

WOMEN

Tuesday, January 25, 1955. The Guardian Page 3

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

To make a happy fireside clime To weans and wife, That's the true pathos and sub-line Of human life.

—Burns.

Born and bred as he was in the country, we find Burns the finest picture of rural life. We smell continually the newly-turned earth, the hawthorn blossoms, the breath of kine, and about all he writes there is an outdoors feeling, Burns had an exquisite delight in nature, and today we remember him on his birthday.

When we think of Burns we think of heather and the other day over at the Memorial Nursery heather was blooming in the shade of the Pine Trees, and in the garden here it is the greenest and freshest looking plant in the rock garden with some creamy rose flowers.

Some good gardeners on the Island have been successfully growing this heather for years, and in Hurst's "Flowering Plants and Ferns of Prince Edward Island" one variety of heather is listed.

The low-growing varieties seemed to stand the winter better than the taller plants and these were a lovely green and of good form. With Pines and another evergreen shrub which related to the tree heaths... Andromeda or Pieris in the rocky variety covered with creamy white bells and it was good to see on this January day in the shelter of the Pines with the heather planted all round about. These evergreen shrubs are listed in the Nursery catalog you can receive for the asking.

When we become more familiar with these suitable evergreen plants, our winter gardens can be much more interesting and beautiful.

In the British Isles heather is grown in abundance. It grows on the moors and waste lands of all parts of Britain and is found in most sections of the continent of Europe. But in Scotland it is omnipresent to an unusual degree, and it has become so closely associated in literature, both of fact and fiction, with Scotland.

The flowers are of lilac-rose color, but vary much in depth of tint, thus adding materially to the beauty of the wilds which they delight to inhabit.

The heather is in its glory in late August and early September, and one who sees it then would be apt to forget that it had any other mission than to delight the eye; yet it is not without its utilitarian aspect as well. The domestic bees find their richest feast of the year in its blossoms; the plants contribute much to the formation of heath, the shrubby growth makes admirable cover for the game birds, and it is often used for thatching cottages, or is tied to handles for brooms.

Naturally one would expect the heather to be the Scotch national flower, and perhaps it might have been had not a chance incident confused the distinction of the thistle. History says this choice was due to James the third, who took the thistle to illustrate his royal motto, "In Defence"; but according to tradition the preference given the thistle dates back to the time when the Norsemen ravaged all the shores of Northern Europe. On one occasion in the dead of night, an invading Norse force approached unperceived the camp of the Scots who had gathered to oppose them. But while the Norsemen paused to ascertain the undefended points of the camp they proposed to assault, one of their spies stepped on a thistle, and the sudden pain brought forth a violent word. This aroused the Scots, and they hastened to attack the invaders, gained a complete victory, and afterwards adopted the plant which has been the means of delivery as their emblem. The thistle's thorny vigor perhaps very well expressed the Scotch character in those long-gone fighting days, but now the hardness and warm bloom of the heather, indicate more clearly the racial individuality.

Scotland is called the "Land of the Heather" and it seems that here on this Island it is possible to have a ground cover of heather under the Pines as I saw it growing over at the Nursery on a Winter day.

Pines grow in the poorest soil which will not support trees of nobler stature, and will flourish where only heather or gorse exists. A lone Pine will stand up to the full blast of the ocean, or bravely protect the coast from erosion. Its tough roots will dig deep into rock. Except for the birch, there is no tree more widely distributed over Europe and Asia. There are seventy species found, seventeen of them in California. In England there is one native pine and it is, strangely enough, a Scotch pine.

The Memorial Nursery lists the Scotch and Austrian Pine seedlings two years old and this is a chance to plant a few of these good trees in the spring.

In a neighboring province where the forests are hundreds of acres in extent I have seen the White Pine grow to a very great height. One beautiful tree supposed to be about one hundred and fifty years old measured about sixteen feet in circumference and was straight and tall with green branches away up at the top.

Some naturalists think the White Pine is the finest member of its race at least as far as the American species are concerned. It has grace, beauty of color and form, majesty, and outstanding usefulness to mankind. Years ago it was the outstanding source of fine lumber in our northern countries, and millions of trees were decimated recklessly and little attention was paid to reforesting so that we look long for a single mature and perfect specimen where once were thousands.

From one foot babyhood to one hundred-foot old age, the White Pine will delight every lover of fine textures with needles of remarkable beauty. One never tires of feeling their almost silky surfaces, the softness of their flexibility, and studying the delicacy of their form, and the subtle blue-green color which almost invariably marks them above those of all the other pines. Always they grow in neat little bundles five and in height they will range between three and four inches long. Individually they are one of Nature's greatest masterpieces of design and structure.

