

Guiding In Africa Helps In World Relationships

Oliver, Lady Baden-Powell, who is Chief Guide, gives her impressions of the latest trip she made out in East and Central Africa to visit branches of the movement founded by her husband. This article is from "London Calling" dated May 16, 1957.

Lady Baden-Powell is shown speaking at the opening of the Guide House in Dar-es-Salaam; directly behind her is Lady Twining, the Governor's wife. Southern Rhodesia Guides of various races gathered for Thinking Day ceremonies: the Guide is the Hon. Mrs. Gervais Clay, the author's daughter.

Lady Baden-Powell is shown opening the new Guide headquarters in Dar-es-Salaam. A northern Rhodesian Guide captain with her darling baby strapped to her back smilingly receives a Good Service Certificate. Another sweet picture is a group of little girl guides bedecked in flowers. They are a keen happy looking little group.

Lady Baden-Powell writes — I have recently come back from a three months' tour of East and Central Africa which has been tremendously interesting and enjoyable and also very hard work; but hard work can be rewarding too. My friends eagerly ask me now if I have had a nice holiday. I find that Chief Guides do not have holidays as such, and the journeys that leaders of any movements or societies may make in the course of their duties are like a race against time, and a struggle with distances.

There are so many places to be visited, so many miles to be travelled by sea, road, rail, or plane, so many engagements to be fulfilled, so many people to be seen and talked to, so many demands for meetings and functions, so many letters to be written, as often as not through the night when the day's affairs are over. We lived in Kenya for the last four years of my husband's life, through the beginning and early days of the war, so that I am no stranger to Africa, and I love it—oh, how I love it! This time, however, was my sixth rushing tour of only a few territories of Sudan, Uganda, Northern Rhodesia, Nyasaland, Southern Rhodesia, Zanzibar, Tanganyika, and Kenya itself, during which I find I have journeyed just over 15,000 miles

by air and just on 4,000 miles by car. I have had the pleasure of visiting fifty-five places, and of giving 119 talks to very varied audiences of all shapes and sizes and kinds.

I am no speaker in the usual meaning of that word, and there is no time—nor do I find any reason—for making notes and trying in vain to produce flowery phrases when talking with, and to either children or friends. And my tours take me in-ple—old and young—for I go to meet Guides in all these far-off scattered places, and to greet and bring encouragement and support to their adult leaders and their friends.

So I talk a lot, and naturally always about this one subject or dear to my heart: for this movement of Scouts and Guides that my husband founded just on fifty years ago is known and has its membership in their many thousands in all the many different parts of that vast continent of Africa—the Africa which is progressing, the Africa which is searching out for progress in the matter of transport and of education, in hospitals, and so on.

And wherever I went on this tour—as on all other tours in all other parts of the world—Guides and Scouts would be there to be seen and talked with, in schools and in small towns, in bigger centres and in isolated villages, in mission stations and Asian communities—perhaps in numbers, and perhaps not up to the standard that is seen in European countries, where the movement is of long standing, and where things are much easier to deal with. But it is most impressive to see them, and to me a source of wonder that they manage to do it at all, with every handicap to overcome of distance, of climate, of poverty, of diversity of languages, lack of transport facilities, and so on.

But these boys and girls all feel encouraged by the fact that they are all linked together and are linked to others in other lands, sharing the comradeship of this world-wide movement from which they gain many good and happy things for themselves; and to which—and through which—in their turn they are able to be of service to other people, and in the cause of good will and understanding in the world itself.

MARY HAWORTH

Problems In A Marriage

Dear Mary Haworth: Would you please write a column about problems that occur in the first year of marriage—and how to cope with them? Especially the trait of possessiveness.

When two people are in love, it is natural to be possessive, one of the other, during the first year? And will it change afterward? When this possessiveness develops into feelings of jealousy, for no valid reasons, when other people are around, how do you conquer it? B.B.

"EXCLUSIVE USAGE"
Dear B.B.: Whose jealousy are you talking about, yours or your partner's? It is one thing to try to conquer your own jealousy, and another thing to try to heal that affliction in the partner. But in either case, some understanding of the nature of the ailment might be helpful.

Jealousy and possessiveness are sick-hearted small-souled attempts to enforce "exclusive usage" rights to another's whole being—insofar as his emotional, intellectual and social aliveness are concerned.

The "catch" person surrounds his "catch" with a network of crafty manipulations, aimed to keep at a "safe" distance, psychologically, any congenial friends, relatives, workaday associates, etc., who could be construed as "rival" interests. The idea is to clear the field, for the jealous person to feed exclusively on the personality of the "beloved"; also, to ensure that the beloved won't be tempted in any sense, if the watchman's back is turned for a minute. Dr. Freud, isn't it?

RELIES ON CUNNING
The cause has to do with the jealous person's attempts to substitute power, or cunning, for love. Aggressive jealousy dates back to neurotic personality formation—i.e., to a pattern of rearing, a brand of family example, that encouraged by the fact that they are all linked together and are linked to others in other lands, sharing the comradeship of this world-wide movement from which they gain many good and happy things for themselves; and to which—and through which—in their turn they are able to be of service to other people, and in the cause of good will and understanding in the world itself.

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KEEP IN TRIM

Strength-Giving Foods Needed After Surgery

By IDA JEAN KAIN
An excessive weight gain following surgery, particularly after a complete hysterectomy, is such a common occurrence, it has come to be accepted as normal. While admittedly it is easier to add unwanted pounds during the convalescent period, such a gain is by no means inevitable!

