

Mid-Morning Coffee

"Thought rambling" is one of the most interesting hobbies I have. Starting with a name, photograph, a novel, and then connecting or unravelling them as mood may strike me.

While living in Halifax Mrs. Leonovens began several literary, musical, and art clubs. She founded the Nova Scotia College of Art.

Irene Dunne portrayed Mrs. Leonovens' life in the film, "Anna and the King of Siam," and now on Broadway, Gertrude Lawrence has donned a crinoline to bring a singing and dancing "Anna" to the New York stage.

Movie-goers who enjoyed Somerset Maugham's films, "Quartet and Trio," will be happy to learn that a third, yet untitled, will include four stories—"Ant and the Grasshopper," "Gigolo and Gigolette," "The Three Fat Women of Antibes" and "Winter Cruise."

Well from Green Street this morning I am able to bring you the very reliable recipe for oatmeal cookies, with date filling, which I asked for last week. Here it is.

Dear "E.M.D."—I think you have really put me on the spot this time! So I will enclose my recipe for "Date-filled Oatmeal Cookies."

1 cup shortening, 1 cup light brown sugar, 1 egg, 1 tsp. salt, 1 tsp. soda, 2 cups flour, 2 cups fine oatmeal or rolled oats, 2 tsp. vanilla.

Our next letter comes from Toronto. Thank you M.R. for the nice things you have to say about Morning Coffee and I will pass your suggestion about dampening clothes along this morning.

That Body Of Yours

By James W. Barton, M.D.

HEART MURMURS

In my student days, a heart murmur was considered an important symptom in the diagnosis of heart disease. When a murmur was discovered, its exact location, the time it occurred in the heart cycle (before or after the first or second beat) whether it was soft or hard, the effect of exercise and other considerations were taken into account.

Dr. Wm. MacKenzie later knighted was a Scottish general practitioner with an office at the top of a hill. A factory and factory settlement were situated at the bottom of the hill.

In a letter to the editor of The Journal of the American Medical Association, Dr. Myer Solis-Cohen, the Philadelphia specialist, describes a "crunching" murmur believed to be caused by a movement of the cartilage of a rib attached to breast bone during the beat of the heart.

Should you be rejected for military service, life insurance or employment because of a heart murmur, don't be discouraged but consult first your family physician. He may refer you to a heart specialist who by experience and use of X-ray and electrocardiograph will be able to tell you that your heart is normal organically, or if disease is present, will show you the safest way to live.

While the above teaches us that heart murmurs may be caused by conditions other than heart disease, it is mistaken for a valve defect and "has caused many healthy persons to be rejected for military service, refused employment, and denied life insurance or rated up for insurance, and subjected to unnecessary treatment with its accompanying expense, trouble and anxiety."

Second reason is—(Could be, this is an old idea, but to me, it is very new, discovery having been made yesterday!) Found—a new and easy way to dampen clothes. Take one empty Windex bottle (plus sprayer), fill with water, and presto—you have a wonderful clothes dampener.

Has anyone had any sort of luck with indoor kitchen gardens? Looking at a withered pot of parsley I know I haven't, and I should like to hear from a successful gardener of kitchen greens, such as chives, mint, and parsley.—Good morning—E.M.D. (Copyright Serial No. 91258, Ottawa, 1951)

Not Nice The teacher had some clerical work to do, so she placed her hat in front of the class of six-year-olds and said: "Now, children, I want you to look at my hat, and write some nice little sentences about it."

The children set to work, and were silent for quite five minutes. Then a face appeared at the teacher's desk, and Edward's voice was heard: "Please, miss, are there two 'b's' in 'shabby'?"

A Country Garden

Mrs. Gordon MacMillan

A mist o'er the blue sky, With a falling of rain, That gleams like spun silver And it's April again.

With gold and with silver Of sun and the rain, Rejoice that you're living, When it's April again. —Lyman.

How many million Aprils came Before I ever knew How white a cherry bough could be.

A bed of squills, how blue! And many a dancing April When life is done with me, Will lift the blue flame of the flower And the white flame of the tree.

More Roses have been planted . . . Hybrids, Teas, and Floribundas, also two of the new Hardy Brownell Climbers; and it is fun to look forward to the blooming of new Roses and other plants.

Readers have written in for garden information every day in the past weeks and answers will be sent as soon as possible. So many write that they are starting a perennial garden. The size will be determined by the space available and the time that can be given to the upkeep of the garden.

It can always be enlarged through the years. For the best effect, it should be wide enough to allow for a variety of plants so as to ensure that there will be color all the time.