In view of the extent to which this grand tree has been exploited by commercial interests it is fortunate indeed that it grows so readily, and you probably suffered no after-effects at all.

High Figure
It's estimated there are at least 100 of these unknown infections for each recognized case of polio. Some estimates place the figure as high as 1,000 to one.

I believe that I was one of these unknowing victims somewhere along the line. Seldom do both heels on my shoes become run down at the same rate. My left heel usually has to be replaced more often. Apparently some of the muscles in my right foot aren't functioning properly. This might easily be the result of a mild attack of polio.

You May Be Lucky
Now, believe it or not, you're lucky if you have had one of these undiagnosed cases of polio. When your body is attacked by a polio virus it produces antibodies in your blood at once to combat the disease.

These antibodies then give you virtual immunity to any future attacks. I say, "virtual" because three types of polio virus have thus far been identified. And even though an abortive attack of polio leaves you immune to that specific type,

Make a Washable Coat
Did you know that it's no trick at all to make a cold weather coat that can be washed as safely, as a cotton blouse?
Of course you're familiar with ready-made washable coats of synthetic fleece that dry overnight.
The Extra Coat
But if you like to sew, and need an extra coat for general wear or to save that fine fur or fabric coat, there's no reason why you should not try your hand at making one. Now you can purchase, by the yard, linings, interlinings, and interfacing fabrics of the same synthetic, washable fabric as used for the comfortable, fleece coats, as well as thread and bias tape of nylon.
All Washable
It's what goes inside a coat that is apt to make a home sewer hesitate, for unless the lining, etc., can be sudsed as safely as the outer fabric, and in the same temperature water as the same washing time, the so-called washable coat isn't washable at all. There's no longer any need to hesitate on that score with the new materials available, such as beautiful crisp linings of washable synthetic taffeta nicely reinforced for insulation against the temperature changes.
New Textures and Colors
In addition to the standard fleece coat material, there are a great many increased range of colors, new, dark, rich colors, after all the pastels. Up to now, these synthetic

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MORNING SMILE
Farmer, (sternly rebuking his hired hand): "Ted, you're an hour late getting back with those mules." Hired Man: "Well, I'll tell you, boss—I picked up the preacher on the way home and from there on those mules couldn't understand a word I said."

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Canadian in Fashion and Fabric



Shapely spring suit of blue-grey hopsacking is fashioned from Canada's new fiber, "Terylene", blended with wool. The draping qualities of the fabric make possible, the softly gathered back. The cuffs are of crisp white pique. Designed by the brilliant young Vancouver designer, Lore Maria Wiener, the suit is one of a series of "Terylene" garments created by Canada's top fashion designers.

KEEP IN TRIM

So Reducing Shows in Your Face

By Ida Jean Kain

Many a dieter laments that loss of weight makes her face too thin and for this reason reducing causes her to look older. Heaven forbid... no woman over 20 wants to look older! So let's see what measures should be taken to prevent that "reduced look."

To begin with, we inherit our facial contours the same as we inherit body structure. And while there isn't much fat on the face, with a naturally thin face even a few ounces lost can be noticeable. If reducing shows in your face, find the reason...

Here is your check list: Is it reducing or strain that is showing in your face? Is it actually lost fat, or are missing teeth allowing your facial contours to sag? Have you reduced too fast... or too far? And are your muscles toned or flabby?

Strain is always aging. On a protective diet, all the essential nutrients are provided in normal amounts, but on a faddy diet, fatigue and strain will show in your face. When you are tired, the lines of the face are down and your face will appear thinner, whether or not you have lost weight. Moreover, a full complement of teeth will do more to keep you looking young than a daily facial! So instead of buying a new hat, spend the money to restore any missing teeth.

By HERMAN N. Bundesen, M. D.
you are still susceptible to the other two. Actually, though, very few persons are stricken with polio more than once.

You can readily see where children are much more likely to come down with a serious attack of polio since they haven't had as long an opportunity to gain immunity through an abortive attack.

Minute Viruses
Polio viruses are unbelievably small. In fact, they are among the smallest known, measuring only about one millionth of an inch in diameter. About 25 million of these viruses could fit on the head of a pin.

The polio virus enters your body through your nose or mouth and into the alimentary canal. To the best of our knowledge, it is spread from one person to another. There is no concrete evidence that it is passed on by flies, sewerage or by any other method, in the great majority of cases.

