

Women's realm

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Cook's Corner

BALONKIES
 1/2 cup cooked rice
 1 lb. hamburger
 1 head cabbage
 2 onions
 Salt
 2 eggs (beaten)
 Remove core from cabbage and steam 10 minutes. Put mixture in cabbage leaves and fasten leaves with a tooth pick. Put in greased casserole. Bake 1 1/2 hours. Serves 6-8.

—Mrs. Donald MacQuarrie, Rosemeath W. L.

Contract Bridge

By Josephine Culbertson

AN UNPOPULAR LEAD

Give the average defender a long line of trumps from which he naturally hopes to make many tricks, and nothing can persuade him to select a trump as his opening lead. Apparently, he feels that he will make all of his trumps if he simply "sits back."

That, however, is not always the case! Consider this hand from a duplicate game:

North dealer.
 Both sides vulnerable.
 Match-point duplicate.

♠ 52	♠ 10 8 4 3	♠ K 9 7 6
♠ Q 5	♠ K 10 6	♠ 8 7
♠ 8 3	♠ N	♠ E
♠ Q 5	♠ W	♠ S
♠ J 8 4	♠ 7 5 3 2	♠ K 10 9 4
♠ 6 5 2	♠ Q J 10 7 6 4	♠ A 3
	♠ A 2	♠ A Q J 3

The bidding at most of the tables went as follows:
 North East South West
 Pass Pass 1 ♠ Pass
 1 NT Pass 4 ♠ Dbie.
 Pass Pass Pass

Some Wests opened a club, others a diamond — but no West defeated the contract!
 On the club lead the various declarers (all experts) captured East's king and laid down a high spade. West won, and regardless of his return, declarer cashed the heart ace, discarded a club on dummy's third diamond, ruffed a heart in the closed hand, then cashed the rest of the clubs. West was finally put in with a trump, and since he had no other suit than spade to return, he ended up with only three trump tricks.

Neither a heart nor a diamond opening lead could change this result, assuming proper play on South's part, but observe that if West had laid down the spade king for a look at dummy it would not have been difficult to find the killing defense. After seeing dummy's doubleton club, it would not require unusual imagination for West to continue with the eight or nine of trumps, and by thus depriving South of the opportunity to finesse clubs more than once, the defense would win the same three spade tricks.

ELLEN'S DIARY

By An Island Farmer's Wife

"And then, Ellen, we remembered your name in our prayers," a farmwife said recently. And due to another kindness, this time at a thought on our behalf by a petite career-girl whose duties are many and Island-wide and we are sure extremely interesting and always helpful, a book "Pioneers of Adult Education in Canada" edited by Harriet Routledge has come to our "desk" which in its fresh jacket and white-edged leaves presents to us an old and almost irresistible witchery.

"To those who enjoy reading there is nothing more delightful than to know they have a new book waiting to be read" someone has well written. So we shall press, this one to meet those notable and courageous characters who for us shall be clothed in flesh and blood as we go with them along the pages.

We must remember before that, on behalf of our household to dip and sit from coolish bin to pan the several measures of flour which if all be well with us, will contribute to tomorrow's loaves of bread.

Today gave us the sun's strengthening brilliance to set aches on the sunny side of a roof to dripping — and we to wonder if the gates on the milldam below Alderlea are now adorned with their winter trim of long white pendants. And to hear the falling water there sing these days its muted lay.

And who hears it, falling with soft cadence on the ear, now that we are away from once familiar sights and sounds? Perhaps Granddaughter who keeps us pretty well informed about the scenes of Home — how at present when the roadway is snow-filled the trail winds as in the old days along a steep rise of field past the house on the hill; that the beavers' home by a sheltered bank up the creek to the west is now used over; that this morning as she was being taken to school with the Nell-mare and sleigh "in a surprise" a whole parcel of wild ducks flew up from the open water by the "gangway" bridge of the lane — and with funny quacks moved out of sight around a bend up the stream.

We wondered too if the broad stump in the woodland across from the mailbox at Alderlea which so often made a royal seat for us and Jamie or Granddaughter in years that are gone is now buried in a snowdrift. Travel and romance will be under good aspects during the coming of the Mail; or hear we just idled on a summer day the loving the quiet, the tang and fragrance and loveliness about.

What happened on these farms today? A fat heifer that according to her owners "had never missed a feeding in her life" was taken to market and even as we said "well, that will lighten the churning" another was bought and brought in, in replacement. Grista were brought and with some huffing and puffing the two lads emptied the sacks into the chute which with some magic carries it down to a bin in the stables — and was there ever more toothsome fare than the hot rolls and molasses they later ate in a lunch!

"Valentines! a little fellow exclaims with a touch of scorn again looking over his receipts of the season "there's one thing I wouldn't do—I would never send one to a girl!"

"That's all very fine," James chuckles patting a dark head, "but

DOROTHY DIX'S COLUMN

By Dorothy Dix

No Place To Go

Woman, Bored With Own Company, Yearns For More Pleasant Life

DEAR MISS DIX: I am so confused I don't know where to begin. Seven years ago I lost my parents and, being the only girl at home, I undertook the responsibility of the house. I don't go out much because my friends are all married. I don't even have a neighbor, as the people around me are of different nationalities and I don't understand them. I don't like to go places alone, and am tired sitting home night after night with no place to go. I'm in my late 30's. When my church gives a dance, I don't go because I never learned to dance. How can I make my life more pleasant?

JOYCE C.