It is a good plan to have the early blooming plants toward the back of the border so when their beauty Continued on page 16

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "After agreeing with our proposition, Frank asked if anyone was going with him." 2. What is the correct pronunciation of "mandamus"? 3. Which one of these words is misspelled: Potatoes, tobaccos, pianos, credos. 4. What does the word "circumlocutory" mean? 5. What is a word beginning with "ret" that means "inclined to keep silent"?

- ANSWERS 1. Say, "after agreeing to our proposition, Frank asked whether anyone was going with him." 2. Pronounce man-da-mus, first a as in man, second a as in day, accent second syllable. 3. Tobaccos. 4. Roundabout. (Pronounce third syllable lock, accent third syllable). "Such methods would seem circumlocutory." 5. Reticent.

ELLEN'S DIARY

By An Island Farmer's Wife

We suspended the work of decorating a ceiling today to accompany granddaughter on a tour of inspection about the yards. This small maid of ours has been confined to the house during the recent sunless days, but the drier conditions prevailing this afternoon afforded her an outing.

But today she was here, sheltered, protected within the home circle, without a care, nor did we have any on her behalf . . . little about which to be anxious. A ceiling delayed for an hour or two in the washing! A hanc was warm in ours. And how grateful she was to be outdoors again!

We came in then to lunch with James, about to set off to a spell of fencing, complaining a little, though only from the lips that "well never get all the fencing done this spring! There seems to be so much of it waiting for us. When we have finished here, why then we have to move to the other farm. But there's this about it — we've never been at it so early before.

Oh yes, I've fenced in April, but only towards the last of it! New stakes were driven today and "bobbed" wire stretched and secured along a near field . . . Towards the close of yesterday's angling when the light wind of day had gone, wandering home to a place beyond the hills, and the shades of evening were spreading a new peace about field and stream, and we were about to part, Jamie proposed: "Let's go fishing some Saturday up at the other farm. We could take a lunch — some sandwiches and cake . . . "And some "Pop" — the younger lad suggested with a merry smile and chocolate bars, and we'll stay the whole day!"

So April spins its threads to make a fabric of our days at Alderlea, brimful of the evening scenes, though interwoven with the farm happenings are the world events, the momentous items which go to make up the history of countries and nations . . . brought to us by voices in the kitchen while we breakfast or go about the duties of our day. Come as food for conversation and reflection — solemn in these days — and though we may admire or criticize in turn the ultimate wisdom of some moves they make, yet on the whole we are content to leave the like in the hands of those whose duty it is to govern, to hold Democracies inviolate, to improve the weaknesses, to make of these "watered gardens" good and acceptable and secure in every way of life.

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

Cook's Corner

CHICKEN AND RICE MEXICAN

Chicken and Rice Mexican style may be seasoned to your taste . . . you may add more or less tomato puree, minced green pepper and garlic as you wish . . . some like it highly seasoned, some like it with only salt and pepper, a dash of tomato puree.

But no matter which you prefer you will be delighted with this method of cooking chicken and rice. The chicken comes out tender and brown . . . the rice fluffy and dry. Don't forget that keeping the skillet tightly covered during the 30 minutes of simmering is the secret of success.

This is not a dish to reheat . . . it should be served as soon as it is done . . . piping hot! 1/2 cup oil 1 cup rice, uncooked 1/2 onion, chopped 1 clove garlic, minced 1 1/2 cups tomato puree 2 1/2 cups boiling water Salt and pepper to taste 1/2 cup minced green pepper if desired.

Cut chicken in pieces and fry in oil until a delicate brown. Remove from pan. Add the uncooked rice to the oil in the pan and fry until golden, stirring frequently. Add onion, garlic, tomato puree, green pepper and boiling water. Season. Add the browned chicken, and let simmer, covered, for 30 minutes, or until chicken is tender. Do not remove cover.

It must steam thoroughly. Serves 4 to 6

How Can I . . .

By Anne Ashley

Q. How can I prevent the yolks from darkening when hard-boiled eggs are to be served cold? A. Place the eggs in cold water immediately upon taking them from the hot water. This not only prevents the yolks from darkening, but also makes the shells come off easily.

Q. Should one read while lying down? A. Never; this is extremely bad for the eyes. It is all right, however, to read while in bed if you are propped up sufficiently, so that the apple is held at right angles to the line of vision.

Q. How can I take the shine off a coat collar? A. Moisten a cloth in either vinegar or ammonia and rub the collar thoroughly.