Since anyone may have polio without knowing it, anyone may unconsciously be a carrier.

What can you do to protect your children and yourself? I'll tell you tomorrow!

QUESTION AND ANSWER
L. G.: What are the causes of low blood pressure?
Answer: Low blood pressure may come from many causes. It may be due to weakness of the heart, disturbances in the blood vessels which follow some infection such as typhoid fever, and general nervous weakness. It is found in some cases of hardening of the arteries, in anemia and in disturbances of glands of internal secretion.

HOUSEHOLD HINT
The best and quickest way to clean medicine bottles or other small bottles, is to put in them a teaspoon of vinegar, then a few grains of rice, and shake well. When rinsed, the bottles will be quite clean.

New! Scientific Medicated Formulation
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Now at last! A new medicated formulation called CLEARASIL developed especially for pimples! CLEARASIL has such remarkable drying action it has proved amazingly effective to bring relief to pimple sufferers. It's non-toxic and fast-drying in contact with pimples... dries pimples surprisingly fast. And CLEARASIL's antiseptic action stops the growth of bacteria that can cause and spread pimples. Skin-colored to hide pimples and soothe redness... it's so pleasant to leave on day and night for uninterrupted medication.

Reader's Digest reported on clinical tests using CLEARASIL type medication. Now the largest-selling special pimple medication in America... because CLEARASIL has helped so many teenagers and adults. Must work for you or money back. Only 69¢ and \$1.19. At all druggists. Get CLEARASIL today.

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MARY HAWORTH'S MAIL

Wife Is Bothered By Her Husband's Dislike For Her Relatives

DEAR MARY HAWORTH: My husband is a wonderful man and I truly love him dearly, but there is one thing that disturbs me greatly—he just doesn't seem to like my family. He is nice to them when he sees them, but he doesn't like to go visit them.

I think a great deal of my parents and brothers and sisters. We've always had such good times together, although they are married now. They all like my husband, but the only time we get to see them is if they come to visit us.

We own a gas station and John does work long hours, seven days a week. When he does take a few hours off, sometimes he just likes to stay home and I don't blame him for that, as he isn't home much. But still, if he wants to see any of his relatives, he readily shuts up shop. I like his family and we get along fine.

How Achieve In-Law Unity
Even during the Christmas season, we usually spend Christmas eve with John's folks, which I don't mind. But my family usually gets together Christmas day, and John says he can't take time off to drive over there—it's 15 miles. If we could go for only an hour I'd be so happy.

I am the baby of the family and if I ask John to just come along, he says, "Oh, the baby's got to go see her mama." I don't feel that way at all; but I do enjoy seeing my parents once in a while, even as he likes to see his parents.

They live only a couple of houses from us. How can I explain to John that I have just as much right to see my folks as he does his?

Man's Jealous, But Unawarely
DEAR D. B.: It strikes me that John has a jealous sense of rivalry as regards your family. He acts as if he were taking measures to protect himself against the competition they represent (to his thought-feeling). So he keeps them at a distance as much as possible—on the theory, I suppose, that if they are pretty consistently out of your sight, they will eventually lose their attraction for you (he hopes).

Also, when you directly ask to go see your folks and he turns you down, he probably figures he is steering you through a weaning process of sorts—gradually conditioning you not to lean towards them emotionally, like a homesick child.

And in addition, he is simply self-centered and insensitive to your heartache, in a take-you-for-granted way, as many faithful hardworking husbands are, in dealing with a dependent wife who is always there: tender and true and biddable.

Cheats Himself By His Smallness
In mocking you as a baby who's "got to go see her mama," John displays an edge of pique. I think it stems from an ego-wounding inference that he isn't the all-sufficient answer to your needs of love-companionship. Perhaps there is a form of little-girl quality to your pleading, and your eagerness for family visits, that makes him unhappy, defensive and disobliging, because his pride is hurt—and he isn't mature enough (not man enough, as the saying goes) to consider your side, unselfishly.

It's a ticklish thing, trying to teach a man wisdom against his will. But in all sincerity, I promise John that his life will be better and happier, if he opens his heart to your folks—and co-operates with your wish to see them in their homes occasionally. In being rather small about visiting them, he is cheating himself of the good feeling that might be his—the lightness of heart, the peace of soul, the deep satisfaction that burgeon in doing kind deeds sympathetically, just to give happiness to others.

For advice: study 1 Corinthians 13, to get the pitch of limitless love; and mark the passage for John to read too. If you haven't a copy of the New Testament, get one—maybe as a gift, if you have a birthday or anniversary coming up.

