

Fish Story From Chile Revealed As True, Impressive, Appetizing

By Carlos Davila (United Nations News Feature) SANTIAGO, Chile—Go to certain movie-theaters in Chile and on the back of your program you will find a prize-winning fish recipe. Pass a school, and you are liable to hear children's voices singing the praises of the fish in the sea.

Drop in at a union meeting in the mining town of Lota and you are liable to interrupt a discussion about fish dishes to be served in the miners' canteen. JOIN THE women going to the "Sanidad," or health clinic, in Valparaiso and, along with good general health advice, you are pretty sure to take home with you a pound or two of tuna fish.

Visit the fashionable casino at the seaside of Vina del Mar and, if sessions at the gaming tables do not appeal to you, you can study the aquarium and fish exhibition recently set up there.

BEHIND THIS recurring motif there is, of course, a reason—and a man. The reason lies in the simple fact that while Chile's population is increasing and her consumption of food with it, agricultural production has lagged behind the increase in the number of mouths to feed. Many Chileans need more proteins in their diet. Meat, the most popular protein food, has largely to be imported. And yet, Chile with its 2600 miles of coastline, has abundant fish on its doorstep—a source of food of high nutritive value and comparatively cheap in price.

Here would seem a simple solution to the problem. But fish in the sea is one thing. Getting it on to the national dinner plate is another. Between these two stages are various problems: the catch, the unloading, storage, freezing, salting, distribution, price and popular taste and prejudice.

THE GOVERNMENT of Chile, which is tackling in an over-all and far-sighted way the development of its agricultural resources, asked the Food and Agriculture Organization of the United Nations (FAO), to include a fishery expert in the team of advisors it was sending to work with the country's own agronomists.

So, John Frithjof, of Denmark, came to Chile. Before long, more people were thinking, and talking about, and eating fish than ever before. We found him, as you would expect, in the Santiago fish market.



Cook's Corner

BROWN BREAD 6 cups white flour 2 cups whole wheat flour 2 cups bran 1/4 cup melted shortening 1/2 cup white sugar 1/4 cup molasses 1 tablespoon salt 1 yeast cake (or envelope dry) dissolved in warm water with 2 teaspoons sugar. Enough additional warm water to knead with a pinch soda in it. Let rise till double in bulk of about 3 hours. Makes three loaves.

Anne Adams Patterns



MOTHER! LOOK! WARDROBE for Brother and Sister! Overalls, playsuit, blazer, blouse and shirt are for both. Sister has a little jumper too. Mister Elephant is a pocket they love! Pattern 4691 in sizes 2, 4, 6, 8, 10, for boys and girls. Size 6 blouse 1 1/2 yards 35-inch overalls 2 1/4 yards 35-inch nap; blazer 1 1/2 yards; jumper 1 1/2 yards. Instruction for elephant pocket too. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Canada. The Kalatur waterfall, with a drop of 2000 feet, is one of many beautiful falls in British Guiana.

LOW IN PRICE ZER-O-PAK FROSTED FOODS HIGH IN QUALITY



QUEEN'S STATEROOM—This is Queen Elizabeth's room on the 19,902-ton passenger liner Gothic. The Queen and Duke of Edinburgh will board the Gothic at Kingston, Jamaica, to sail to New Zealand and Australia on their royal tour. The Gothic has been converted for royal use. The Queen was consulted before the rooms were furnished and decorated.—(CP from U. K. Information).

That Body Of Yours

By James W. Barton, M.D.

THE CARE OF THE ELDERLY BEFORE AND AFTER OPERATION A physician stood in line to congratulate an old church elder on his 90th birthday. The old chap then said: "I can thank you for the last fifteen years of comfort I've had in life. You advised me to have an operation on an enlarged prostate."

What about surgery in the elderly? In Geriatrics, Dr. E. Lee Strohl, Associate Professor of Non-Clinical Surgery, University of Illinois Medical School states that when a physician or surgeon is confronted with the problem of surgery in an elderly patient, there are several points to be kept in mind. These are: (a) Is surgery necessary to save the patient's life? (b) Will operation remove the physical disability, and rehabilitate the patient to his more or less normal condition? (c) Will it affect a cure of a malignant disease (cancer)?

