

WOMEN

Page 8 The Guardian Friday, October 22, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

Two little boys were our responsibility today—a pair that, strange as it might appear to those of us who have forgotten the fascinations of such pastimes of childhood, put in most of the day gazing about. With many a chuckle, they shot from ambush, having ingeniously replaced the intended sound ammunition of cork with pellets of potato, making targets of any unwary passer-by.

"Did you get a fright?" Gage laughed, when unknowingly we had come within range. "Then why did you jump and 'holler' like that?"

"These bullets don't hurt," Mack nodded.

"They stalked sparrows in blinds of serene goldenrod along the lane, and laughed at two 'wounded' kittens that fearful had climbed nimbly to safety up a tree. And listening to their chatter, it came to us, that they shared privileges with more tolerance and a better sense of fairness than we adults, or even nations do, relinquishing the toy gun smilingly the one to the other because 'It's your turn now—not mine!' Carefree, happy and all in all quite good, in their fancied pursuits today.

These were our cares after the digging of potatoes at Alderlea had been completed, and the morning then had taken Jamie, the men and machines to help a neighbor bring to a nice close his threshing. That ended before the twilight shadows filled the cup of our valley, and in good time to liquidate the evening. Now lights in that field tell the farm-world about that the baling of straw is in progress.

MARY HAWORTH'S MAIL

Mate Opposes Use Of Legacy

DEAR MARY HAWORTH: My husband is being very disagreeable about an unexpected legacy I received recently. He acts as if I had stolen the money, instead of receiving it as a gift from a loved one, who wanted me to do with it as I wished, and trusted me to use it wisely.

George and I are in our late fifties, married 22 years, and have six fine children—now all grown and on their own—and five splendid grandchildren. We own our home and have some money in reserve. He has worked hard to support the family and educate the children and I have done all the housework and much sewing, to economize.

Our house was a meeting place for the children's friends, so the interior is quite the worse for wear. I'd like to use some of the legacy for fresh paper and paint, and to replace some outdoor appliances, and buy others we couldn't afford when the children were here. But George flies into a rage at the very idea, and insists I must save every cent of this money for the children. He insists that I must make a will immediately, naming them beneficiaries.

WHOSE SLANT IS JUSTIFIED

George lacked security as a youngster, in a home where there wasn't enough money or love to go around. He was always buying

"If the old folks could come back, Ellen," James reflected before he followed there with the rest this evening. "I wonder what they would think of present ways of farming?"

"Perhaps they do," we offered. "They certainly stand behind it, they fathered it, didn't they—those farmers of the long ago?" With lowly implements and crude contrivances they broke the trails, laying the foundations for the miracles of this wonder-age and beyond.

But back in the shadows, out of the bold beams of the machines which lend a fine light for the night-work, does some pioneer of that place stand now gazing with wonderment at the sight? One clad in quaint garb—and at his side, his wife? Some quiet, wondrously wise woman of those bygone years, though she knew nothing of equal rights for her sex or the statutory right of the vote. One, who knew only that it was her part to look well to the comfort and well-being of her household and to accept her Lord and Master's wishes as her law. Would they regard the scene with wide amazement, to sigh perhaps as a passing rustle of the little night-wind keens over past days before vanishing into the dusk of these hours?

"We'll be wanting a cup of tea when we've finished," James called back to us. "For how many? I just can't say. . . . And when? Neither can I tell you that. You keep an eye . . . and you'll know!"

All in a day? Yes, all this and more, much besides—worthwhile and satisfying can be in the round of a farmwife's day. . . . Diary
Until tomorrow
Good-night

things for our children that he had wanted as a child and never got. He is decidedly the bossy type, much offended if denied his way. I've made a good many concessions over the years, in order to let our children grow up in a household free of parental arguments and wrangling.

The children already have all the things I want—automatic washer, electric stove, TV set, etc.—and George is in good health and working steadily. So can you explain his attitude? Do you think I am wrong?
R. S.

MAN'S ASHAMED AND DEFENSIVE

DEAR R. S.: It strikes me that George is stung, perhaps secretly a bit sheepish, now that you have some money of your own, unexpectedly. And to hide defensive concern while trying to recover his former self-confidence, as tyrant in charge of the family purse strings, he is making a big noise about where the money ought to go. He is mighty anxious to get it out of your hands, out of reach of your spending, certainly—hence his furious insistence on putting it aside for the children.