A reader who has just had this type of an operation writes to ask for help:
"I have just had a hysterectomy operation and I am worried. Everyone says that now I shall gain weight very fast. And I have noticed that people who have had this operation have gained a lot of weight. For instance, my mother weighed 135 when she had this type of surgery. That was twelve years ago—and now she weighs 250. Some say I will be like her."

"I now weigh 124. I lost six pounds after my operation. I don't mind gaining that back, but I want to know what I can do to stay at normal weight."

Analyzed, many factors contribute to the post-surgery weight gain. To begin with, the hysterectomy is more frequently required in the middle years, the years when there is a natural tendency to add pounds. Why? As we approach the forties, we not only slow down on physical activity, but the body itself uses less fuel. Therefore, eating as usual is eating too much for our lessened needs, regardless of surgery.

The sudden decrease of activity during convalescence cuts calorie needs still further. On the average, the convalescent uses only 12½ calories per pound in a 24-

hour period. So, to prevent a weight gain, a convalescent weighing 124 pounds should not have more than 1,550 calories daily.

Strength-giving food is vital following an operation. The technique is to concentrate on the protective foods and skip the weight-makers.
Daily have lean meat, fish or fowl (liver twice a week); a dark green leafy or yellow vegetable; 2 glasses of skim milk or buttermilk; a citrus juice; and other fruit: an egg or two and ½ cups of cottage cheese; a small potato and 2 thin slices bread, lightly buttered. Eat 3 meals a day, and have an energy pickup in the late afternoon.

On good nutrition the convalescent will gain in strength, not in excess weight.

Migrate With Their 12 Children

DURBAN South Africa (Reuters) Stanley Prince believed there was no future in Scotland for his family.

So the 38-year-old engineer sold his home and booked passage to South Africa for his wife Nan, 40, and their eight sons and four daughters. It cost him more than £1,000 (\$2,800) for seven cabins.

When they arrived at Capetown aboard the liner Durban Castle, they had a marquee tent with them in case of housing difficulties. But there was no need for it. They drove off to the 14-room Tiger Rocks Hotel, which the owner placed at their disposal rent-free.

"When people say they don't know how I cope with 12 children," said Mrs. Prince, "I often wonder how I could possibly manage without them. In a big family, the children don't have to be entertained. They amuse themselves and are never lonely."
Mrs. Prince does all the sewing and knitting for the family; cooks all the meals, and finds time for her favorite pastime—gardening.
Tragedy struck the family three weeks after their arrival at Durban. Ten-year-old Roger was drowned on a beach near the family's temporary home.

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SUNTER'S LADIES' WEAR

LET'S EAT

Australian Scones Inspire A New Loaf

By IDA BAILEY ALLEN
"Madame, do you remember the scones we enjoyed during our tour in Australia?" asked the Chef.

"Yes, indeed, Chef," I said, "they were delightful—something like our baking powder biscuits, but puffier, lighter, and finer in texture."

"Well, Madame, our Australian friends would be interested to taste the cinnamon-nut scone loaf we have just baked—and so will our readers. This loaf is very similar to the famous Australian recipe and at the same time it is easy-do and so good!"

Cinnamon-Nut Scone Loaf
(Serve hot with tea or coffee): Sift together 2 c. sifted enriched flour, 3 tsp. baking powder, 1 tsp. salt and ¼ c. sugar. Add 1 ½ c. shortening and chop in with a pastry blender until the mixture is crumbly.

Beat 1 egg. Add 2-3 c. milk. Stir into the flour mixture and mix thoroughly. Turn on a lightly floured surface and knead gently for 30 seconds.

Roll into a rectangle, ¼" thick. Brush generously with melted butter or margarine. Sprinkle with ½ c. sugar mixed with ¼ c. fine-chopped nuts and 1½ tsp. cinnamon. Roll up like a jelly roll and pinch the edges together.

With a sharp knife, cut into 14 equal pieces. Flatten each under the palm of hand, pressing outside down. Arrange the pieces on end, zigzag fashion, in a well-buttered or margarine-lined 4¼" by 8½" loaf pan. Bake 20-30 min. in a hot oven, 400 degrees F., or until golden brown.

Serve hot with butter or margarine and/or apple butter.

Tomorrow's Dinner
Beef-Vegetable Soup
Veal Chops-Potatoes Baked in Milk
Asparagus Milanaise Rolls
Prune-Apricot Compote
Coffee Tea Milk
All measurements are level.
Recipes proportioned to serve 4 to 6.

Suggestion of the Chef
To make 1 can condensed or frozen beef-vegetable soup to serve 4, add 1½ c. measures water, 1 (8 oz.) can tomato sauce and 1 bouillon cube. Simmer-boil 10 min.

"Well, Madame, our Australian friends would be interested to taste the cinnamon-nut scone loaf we have just baked—and so will our readers. This loaf is very similar to the famous Australian recipe and at the same time it is easy-do and so good!"

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Arrange on a heat-proof dish that can go to table. Pour over 3 tsp. melted sweet butter about 3" of the tips with grated Parmesan cheese. Broil 1 min. or until the cheese lightly browns. Serves 4 to 6.

BEST TEACHERS
Women excel in teaching parrots to speak, probably because parrots find it easier to imitate a woman's voice.



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