Modern Etiquette

By Roberta Lee

Q. When a business girl visits an old friend over the week-end, a close friend whom she has known for many years, is it necessary for her to write a bread-and-butter letter? A. It would be exceedingly rude if she didn't. This is one of the most important indications of good breeding, and no matter how often you visit a certain friend for an overnight stay, a bread-and-butter letter is in order each time.

Q. What is the proper time to pass olives, pickles and celery at the dinner table? A. During the soup course.

The Stars Say . . .

By Genevieve Kemble

For Tomorrow IT is probable that some personal, domestic or property affairs or commitments may come up for decision. It is possible that such contacts or operations may call for a review, or perhaps compromise or readjustment. This could be owing to carelessness, a tendency toward some form of personal indulgence or weakness, perhaps ill-health.

If It Is Your Birthday Those whose birthday it is, may find it to their advantage to rearrange their affairs, domestic, personal as well as business agreements. It is advisable to come to other agreements, since existing conditions may have been brought about by carelessness, ill health or possibly by personal habits or wayward indulgences. Many personal as well as business obligations are at stake.

A child born on this day may be inclined to take things in the easiest way, its decisions flavored by personal bias or indulgences.

DOROTHY DIX SAYS—

What Do Girls Want?

DEAR MISS DIX: How is a young man to be popular with girls if he doesn't have money and a car? I am not bad looking, nor a bore, nor a bad dancer. As long as I have the price of taking girls out, I rate first place, but when I am short of cash the boys with autos and money put me in the shade. What do girls admire in men, anyway? ABJECT

ANSWER: It depends on the girl. There are plenty of girls who admire nothing so much about a man as his pocketbook. You can see these girls out with fat old men or with the nitwit sons of rich fathers or with any married man who will buy them a dinner. No poor young man can compete with them, no matter how good-looking nor how intelligent nor how interesting and fascinating he may be.

It is folly, of course, to deny that money helps along any young man's popularity with girls. Money gilds everything. A nice boy with a nice car and a nice bank roll does have an edge on the nice boy without.

EMPHASIS ON "NICE" But there are plenty of girls who put the emphasis on the "nice" instead of on the money. They prefer an intelligent chap without a cent in his pocket to a dullard, no matter how much he can spend on them. They can have more fun out of a beer-and-sandwich supper on the kitchen table at home with an interesting boy to talk to than they could out of a champagne feast with a bore.

After all, what girls admire most in men are brains and character. A girl may not be overly brilliant herself, but she recognizes intelligence in men and pays her tribute to it. You never heard of a girl who wasn't proud to be seen out with a clever man, no matter whether he was poor or rich.

Girls like strength in a man. They like a man who can stand on his own feet and make his own way in the world; who knows where he is going and is on his way. They know that that is the way 90 per cent of the men who are the leaders in every field started and they are always willing to take a gamble on that sort of a lad.

Girls like boys who can entertain them, who don't get up like dumplings, are courteous and chivalrous with them and who make them feel somehow that they would make the kind of husbands who would be tender and understanding toward their wives. Money is a good thing to have, but it isn't necessary to have it to make you popular. One of the things that isn't sold over the counter is love.

DEAR DOROTHY DIX: I am a young, fairly attractive girl. Have been married nearly a year and a half. Have a few brains, an even disposition and a heart full of love for my husband. He is a good provider, amiable, intelligent, good looking and devoted to me. We are extremely happy together, but here is the problem: My husband and I have never held any intelligent conversations together. Neither of us is too dumb to do it, but we seem unable to talk to each other. I feel that I am failing in my duty to be a companion as well as a wife. K.K.

ANSWER: You are very wise to realize that there has to be something more than love-making and kidding between a husband and wife if they are not to grow tired of each other. I think that the greatest mistake that a young married couple makes is in leaving that to chance instead of starting as soon as possible to build up a companionship between them. The man should talk to his wife about his job, about his hopes and plans and ambitions, not only because having a common interest is the strongest tie that binds people together, but also because a husband and wife who can talk shop have an inexhaustible topic of conversation. They should read the same books and magazines and papers, because that will give them the same knowledge and interest and an infinity of things to discuss that will keep them from ever boring each other off hunting women who understand them and nine-tenths of the women who are complaining of their loneliness have only themselves to blame. They never tried to make companions of their husbands and wives.

DEAR DOROTHY DIX: I have been seriously considering a career in one of the women's branches of the armed services. Could you advise me on this and give me information on the possibilities of this kind of career? GRACE J.

ANSWER: Thousands of women performed a magnificent service in the last war, and are doing the same again. If you feel that you have a career in the service, by all means join up. Opportunities are limited only by your own ability, enthusiasm and diligence. More information, of course, may be obtained from your nearest recruiting station. Get in touch with them.



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