Back of his agitation, he probably feels somewhat jealous and guilty too, as he tries to imagine that sentiments and perceptions prompted the deceased to leave you a legacy. He probably feels implicitly reproached—as if the testator recognized that George had treated you none too well all these years. Not nearly so well as you have deserved, your husband's conscience whispers, I think.

In my opinion, George hasn't a leg to stand on, in fighting your

New Hat Catches London Eyes



At first glance, Princess Anne's childish gesture is capturing the limelight from her mother, Queen Elizabeth, left, and her aunt, Princess Margaret. But London's girls, who saw the threesome in a car en route to Buckingham Palace, were quick to spot Princess Margaret's hat. It's something new and different.

Use Office Efficiency For Housecleaning Jobs

By ELEANOR ROSS

IF YOU could analyze the methods of, say, a hundred average homemakers, you would undoubtedly discover that 75 per cent of them spent a lot of time and energy doing one job twice.

You know how it is. You come into the house and put your hands down on a chair. Then later you have to pick up the bag and take it into the bedroom where it belongs. So you pop it down on the bed or a convenient table. Still later, you put it away in a drawer or the closet where it should have been put in the first place!

A Waste of Energy

You've spent twice or even three times the time and energy the job actually required.

So it goes with housecleaning. You make two trips to the broom closet where one would have sufficed. You carry the pail of soapsuds into the room you're about to clean—but you forget to bring the rinse cloths and so have to make another trip to get them.

Any woman who wants less work around the house—and who doesn't can manage it, if she goes in for more organization.

Use Office Techniques

Why don't we approach our housekeeping as we would an office job? Why don't we get the

kindhearted thought of making the house a little more comfortable a bit more pleasant for the years ahead—as you say in your letter, here condensed.

HERE IS CALL TO FAIR PLAY

When children grow up and take off into paths of their own, it is good psychology, good common sense—medicine for the soul—to furnish the decks for a new lease on life of a different type, for the parents—a life shared more and more with neighbors and friends, to occupy hours once filled by the children's demands. Just to leave things shabby, everywhere stamped by marks of the children's passage, is more or less to close the book on one's own existence.

I say halcyon to George's argument that your legacy ought to be saved intact for the children. My advice to him is to play fair, and bring in new comforts to create an attractive menage for two—and try to enjoy the happiness this gives you. In decency this is the least he can do to keep faith with the spirit of the donor's intent, I am sure.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

habit of keeping lists of equipment we're going to need, lists of jobs that should be done each day or each week? Why don't we actually adopt the practice of using a rolling cart to hold our cleaning supplies, or, failing that, at least a work apron with pockets that will carry everything? Or put in or add a little upstairs closet to hold an extra set of cleaners, soaps, cloths, dusters and similar items?

To put it plainly, why don't we get more scientific about the whole business, the vital necessity of maintaining a clean home with a reasonable expenditure of time and energy?

If we'd take a day off, and really plan a method of cleaning house, we'd probably be pleasantly surprised at how much could actually be accomplished in a little time.

Practical Training

What brought all this up was a recent chat with some home economics students who are learning to run a home by actually doing it, instead of by just reading about it—a real demonstration of the value of practice over theory.

These youngsters are learning that organization pays off. They are learning that no homemaker saves herself by storing away her cleaning cloths, mops and brushes without first washing them, because dirty tools aren't going to speed up the next day's cleaning; in fact, they will impede it.

A Wonderful Goal

They are learning that good equipment is a time and energy saver. And they are discovering that regular cleaning in a systematic fashion is a lot more satisfactory, speedier and easier than the hit-or-miss kind that is often done.

Maybe the rest of us ought to listen to these youngsters, for what they're aiming at is not only a more attractive home, but more leisure to enjoy it!

Continued on Page 9

KEEP IN TRIM

Beauty Comes Of Age

By Ida Jean Kain

A producer's remark that a woman who is almost beautiful excites far more interest than the flawless type of beauty, put me in a reflective mood as to what makes a woman beautiful. Probably the answer lies in this direction—the woman who is less than beautiful makes the effort to develop all the facets of her personality and thereby grows in fascination.

