

# WOMEN

Page 8 The Guardian Tuesday, Dec. 28, 1954

MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

COME IN, NEW YEAR.  
Silvered with frost, and white with  
snow,  
Come in, New Year, and, ere you  
go,  
Leave me those gifts I love and  
know:  
The things I hold most dear.  
Come in with bells  
Ringing your welcome to the skies.  
Grant me true friends, with smiling  
eyes;  
Perhaps some tears to make me  
wise.  
Courage, which life impels.  
Bring me again  
The soft south wind o'er green  
hills:  
Sunshine on yellow daffodils;  
The brown wrens ecstasy that fills  
White lilacs in the rain.

Old roads and new  
To traverse through long summer  
days;  
Mown fields, and quiet waterways;  
Red roses, dipped in dew.  
White morning mist  
Spreading across a golden land;  
Blue skies at noon-day, sunlight  
spanned;  
Dim autumn hills, by twilight's  
hand  
Shrouded in amethyst.

When I am old,  
Give me a friendly fireside nook  
The window seat, a pleasing book:  
A chance to dream at dusk, and  
look  
On sunsets bathed in gold.  
Come in, New Year,  
Sparkling with frost, and crisp with  
snow,  
Come in, New Year, and, when you  
go,  
Leave memories I'll love and know  
Of things I hold most dear.

—Henstridge.

HAPPY NEW YEAR. And a happy  
year in your gardens I wish for  
you in the coming year! For you  
who have received gifts of flower-  
ing plants at this holiday season  
perhaps a word just now on the  
care of these lovely potted plants.  
Remember that many of these plants  
are too hot for these plants, so  
place them in the coolest light  
place near the window. Keep  
moist but not wet and they will  
last much longer than when in a  
hot, dry position.

There are many lovely potted  
plants which do not require much  
sun, and they do well in a west  
or east window, sometimes in a  
north window especially ivies, ferns,  
and begonias.

The African Violet is blooming  
here in a small window in the room  
where I write and there is also a  
Fuschia and a small scarlet geranium  
in bloom. On the sides of this  
small window are brackets holding  
two colorful small pots filled with  
trailing plants making a good dish  
filled with new bulbs com-  
ing into bloom.

It is possible to have interest-  
ing plants in any home all through  
the winter and several new ones  
have been added to the collection  
here.

For a new thrill in Gloxinia  
growing try some tubers of the en-  
chanting slipper gloxinia. This is an  
interesting type which Mr. Buell  
of Connecticut has been experi-  
menting with for years, but it is  
unknown to many flower-lovers.  
The flowers are gracefully  
curved in the trumpet-throat like  
a large Foxglove. They are rapidly  
growing in popularity because  
of their gracefulness, profusion of  
blossoms, and long blooming period.  
Individual flowers are not as large  
as the regular hybrids and the  
plants are more compact, but these  
qualities add much to their charm  
and daintiness.

Gloxinias which have been resting

can be brought to the warmth and  
moisture and those here have been  
placed in moistened sand and peat  
moss and put on a warm shelf in  
the kitchen to root. They need rich  
porous soil when potting up for  
blooming.  
The bulbs grown for winter  
blooming should be watered and  
those that have grown up can be  
sprayed to the light gradually and  
soon fragrant flowers will cheer us  
in these days when the garden is  
resting.

Under the snow of each Decem-  
ber  
Lie buds of next year's May, re-  
member,  
Under the snow lie next year's flow-  
ers,  
And always ahead lie happy hours.

—Malloch

Looking back over the year we  
recall many happy hours in the  
garden. Interesting garden visitors  
from many lands came to the gar-  
den and we shared the beauty and  
the garden trials with them.

I count up in this song of cheer  
The blessings of a busy year;  
A roof so low I lose no strain,  
No ripple of the friendly rain;  
A chimney where, all winter long  
The logs give back the wild birds  
song.

A field of neighborly old ground—  
Which year by year without a  
sound  
Lifts bread to me and roses sweet  
From out the dark below my feet.

The tree toad that is first to  
cheer  
With crackling flute the green o'  
Year.  
The cricket on the garden mound,  
Sitting the dark with threads of  
sound;  
The shy paths darting through the  
wheat,  
Marked by the prints of little feet—  
Grey squirrels on their thrifty  
round,  
Crows condescending to the ground.