The healing of the tissues occurs equally well at all ages. The elderly patient has the same ability to lay down fibrous (scar) tissue as has the young adult. "On many occasions the patriarch of 80 can undergo surgery more satisfactorily than a much younger man, since chronological age does not necessarily parallel the physiological age." This is when the family physician can give the surgeon his findings as to the patient's actual physical condition.

A youthful appearance, evidence of recent physical and intellectual vigor, and the absence of chronic degenerative diseases, indicate a good risk patient for surgical treatment.

Naturally there are more complications in old patients but they are not necessarily related or due to the present condition for which surgery is being considered. "There is no field where seasoned clinical judgment, the art and science of medicine, are as important as in the management of a surgical problem in the elderly patient." The visit should never be hurried as some elderly patients do not think of themselves as old and take pleasure in having things done for them.

Prolonged bed care and change in habits and environment are discouraged. Feeling that their life is all behind them, the elderly patient accepts operation with more tranquility and resignation when he has been put in a proper frame of mind by the physician and surgeon.

As the principal cause of death in old age is heart disease, the surgeon operating on an elderly patient with heart disease must study the following situations with care. 1. The degree and extent of the heart and blood vessel disease present. 2. The degree of heart restoration possible by treatment. 3. The prognosis (likely outcome) with regard to life expectancy. That is, is it worthwhile to operate if life expectancy is short.

How Can I!!!

By Anne Ashley Q. How can I overcome the annoyance of a shoe tongue that persists in slipping to one side? A. If two short slits are cut near the top of the tongue, about a quarter of an inch apart, and the shoe is slipped through these slits before inserting through the top holes, the trouble will be overcome. Q. What can I use as a bait for the mouse trap beside cheese or bacon? A. Squeeze a little of the juice of a raisin over the trap and then place the whole raisin securely on the hood. This bait is claimed to be irresistible to the mouse. Q. How can I make cream of spinach soup? A. By forcing cooked spinach through a colander and combining the sifted spinach with a well-seasoned thin sauce. The result will be a delicate green puree.

Household Scrapbook

By Roberta Lee The Coffee Pot Keep the coffee or tea pot clean and sweet by putting one tablespoonful of bicarbonate of soda in it, then filling with water and boiling a few minutes. Rinse it in several changes of clear, warm water. Also boil the pot once in awhile in a strong solution of borax and water. Leaky Wash Tub If a sudden leak appears in the wash tub press firmly some ordinary laundry soap into the crack from the outside. It proves very satisfactory until a permanent repair can be made. The Pantry If a small box of lime is kept in the pantry, it will keep the air dry and cool at all times.

Morning Smile

Driving through a dense fog, a motorist decided to play it safe and just follow the tail light ahead of him. For a full hour he drove free from worry. Then suddenly the red beacon stopped and the two cars bumped. "Hey, why don't you put out your hand when you stop?" the man behind yelled. "Why should I?" came the calm reply. "I'm in my own garage."

Better English

By D. G. Williams 1. What is wrong with this sentence? "Considerable remains in spite of our losses, and we are very pleased." 2. What is the correct pronunciation of "exquisite"? 3. Which one of these words is misspelled? Eligible, vegetable, hospitable, comprehensible. 4. What does the word "laudable" mean? 5. What is a word beginning with ma that means "ill will"?

Answers

1. "Considerable" is an adjective, not a noun. Say, "Much remains," and "very much pleased." 2. Accent first syllable, not the second. 3. Eligible. 4. Praiseworthy; commendable. "We must recognize their laudable motives." 5. Malice.

The Stars Say --

By Genevieve Kenable For Tomorrow REGARDLESS of how friendly the relationship involved, refrain from giving unsolicited advice since it may be resented this day. There is a tendency toward friction and irritability which will have to be watched if dealings with associates are to remain on a cordial basis. Go easy on expenditures and do not take on additional financial responsibilities on the impulse of the moment. Normal procedure along sound, conservative lines is best now. Don't cross superior benefactors or members of the opposite sex today.