In interviews I have often been struck by the fact that some actresses who are barely pretty seem to appropriate a vital beauty. They take on an aura that quickens one's sense of being alive. I remember so well the remark the husband of a famous actress made to her on leaving. He said, "Good-bye beautiful, I'll see you at four." She smiled loving at him, and turned to greet me. It flashed through my mind that she wasn't really beautiful.

Herman N. Bundesen, M. D., . . . but after I had been with her for five minutes, she appeared completely so!

To drop down from the stars to ordinary mortals . . . often the woman who is unusually attractive will be one who started out with the least promising raw material, so to speak. Instead of representing nature's unfair skipping,

she accepted the challenge and developed that intangible something which projects itself as beauty. Shakespeare, who wrote much about faces, philosophized that God has given us one face but we make ourselves another. This becomes more true with each passing year. Someone has said that no woman is responsible for her face up to the age of thirty. From then on we shape our faces with our dominant expression. Certainly aging of the features depends on facial expression. Our expression is the reflection of our inner emotional state, and attitude toward living.

It is interesting to speculate as to the age at which a woman is most beautiful. But it is a mistake to single out any one age. Glorious youth is the most physically perfect. But 35 is a more fascinating age. And today one sees serene women of 60 and more who are truly lovely looking.

Every age has its own beauty. All women should know this in their hearts for it can banish birth-dread. The fear of age is definitely aging. With a mature attitude toward age a woman stays younger. But it is the wonder of love by which she grows more beautiful.

Estrogen Used For Serious Nasal Bleeding



PEOPLE who watch boxing matches on television are well aware that the most common cause for nosebleed is a blow on the nose. But, of course, there are other causes.

When the nosebleed results from an injury, such as picking the nose, it usually can be stopped by holding the two sides of the nose together, thus putting pressure on the bleeding vessels. If this does not work, the nose may have to be packed by a physician. Or, if the bleeding comes rapidly from a blood vessel, this may sometimes have to be cauterized to clear the trouble permanently.

There is one kind of nosebleed in women, however, which requires a different treatment.

One of the secretions in the body, known as estrogen, is formed by the ovaries in women. Lack of estrogen, it is believed, results in the formation of a substance which causes the blood vessels to dilate, damaging them so that bleeding occurs. Nosebleed comes from this cause, the bleeding is excessive, the pulse rate becomes rapid and the patient is agitated and fearful.

It is not recommended, of course, that estrogen be used for all nosebleeds. But when there is serious nasal bleeding, the use of this substance is given consideration, since

LET'S EAT

Enrich Diet With Wheat Germ

By IDA BAILEY ALLEN

HOW valuable a food is wheat germ? Analysis shows that it contains protein, fat and carbohydrates, iron, phosphorus and calcium, and both thiamine and riboflavin, all elements needed by the seed for germination and healthy growth. It is a good addition to a daily diet.

For full nutritional value, buy natural wheat germ that has merely been dehydrated, and not "defatted" or toasted. Refrigerate, and it will keep about a month without becoming rancid.

Wheat germ can be stirred into cooking cereal of any kind—allow 1 tablespoon for each serving. Or sprinkle it over ready-to-eat cereal, or stewed fruits of any kind.

"It has such a pleasant nutlike flavor, Madame, that I like to toss it into a green salad, or use with bread crumbs to coat croquettes," said the Chef.

Wheat Germ Raisin Cookies: Sift together 1 1/2 c. already-sifted enriched flour, 1/2 tsp. salt, 1/2 tsp. baking soda, 1 tsp. powdered cinnamon. Stir in 1/2 c. dehydrated natural wheat germ. Cream together 1/2 c. shortening, 1/2 c. sugar and 1/2 c. molasses. Beat and add 1 egg. Alternately stir in the flour mixture and 1/4 c. buttermilk or soured milk. Stir in 1 c. raisins. Drop in, apart by half tablespoons, onto an oiled baking sheet. Bake 15 min. in a moderate oven, 375 degrees F. Makes 3 doz.

Nutty Flavor "Wheat germ also adds a rich nutty flavor if added to the flour when making baking powder biscuits, griddle cakes, gingerbread or cookies. Just use 1/2 c. less flour than usual and replace it with 1/2 cup of wheat germ."