The tender sorrow, too, that came  
To leave me nevermore the same—  
The love and memories and the  
wild,  
Light laughter of a little child;  
Thoughts of the wonder that awaits  
The soul beyond the Darkened  
Gates—  
That old, old Mystery that springs  
Deathless behind the veil of things;  
And deep thanksgiving for the  
friend  
Who came when all things seemed  
to end,  
Who made me know, though temp-  
est-tossed,  
That all things precious were not  
lost.

This my rosary of hours  
Intervened of the snows and flow-  
ers—  
The year that runs from young  
to old,  
A glint of green, a glow of gold.

—Edwin Markham

Next year all of us have plan-  
ned for a better garden and antici-  
pation is a wonderful experience!  
The changes we have made this  
year we are sure will be some-  
thing good to look forward to this  
coming garden year.

To Higher, Better Things  
As the Old Year slips away,  
He kindly with him takes,  
The pages we have blurred and  
marred  
With failures and mistakes  
And so we greet the glad New Year  
With strong courageous heart;  
And putting all mistakes away,  
Resolve to do our part  
To overcome all hindrances.  
To make all weights our wings.  
Above all, January is the month  
of promise. The glory of the grow-  
ing year lies before us. The sun it-  
self lies before us. The sun itself tells



Mr. and Mrs. George Stanford Welsh and Attendants

## Exchange Vows at Trinity United Church

The marriage took place at 2 p.  
m., on December 22, at Trinity  
United Church, Charlottetown, of  
Avis Vozme, daughter of Mr. Carl  
Cohoon and the late Mrs. Cohoon,  
Murray Harbour, to George Stan-  
ford, of Kingston, Ont., and son  
of Mrs. Reuben Welsh and the  
late Mr. Welsh of Entry Island,  
Magdalen Islands, P. Q. Rev. A. F.  
MacLellan was the officiating  
clergyman.

The church was decorated for  
the occasion with white mums.  
The wedding music was played by  
Mr. George A. Thompson and Miss  
Joyce MacCallum was the soloist.  
Given in marriage by her fa-  
ther, the bride chose a gown of  
white nylon tulle and net over  
satin. She carried a bouquet of red  
roses.  
The bridesmaid, Miss Mary M.  
Cohoon, wore a gown of red vel-  
vet and carried white carnations.  
Miss Diana MacDonald, as flower  
girl, wore a red velvet dress and  
carried a basket of white mums.  
The groom was attended by Mr.

W. Chandler as best man. Usher-  
ing the guests to their seats were:  
Mr. Roy Chapman and Mr. Cecil  
Chapman.  
Following the ceremony a recep-  
tion was held at Riverside House,  
Murray Harbour, where approx-  
imately 60 guests were in at-  
tendance. Miss Mary Prowse was  
in charge of the guest book.  
Mr. and Mrs. Welsh then left on  
a honeymoon trip, for which the  
bride wore a pink wool dress,  
white hat and gloves, and a teal  
coat. (Photo by Meyers)

By HERMAN N. BUNDESEN, M. D.

## Have a Gay Holiday But Don't Overdo It!

Too often the Christmas holidays  
are occasions for too much of every-  
thing. You eat too much, you play  
too hard, you get to bed too late.  
You're busy having a good time,  
and you overdo just about every-  
thing.  
Take it easy, or you may spoil  
your holidays. Worse yet, you may  
not be able to get back to work on  
time. Or feel up to doing your best  
work if you do get there.

### Too Many Goodies

Candy, cookies and goodies of all  
kinds abound in virtually every  
home at Christmas time. And, of  
course, there's the big Christmas  
dinner, too.  
Constant nibbling of candy, cookies,  
nuts and the like, and then top-  
ping all this with a heavy meal of  
rich foods, is bound to bring dis-  
comfort, if not actual damage, to  
your body.

### Strain on System

Overindulgence of this sort puts  
a strain on your heart, blood vessels,  
kidneys and liver. You may be hav-  
ing a good time, but think of your  
body's machinery!

### A FRIENDLY WISH

I wish for you abundant health  
And then your share of worldly  
wealth;  
Long sunny hours when you may  
see  
The beauty in each flower and  
tree.  
And if perchance a cloud should  
stray  
To dim the brightness of your day,  
I wish you faith that falters not,  
A trusty friend to share your lot,  
May pleasant memories brightly  
glow  
And those less happy quickly go.  
My wish for you, dear friend o-  
mine  
Is happiness for all the time.

