown sugar
1 tablespoon turmeric
¾ cup flour
Boil 1½ hours.

—Mrs. Webb Nicholson,
Whim Road W. I.

Morning Smile

Jet planes further reduce the time it takes to fly the Atlantic. It is now possible to have lunch in New York and heartburn in London.

them with a fingernail buffer.
Clock Cleaner

A piece of cotton saturated with kerosene and placed inside the door of a large clock, and allowed to remain for a few days, will clean the works.

ELLEN'S DIARY

By An Island Farmer's Wife

And now after a spell of damp colder weather does October again spread her enchantment over this valley . . . to aid those at "the digging," the lads and lassies and their elders who heads bowed towards the good earth keep hands busy as they gather basket after basket of the tubers.

"Oh, they say we're doing pretty well, Ellen," a young potato-harvester evidently not too much taken up with the home-picking which yields its rewards more indirectly than working abroad, "but to my mind," he smiled broadly, "every time I look at the stretch to be dug it seems to be getting bigger, instead of smaller! But there's this to it, Ellen," he offered, "with the prices not up to much this fall there'll not likely be any harrowing of the ground at the last. Did you ever pick potatoes after the harrows, Ellen?"

"Sure," we said, "and it's not a
"Don't say it's not a hard job, Ellen!" he chuckled, "for it is. I'd rather," he stopped to reflect a moment, "pick all day 'straight', bad as it is, than one hour after the confounded harrows"

In cozy old fields in the lee of painted woodlands here and there along the neighboring farmlands, folks were at "the digging." The sun smiled warmly upon them and the wind of today was not the keen-edged element of late but mild and pleasant, its breath exquisitely scented by that seasonal Perfume of Araby gathered along hill and vale of its passing.

A good day, too, it was for our harvesters who worked at "the other farm" lifting the stooks to wagons that as we watched, moved effortlessly along the fetching tapestry of stubble and field to reach the thresher at the barn. There all straw is being blown within the shelter of barns to be used as bedding for those that hogs in wintry days. Back then it will go to the fields to grow even "bigger and better" sheaves for James and his sons in another harvest.

A good day, too, this was for the Nimrods—those who lean to the yearnings of that hunter-son of Cosh and appeared here or there along farm-lanes and fields leaving spent shells, as souvenirs for the children in passing. Taking we suspect little from these farms.

"I guess it's just as well our pigeons can't fly" Gage looked up this evening after a prayer-time which was taking a spent little fellow to bed, "they might only get in the way of some hunter's gun. And I'd feel sorry if anything should happen to one of those!"

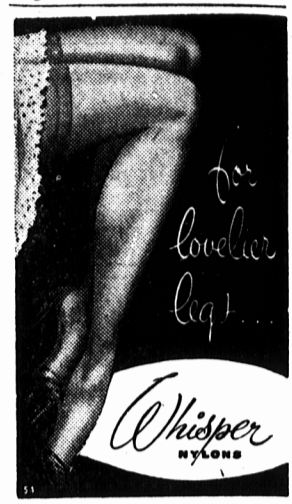
It is the intriguing old Sandman who hunts these halls tonight. All have succumbed before this to his wiles, all except in the words of Pat, "the old wumman" who goes now to beg a pinch of his gold dust that she too may follow them into his vale of dreams.

Until tomorrow Diary
Good-night

ANCIENT RELIGION
Principal religion in Ceylon is Buddhism, introduced from India in the third-century BC.

Worry of FALSE TEETH

Slipping or Irritating?
Don't be embarrassed by loose false teeth slipping, dropping or wobbling when you eat, talk or laugh. Just sprinkle a little PASTEETH on your plates. This pleasant powder gives a remarkable sense of added comfort and security by holding plates more firmly. No gummy, gooey, pasty taste or feeling. It's alkaline (non-acid). Get PASTEETH at any drug store.



RICHARD HUDNUT EGG CREME SHAMPOO

...for truly beautiful hair

Beautiful hair shines! And Richard Hudnut Egg Creme Shampoo brings out all the natural, shining beauty of your own hair. It contains real egg—a natural hair beautifier. This golden lotion shampoo cleanses quickly, rinses out completely, leaves your hair dandruff-free . . . clean, beautiful and shining like bridal satin! Then, as a fragrant beauty finish after each shampoo—a quick rinse with Richard Hudnut Creme Rinse.



RICHARD HUDNUT EGG CREME SHAMPOO

Exquisite Form BRASSIERES



Style 505—White and black satin with stitched undercup, sizes: A cup, 30 to 36, B cup, 32 to 40, C cup, 32 to 40.

\$1.50



Style 395—With floating action, circle stitched cup and action straps. White satin. Sizes: A cup, 30 to 36, B cup, 32 to 40, C cup, 32 to 42.

\$2.50



FOR FIGURE FLATTERY

Style 515—White and Black Satin with stitched undercup, long line. Sizes: B cup, 32-42, C cup, 34-44.

\$3.00



Style 185—White or black satin with circular stitched cups. Sizes: A cup, 30 to 36, B cup, 32 to 38.

\$3.00

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