NOW IS THE TIME

ANSWER: You may be sure, Joyce, that unless you do get out, no one will ever come knocking at your door with an offer of friendship. You lament all the things you never had a chance to do, well, now is the time to do them! You can't dance; take dancing lessons. You don't understand the people around you; get out among them and make an effort to be friendly. No matter what their nationality, they, like you, all have troubles and will probably welcome a person to talk to. This may not seem like the ideal solution to your problem now, but the important point for you to absorb is that you MUST MAKE A FEW STEPS TO MAKE THE BEST OF THE YEARS AHEAD, instead of lamenting the past. Since you have a family, but no sisters, you must have brothers! Don't they have friends they can bring home? These visitors would help you to get used to people.

Begin by taking courses in some subject that will help you in a job or in something that's just fun. Go to a dancing studio and learn a rousing reception. Co-operative, friendly and efficient help is always welcome by any church group. Get that far, Joyce, then if you don't see your way clear to a happier, more useful life, write again.

DEAR MISS DIX: I'm 17 years old and have been going steady with Dan for several months. He's a sea now and will be away indefinitely. Recently I began dating Ed, a former sweetheart. I like Dan better, but would like to keep Ed's friendship, too. Is that possible?

FLOSSIE

ANSWER: What you want is the social security of a beau at hand, which certainly is a natural wish at 17. There's no reason why you should have to be pledged to either Dan or Ed, unless one of them makes an issue of the matter. Try to make both boys realize that you are very young, and that in another year or two you will be more able to make a choice.

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

How Can I!!!

By Anne Ashley

Q. How can I make an economical fudge?

A. An economical, but excellent, fudge can be made by adding 1 cup of water to 2 cups of sugar, 3 tablespoons of cocoa, and a small pinch of salt. Boil until it makes a soft ball in water. Then add a tablespoon of butter and cool it in a basin of water. Add 1/2-teaspoon vanilla flavoring, stirring until

I'm afraid you'll change that notion one day!

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

Morning Smile

Housework. Domestic labor which, if you do it for wages, you're a servant; if you do it for nothing, you're a wife.

creamy, and pour into a buttered dish.

Q. How can I remove spots from oiled floors?

A. Sponge with turpentine. For obstinate spots, dip the moistened rag into powdered rottenstone, and when clean, renew the oil on the treated part.

Q. How can I remove the odor of onions and chives from a wooden salad bowl?

A. Soak the bowl in hot soda water. Then wash as usual.

That Body Of Yours

By James W. Barton, M.D.

HELPING DIABETICS TO HELP THEMSELVES

When Drs. Banting and Best discovered insulin, which controls diabetes, that there is no reason why there should be any worry about diabetes, physicians and the public felt that nothing more need be thought about diabetes and their treatment. And finally, when Dr. E. P. Joslin, Boston's outstanding specialist in diabetes, stated that there was no need for any diabetic to die of his diabetes, this seemed to be the last thought about diabetes and its treatment, to those who have been interested to read of some further word on diabetes reported by Dr. F. G. Strange, Toronto, in the Canadian Medical Association Journal. "With the presentation of his charter to the first president, Dr. A. L. Chute, by the Honorable Paul Martin, Canadian Minister of Health, the Canadian Diabetic Association may be said to have begun its formal history on April 9, 1953. Mr. Martin, in presenting the charter, emphasized his hope that such organizations as this will bring medical discoveries more rapidly and fully voluntary effort in conducting this about was stressed as a Canadian approach to the problem and, when the need for such efforts has been demonstrated, the governments will bring assistance in various ways."

Dr. Chute, who is physician in chief to the Hospital for Sick Children, Toronto, pointed out that much good had come from the discovery of insulin by Drs. Banting and Best in 1921, but Canadians still had a great deal to do in the detection, full treatment and education of diabetics. "It is strongly believed that self-help by this group of patients and their families will bring this happy result into effect more quickly than would be possible if the medical profession continued to attempt it alone."

More than any other disease, diabetes depends upon the intelligent cooperation of the patient and his family. It is from this standpoint that doctors are enlisting their patients in this voluntary medical agency. "Experience in other countries has shown that a real service can be rendered through a dia-

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Better English

By D. C. Williams

What is wrong with this sentence? "Only two people applied, and neither of them were adapted to the work."

2. What is the correct pronunciation of "deduce"?
 3. Which one of these words is misspelled? Marmelade, maritime, martyrdom, marionette.
 4. What does the word "equivocal" mean?
 5. What is a word beginning with cr that means "deserving of praise"?

ANSWERS

1. Say, "Only two persons applied, and neither of them was adapted for the work." 2. Pronounce the u as in use, not as in rule. 3. Marmalade. 4. Having a doubtful meaning; ambiguous. "It takes a learned man to fathom these equivocal writings." 5. Creditable.

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HONEY-BUN RING

Scald 1/2 c. milk, 1/2 c. granulated sugar, 1 1/2 tsp. salt and 1/4 c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl 1/2 c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Fast Rising Dry Yeast. Let stand 10 mins., THEN stir well.

Add cooled milk mixture and stir in 1 well-beaten egg and 1 tsp. grated lemon rind. Stir in 2 c. once-sifted bread flour; beat until smooth. Work in 2 c. (about) once-sifted bread flour. knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and roll out into an oblong about 9" wide and 24" long; loosen dough. Combine 1/2 c. lightly-packed brown sugar and 1/2 c. liquid honey; spread over dough and sprinkle with 1/4 c. broken walnuts. Beginning at a long side, loosely roll up like a jelly roll. Lift carefully into a greased 8 1/2" tube pan and join ends of dough to form a ring. Brush top with melted butter. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, 45-50 minutes. Brush top with honey and sprinkle with chopped walnuts.

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