For the Birthday

If tomorrow is your birthday, the end of 1953 should find you in a most fortunate situation for, not only should most of your year's gains, both professional and financial, have reached happy culmination, but you should also be in a position to forge ahead in 1954 with bigger and better plans. The early part of the new year is auspicious for any work of an initiatory character and for untired enterprises, so consolidate this year's gains and—keep going! You have great cause for optimism now. Domestic and social matters are also favored in your horoscope and you should gain greatly by increased popularity and prestige. Romance will be secondary until late Spring.

A child born on this day will be endowed with great insight and will be a strong champion of law and order. "Isn't it quaint?" Jamie smiled. But not today. Quite natural it seemed on this byroad of ours on which at the time no traffic moved. A picture of the long ago, this horse and buggy passing on a quiet road of fall. We looked for a farm cart to follow heaped with sacks of grain for the flour mill of those olden days. And even in the mist would there not be folks off now by wagon or express to market. We, waited by the window a moment. But instead, to our surprise and to our chagrin, our illusion into the scene moved a great transport, a veritable house on wheels and in its wake at a speed so fast as to suggest that by dark, indeed by noon, Time should be no more, ran a sleek "horseless carriage"—a car.

Down the lane at dawn, morning we came to meet the mailman. He looked out from the comfort of his shelter. "No letters—no bills today, Ellen," he smiled, "and isn't that all to the good?" Damp? Yes, it is a bit—but still, it's great weather for the farmers to finish up their field-work. I don't think I ever saw better. You know many a fall the plow would be stopped... yes, this is the ground hard-frozen before this is through the country! We took a long ride, Sunday—perhaps you heard about it? Then I must tell you, because for the wife "it was you might say a dream come true." "Ellen!" James, voice comes thickly up the stairs, "will eating pigs' knuckles at this time of night be any dream? Oh well," with nice resignation, "I'll dream anyway!" Until tomorrow... Diary... Good-night...

ELLEN'S DIARY

By An Island Farmer's Wife If according to James' notion we seem ever to lack those requisites of skill and knowledge which contribute towards making a good poultry-woman of the farm, pullets' eggs were brought in today by the children, not in any number still in good promise of our winter requirements. "And to supplement these because 'Mother thought maybe you'd be getting scarce, Ellen—and you with only a little flock of hens,' a fellow of nine years became an ambassador of goodwill between neighboring farms. An overalled lad, just boy, with the usual propensities and skills and curiosities of one of that age... liking better to be along the wide-open trails of farm, to fish the season and trap, to chase a squirrel about and trap, to chase a rabbit into the underbrush rather than to suffer the confinement of his classes. If spared to maturity he will one day make a big man. But this afternoon he was only a little lad of the farm bearing us in a shiny tin can eggs in gift, eyes lit with the wonder of his years, muscles active... a boy. "Can you stand on your head yet?" Gage's face was wreathed in smiles as "just for fifteen minutes" the two turned away to outdoor pursuits. "It's a great thing to be able to do!" The sight of its returning scenes of those days when our world was young, the mailman went, his rounds today in a buggy, dry-clad in the prevailing mist and showers.

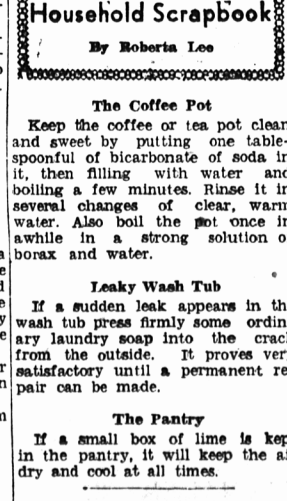
A Country Garden

By Mrs. Gordon MacMillan The Strength Of The Land Calls In the stillness of dusk The strength of the land calls; When the last splendor of sun Chisels cloud mesas against the sky. I have heard the clear, silent call— The ancient voice of earth— More stirring than the mad clanging of a bell. The ageless voices speak where man has toiled, leaving his strength in the furrows; The deep sweetness of small things grieving, The vibrant hush of small things resting; Life and its substance stir on air-still wings; The strong silent call of earth is man's for the seeking, The voices of life, Joyous, restive, and bereaved are speaking; Wisdom and strength and peace. F. C. Adams