## Read the Fine Print About New Equipment

By ELBANOR RQSS

Did you get a shiny new piece of  
household equipment for Christmas?  
A new range, perhaps, a dish  
washer, a washing machine or an  
automatic dryer?

harmful. It's their abuse, not their  
use, that does the harm. Your  
stomach will let you know when  
you have abused it. Indigestion will  
quickly make you regret your ways.

### Read Fine Print

It's a good idea, before beginning  
to use any such equipment, to sit  
down calmly and read the fine print  
in the booklets and information  
sheets that come with it.  
Just now, we're thinking of the  
manufacturer's information that  
comes with the new-type automatic  
washer and dryer. If one really  
studies and knows this valuable  
piece of equipment, it can save  
endless labor, and money, too.

### Versatile Gadgets

The chances are that, unless one  
is an exceptional homemaker, one  
is not likely to be aware that a  
washer and dryer can do many  
more chores than it is often given  
to do. There are amazingly few  
items that can't be successfully  
laundered in a washing machine  
these days. It's all in knowing how.  
And the instructions make you an  
expert.

### Proper Clothing

Dress warmly when you go out  
into the cold weather. When you  
come back into the house, take off  
your overcoat, sweater and other  
outdoor gear even if you're going  
to remain inside for just a few min-  
utes.  
Don't stand around in a warm  
room and perspire. If you do, you're  
inviting trouble when you go out  
again. The sudden change in tem-  
perature will strain your heart. And  
you know what that can do.

### Get Enough Rest

For today, and all of next week,  
plan your activities to allow enough  
rest. Take a few minutes several  
times each day to sit down and re-  
lax. And get to bed on time. Make  
sure you get your eight hours' sleep  
every night.

### QUESTION AND ANSWER

C. R.: Would an acid saliva cause  
bad breath and, if so, how could it  
be cured?  
Answer: Acidity of the saliva may  
come from infection, which, in turn,  
might give the breath a bad odor.  
It might also be due to some in-  
fection of the salivary glands.  
When the cause is found, proper  
treatment may be carried out.

## MARY HAWORTH'S MAIL

### Has Model Husband And Still Isn't Happy

DEAR MARY HAWORTH: My  
wife Jane is a very pretty girl, and  
only child, and we have been mar-  
ried three years. Our baby son, 2,  
just about wears her out because  
he is a live wire and has plenty  
of pep like me. Jane is a small  
girl and hasn't much energy, and  
I do all I possibly can to help  
because I love Jane and the baby  
so much. I wash dishes and diapers,  
clean house, scrub floors and help  
around the place generally. I put  
my paycheck in a joint account,  
as a marketing convenience for my  
wife. She buys whatever she wants;  
and we have a new house with all  
modern equipment, and everything  
is paid for (my father helped).  
I am true to my wife, as she  
knows; and she is true to me; and  
sometimes she seems so very hap-  
py, then again she seems to hate  
the sight of me. Almost every day  
she runs over to mother's, and  
while there seems happy as a lark;  
but when she gets home to me, she  
doesn't seem very happy here. We  
don't often argue, and I feel so  
when we do it is about some silly  
thing, for instance if I say "Don't  
you love me? Or just what is  
wrong?"  
I am considered good looking,  
and I am well known and have a  
good name and so do my folks, who  
are honest hardworking people with  
plenty of money. I am writing in  
hopes that you can advise me how  
to make my wife extremely happy;  
or can I? Sometimes I feel so lone-  
ly I just don't know what to do.  
I help her plant roses and all kinds  
of flowers—and never find fault  
about anything. What on earth is  
wrong? Your comment will be deep-  
ly appreciated.

L. F.

### Immaturity Plagues Wife

DEAR L. F.: It is easy enough  
to see what the problem is; but per-  
haps less easy to remedy it. You  
are married to a sort of child bride,  
who profoundly resents (maybe un-  
consciously) the workaday require-  
ments of wifehood and motherhood,  
and especially the implicit demands  
for continuous self giving (in terms  
of attention to, and consideration  
of others).  
Possibly she hasn't the physical  
stamina or the psychological apti-  
tude to become a mature woman-  
ly partner in marriage, at a normal  
pace of progression and adjust-  
ment. Or possibly you, and also her  
parents, are too lenient, too solici-  
tous, too doting, to be of help in  
promoting her growth towards  
healthy social adequacy.  
If she seems "happy as a lark at  
mother's" it is probably because  
while there she figuratively lays her  
burdens down, relapsing temporari-  
ly into a filial relationship, with a  
sense of escape from her matron's  
duties. Also under mother's wing  
she may even enjoy her wifely  
status (as a kind of dramatic relief  
—with a brideful lift of elation  
at what a big girl she is with a hus-  
band, son and house of her own.  
Rather in the spirit of a child play-  
ing at being married, with mamma  
cozily in sight.