TOMORROW'S DINNER
Lentil Soup
Ham Scapple Loaf
Tomato Sauce
7-Minute Cabbage
Buttered Carrots
Fruit Compote
Wheat Germ Raisin Cookies
Coffee
Tea
Milk

Ham Scapple Loaf: Make and chill 1 qt. cornmeal mush. With 3 c. line an oiled 10 in. x 4 in. loaf pan. Pack in ham filling. Cover with the remaining mush; brush with oil; bake 50 min. in a moderate oven, 350-375 degrees F. Un-

mold on a heated platter. Slice and serve with tomato sauce. Garnish with parsley.

Ham Filling: Combine 1 c. soft enriched bread crumbs, 1 tsp. table salt, 1/2 tsp. salt, 1/2 tsp. paprika, 1 c. warm milk and the contents 1 (12 1/2 oz.) can chopped ham minced fine. Add 1 egg beaten light and 1 tbs. minced parsley.

TRICK OF THE CHEF When rolling the dough for yeast rolls, buns or English muffins, sprinkle the pastry board or cloth lightly with cornmeal.

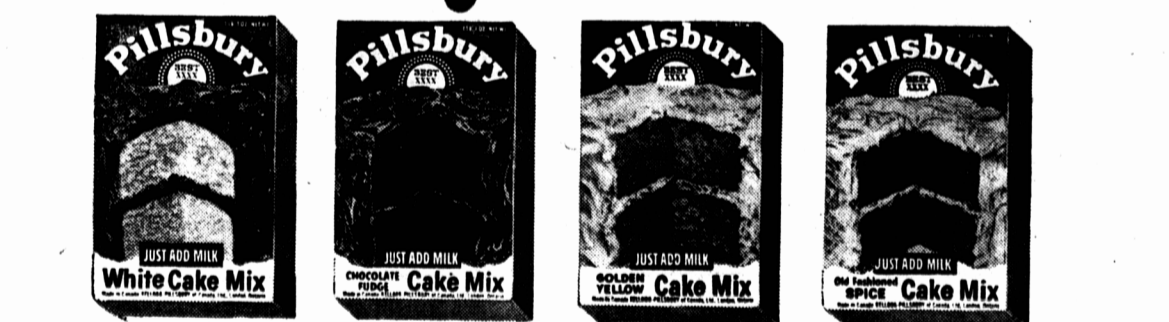
Wife Preservers

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY

For Healthy Growth Butter-Nut Bread Supplies . . .
Protein Energy
Calcium Iron
Vitamin B Phosphorus
Vitamin B Niacin

Ask your Grocer for FREE Growth Chart and Growth Record
BAKED IN THE OVEN OF BARNUM BAKING CO. LIMITED

Pillsbury Cake Mixes



Redeem your coupons at your grocer's now!

No eggs to buy...
no eggs to add...
these are the complete mixes

MILK IS ALL YOU ADD

The famous mixes that make the big, beautiful cakes are now at your grocer's in your four favorite flavors—Dream cakes every one of them. So fresh, moist and marvelous you just can't imagine. You must try them, you really must.

Hellweg Pillsbury of Canada, Limited

This is IT! The new, faster, easier HOME PERMANENT, so quick it named itself!

Quick

by RICHARD HUDNUT

With the lanolized waving lotion that takes in only 10 minutes!

I'm for lanolin! Why risk that dry, dull, lifeless look when there's lanolin in QUICK's waving lotion to help protect your hair from damage...keep it healthy! My QUICK curls are soft and shiny and perfect lambs to manage.

You think a pincurl's fast? It's the overall timing that counts! QUICK's waving lotion takes in only 10 minutes; with my short hair I can give myself a QUICK in just 1 hour. That includes winding, waving, neutralizing!

QUICK'S easy as pie! Just three things to do. Wind, wave and neutralize. And what a neutralizer! It's actually a Wave Vitalizer, and you dab it on your curls just once, quick-as-a-wink. Makes them last longer...lots livelier!

Pick the QUICK that's right for you

Pick QUICK if you want a longer lasting, livelier wave that you can't tell from naturally curly hair!

Created in the Fifth Ave. Salon of
Richard Hudnut
TORONTO • NEW YORK