M. H.
Mary Haworth counsels through her column now by mail or personal interview. Write her in care of The Guardian, Charlottetown.

ELLEN'S DIARY

by an Island Farmer's Wife

"A pleasant winter, Ellen? Oh, in a way, though to my mind, we have been having too many dampish days of late" a farmer who came by today offered. "At the same time 'by and large' as they say, it's been a pretty good one for the farmers: no snow-showing, great travelling, no considering the time of year, and," he nodded "not had either for working in the woods! So we mustn't complain... we could be digging ourselves out of one storm after another—the way it used to be. And this mild weather is wearing the season away."

January too, before long it will have come to a close. But not before it has returned to us, who to Scottish names and ancestry, this day to honor: the anniversary of that birth which almost two centuries ago, brought a babe to a humble clay cottage in Alloway in the parish of Ayr, destined to be one day named proudly among Scotland's great. Again we pause to marvel over the genius of that "Ploegman Poet" Robert Burns, whose name will be on many a lip, whose immortal songs in many a heart, wherever world-over that birthday is being commemorated today.

We recall that despite every adversity of Fate, his gift of poetry survived; even from the murky depths of despair it could bubble fresh and bright, a sacred gift, a thing apart from the often wearisome, round the trials and tribulations that were his.

Would his pen have fruited so fully, we wonder, if he had been born to more prosperous surroundings? If he had never known the toilsome circumstances that were his lot but had been able to make writing his vocation instead of the incidental to earning a living for the family, it appeared to be?

But where then would he have gained that subtle discernment of humanity which is given only to those who themselves have experienced life's trials and its cares? Would he have felt so poignantly the tragedy of a meadow mouse's despoiled winter-home? Or noticed the chaste beauty of a mountain daisy? Would he have known so

well "The rank is but the guinea's stamp, the man's the gold?" Or would he have "lo'ed see deeply as to make his poetry of romance eternally apt and new?"

And the man? How likeable he must have been since "Deep in the general heart of man his power survives."
"Wherever he was, the evening was sure to be a merry one; for his good humor and ready wit were unfailing" one of his biographers wrote. Gifted marvellously, yet human even as are we, in these fragile years and enlightened, with our erring 'feet of clay'. But deeply devout and God-fearing at heart. Or else how could he have written this Prayer in the Prospect of Death?"

"Oh thou unknown, Almighty Cause Of all my hope and fear! In whose dread presence, ere an hour Perhaps I must appear!

If I have wander'd in those paths Of life I ought to shun— As something, loudly, in my breast, Remonstrates I have done—

Thou know'st that Thou hast formed me With passions wild and strong; And list'ning to their wailing voice Has often led me wrong.

Where human weakness has come short, Or frailty stept aside, Do Thou All-Good-for such Thou art in shades of darkness hide.

Where with intention I have err'd No other plea, I have, But Thou art good; and Goodness still Delighteth to forgive."

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

Parisian Chapeau Is Made Of Popcorn

PARIS (AP)—"I'll eat my hat" need hardly be a fanciful promise any more.

For a Paris hatter has brought out a new spring chapeau made of popcorn!

Instead of seasoning with salt, he has sparked it up with a diamond clip.

Just to prove that Paris is as light-headed as ever, if further proof be needed, the same hatter, Monsieur Achille, has created:

A yo-yo hat, with wound-up string.

A hat decorated with two removable table tennis balls.

A hat in the form of a child's top gaily spiralled in red, green, beige and black straw.

A hat with a pocket with a handkerchief in it.

A cloth-of-gold hat trimmed with a powder puff in front.



Cook's Corner

GOLDEN WALNUT BRITTLE

Here's that old candy favorite in a new dress. "Golden Walnut Brittle" has all the charm of its familiar cousin, but is lighter in color and full of those crunchy, wonderful-flavored walnuts. Easy to make and lots of fun, too. You'll be surprised at its professional appearance!

1½ cups granulated sugar
¼ cup corn syrup
¼ tsp. salt
¼ cup water
2 lbs. butter or margarine
¼ tsp. baking soda
1 cup coarsely chopped walnuts.

Combine sugar, syrup, salt and water in large kettle, and stir over low heat until sugar is dissolved. Cover and boil slowly 5 minutes. Remove cover and boil to brittle stage (300 degrees F.). Remove from heat and stir in butter, soda and walnuts. Mixture will foam and bubble. Turn out onto buttered baking sheet. As candy cools, pull edges to form a thin sheet. When cold break into pieces. Makes about 1½ pounds.

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