### Not Yet Able To Give Love

Back home with you, involved in  
responsibilities shared by you, she  
may indeed have moods of "hating  
the sight" of you, mainly because  
you signify her actual circum-  
stances, the fact that she has bur-  
dened her bridges and isn't a child;  
that she is harnessed to a presuma-  
bly grown-up partnership, and so  
on. Also maybe she feels that you  
are looking to her for reassurance  
—for encouragement, approval, ap-  
preciation, etc. when she expects  
you to be the calm sure family head,  
and her paternal-type leaning post.  
The truth is, you can't "make"  
Jane happy, and your loneliness in  
marriage is due to being shut out  
of her personality. She is too im-  
mature as yet, too self-centered in  
a childish way, to love a mate re-  
sponsively—with real "other-aware-  
ness"—with insight, tenderness,  
compassion, respect and gratitude  
for his interest in her. And because  
of this emotional deficit within  
herself, she lives at a pretty low  
ebb of happiness in marriage.  
Nobody can help Jane until she  
is ready to help too, in terms of  
getting a line on her built-in  
handicaps, and working willingly

## Teenagers Can Help Each Other To Healthy, Normal Weight

By Ida Jean Kain

All right, teenagers, it's your turn.  
Advice from someone near your  
own age carries conviction, so we'll  
do it that way. There is wisdom  
in these words: "Tell your  
teenage girls to bring their weight  
into line — now. I made the mis-  
take of carrying a load of fat all  
through college, when I normally  
would have been having the time  
of my young life. If only I had  
changed my food habits then, in-  
stead of waiting until later, it could  
have made all the difference!"  
With that introduction, we'll take  
up the problem of a teenager from  
Oregon.

"I am just an ordinary teenage  
girl who would like help in reduc-  
ing. I am 5'4" and weigh 154 pounds  
— waist 30", bust 38", hips very  
large and stomach no smaller.  
Every time I try dieting, I get dis-  
couraged after a couple of days  
and quit because I am so hungry.  
People always tease me because  
of my size. I do wish there was  
someone to diet with me, so it  
wouldn't be so lonely. Can you help  
me in your column?"

"Take a deep breath... you need  
not go hungry! But first, for in-  
spiration read this letter from a  
teenager from New York State who  
turned teasing into a honey of a  
figure. One ate to build strength  
and normalize her weight.  
"Toward the end of December  
of last year, I weighed 155 pounds.  
Then I got so ashamed of myself  
and felt so left out and hurt when  
kids teased me and called me  
names... I made up my mind  
to do something about it. So I went  
on a diet. By spring I had slimmed  
down to 120 pounds.  
"I think what helped me most  
was people calling me 'Fatty,' and  
'Butterball.' I don't consider these  
people cruel — in fact, I would  
like to thank each one of them

PERSONALLY, for I feel it was they  
who helped me to stick to my diet.  
"Bigness seemed to run in our  
family, because we were all such  
heavy eaters. So everyone out down  
except my brother who didn't need  
it, and now we are more caloric  
conscious. It is much easier to cut  
down if some member of the fam-  
ily does it with you. I just thought  
you would like to read another  
success story, and incidentally, I  
am only 14 years old."  
All right, Miss Oregon, how about  
it? If Miss New York can stop  
overeating, can't you? If another  
member of your family needs to  
lose weight, enlist her interest. Or  
ask an overweight pal to curb  
calories with you and make an ex-



otic game of it. Don't keep in  
mind all the forbidden foods — in-  
stead, concentrate on all the good  
foods you can eat and be beauti-  
ful normal weight. Eat three meals  
a day, but eat smaller meals. After  
five days on your new pattern of  
eating, you will not feel hungry.  
Your normal weight is 120 pounds.  
By June first, you can have a  
honey of a figure — just in time  
for the swim suit season.

## An Artist and Gourmet Serves Pizza on Palette

"A New England woman has  
started a new trend in serving  
hors d'oeuvres pizza on a palette,"  
I told the Chef.

"She is Ruth Cobb of Natick,  
Massachusetts, artist and home-  
maker."

"Pizza tastes good to the palate,  
Madame, but this is the first time  
I've heard of serving it on one!"  
quipped the Chef.

### Pizza Hors d'Oeuvre Pie

This consists of three parts:  
Tomato-ham-olive filling, Ameri-  
can cheese pie pastry and sauteed  
onions.

Tomato-Ham-Olive Filling: In  
a saucepan, cook together 2 1/2 c.  
solid-pack canned tomatoes, 1 lb.  
olive or vegetable oil, 1/2 tsp. each  
powdered oregano and rosemary, 1/4  
tsp. garlic powder, 1/2 tsp. each salt  
and monosodium glutamate, 1/4  
pepper, 1 (2 1/2 oz.) can devilled ham,  
and 1/2 c. ripe olive pieces. Simmer  
10 min., or until the moisture al-  
most entirely evaporates.

Cheese Pie Pastry: Make Ameri-  
can pie pastry as usual, adding 6  
tbs. grated Parmesan cheese with  
the shortening. Roll to 1/4" thick-  
ness and line a 9" pie-plate only to  
the rim.

Sauteed Onions: Sauté 1 1/2 c. chop-  
ped Spanish onions in 2 tbs. butter  
or margarine until the color turns  
To Assemble and Bake: Spread  
the onions over the cheese-pastry.  
Cover with the tomato-ham-olive  
filling. Dust with 3 tbs. additional  
grated Parmesan cheese and top  
with criss-cross strips of pastry.  
Bake 30 min. in a hot oven, 425  
degrees F. Place a slice of stuffed  
olive in each lattice square. Serve  
warm.

Makes 16 to 20 hors d'oeuvre serv-  
ings, or 6 servings as a main lunch-  
con dish.

### TOMORROW'S DINNER

Cream of Pea Soup      Croutons

to outgrow them. She will need  
psychiatric guidance in this en-  
deavor, and good help of the kind  
abounds in your locality.

M. H.  
Mary Haworth counsels through  
her column, not by mail or person-  
al interview. Write her in care of  
The Guardian.

## ALICE BROOKS DESIGNS

### SCRAPS-TO-APRON!

Glamor gifts! Bazaar beauties!  
Applique, embroider pockets, pot-  
holders — so easy, gay! Add crisp  
ruffling for charm!

Pattern 7093: four embroidery  
transfers, tissue pattern. Choose  
pretty 1/2 yard remnant for each  
plus contrast. Medium size only.

Send TWENTY-FIVE CENTS in  
coins for this pattern (stamps can-  
not be accepted) to Alice Brooks  
designs c/o The Guardian, 60 Front  
Street West, Toronto, Ontario.  
Please print plainly NAME, AD-  
DRESS, PATERN NUMBER.

Brimful of thrifty gift ideas —  
our Alice Brooks Needlecraft Cata-  
log — 82 of the most popular em-  
broidery, crochet, sewing, color-  
transfer designs to send for. Plus  
4 patterns printed in book. Send  
25 cents for your copy. Ideas for  
gifts, bazaars, fashions.

### HOUSEHOLD HINT

Flashing blades stay bright when  
ice skates are waxed. Paste wax  
will make those shiny ice skates  
gleaming. To make the leather  
bodies supple and young, use clean-  
ing wax.

Perfection ICE CREAM  
GALLONS  
HALF GALLONS



## ANNE ADAMS PATTERNS



### TOP NEWS!

Top of this or any season—two  
stunning blouses to wear with  
everything — suits, skirts, slacks,  
shorts! One is a wide-yoked classic  
style; the other a dressy version,  
tied with a perky bow. Both jiffy  
thrifty, easy to sew.

Pattern 4793: Misses' Sizes 12,  
14, 16, 18, 20. Size 16 upper version  
2 1/2 yards 38-inch fabric; other, 1 3/4  
yards.

This pattern easy to use, simple  
to sew is tested for fit. Has com-  
plete illustrated instructions.

Send Thirty-Five Cents (35c.) in  
coins (stamps cannot be accepted)  
for this pattern. Print plainly Size,  
Name, Address, Style Number.

Send order to ANNE ADAMS,  
c/o The Guardian, 60 Front Street,  
West, Toronto.

### IF YOU DRIVE...

Drink  
BEA



Santa Visits Children's Ward At Sanatorium  
Smiling faces greeted Holman's Santa and members  
of the Charlottetown Rotary Club when they made their  
annual Christmas visit to the T. B. Children's Ward at the  
Provincial Sanatorium. Rotarian Russell Sells is seen in  
the company of Old St. Nick making the distribution of  
presents. Barter's Film Lab.