Modern Etiquette

By Roberta Lee Q. When writing a letter of application for a position, should it be written by hand or typed? A. A typewritten letter for this purpose is preferred. Unless, of course, you are answering an advertisement which specifies that letters be handwritten. Some firms base their initial interest on the applicants' handwriting. Q. How much room should be allowed for each guest at a dinner table? A. A space of from sixteen to twenty inches. This is called the "cover," and each cover should be definitely marked with a service plate. Q. When asked to cut the cards in a bridge game, is it proper to complete the cut by returning all cards to one pile? A. Yes; this is the most courteous procedure.

Season's Brightest Gifts BY COTY



FRAGRANCE DUO Show her you care with a Coty favorite—MUGUET DES BOIS Perfume Flacon and Toilet Water with handy atomizer \$4.00 COMPACT SET Smart for her purse—Pressed Powder Compact and gold-metal Perfume Purser. Choice of EMERAUDE, L'AIMANT, L'ORIGAN, "PARIS" \$4.50 SOLID COLOGNE DUO A welcome gift, gold-tone "purse-size" Stick Cologne and refill. Choice of L'AIMANT, L'ORIGAN, "PARIS", EMERAUDE \$2.25

A Country Garden

The earth remaineth and as we watch the farmer among his animals, or at the plow these lovely November days we know that we look upon a vicar of the eternal, a server of the gods who uses the elements as tools of his craft. We watch a man who holds the common day with magic. He holds the secret of joy. Working with earth and rain, heat and seed and drought, he knows that "the pastures are clothed with flocks; the valleys also are covered over with corn; they shout for joy, they also sing." Here is a Chinese proverb. The well-being of a people is like a tree; Agriculture is its root, manufacture and commerce are its branches and its leaves; if the root is injured the leaves fall, the branches break away and the tree dies. In the foreword written by Louis Bromfield to "Roots in the Earth" he writes: "... it would be well for all of us to remember that the earth is still the mother of us all, that in wartime food is more important than weapons simply because that it is the absolute fundamental; that the sickness of our agriculture affects not us alone but the future of the whole world. It would be well to remember that agricultural waste and sickness more than any other cause brought about the decline of great countries like China and India, that whole civilizations in Asia Minor perished when their soil and water supply vanished. Soil conservation is to be studied in Institute and farm groups and it is a very important topic for any urban or rural group who live in the country know something of the importance of their toiling and working from dawn to dark, but it is heartening to know that others are writing and talking about it. Tuberous Begonias are stored in the cellar as they finish blooming and there they rest for several weeks before started into growth again. Some of them are still full of flowers and bright with color. This is a long season for them beginning in June and there are very few plants blooming for six months. Several small slips of the Snowball tree have been transplanted to a place where needed and perennial borders have been tidied and new mulching and earth renewed. It is possible to do garden work until freeze-up. It is a good time to make new borders or rock-gardens that were postponed because of the busy season. Baskets of sand, good soil and manure should be gathered for use in the winter time when it is not possible to gather it up. In the heart of London, in comparatively recent times, Buckingham Palace was constructed on the site where James I in 1610 laid out a walled mulberry orchard in connection with the silk-worm industry which he hoped to foster. Behind the Palace lies the garden, simple and naturalistic, with the minimum of detail and complication, conceived with an eye to function, as every well-designed garden should be. After the mulberry garden of Continued on page 9

That Body Of Yours

By James W. Barton, M.D. He broke off to point out a box of fish being unloaded on to a counter. "Merluza," he explained. "What you call hake. Wonderful food value, but, because it's cheaper, people think it is not so good as colina."

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By Genevieve Kenable For Tomorrow REGARDLESS of how friendly the relationship involved, refrain from giving unsolicited advice since it may be resented this day. There is a tendency toward friction and irritability which will have to be watched if dealings with associates are to remain on a cordial basis. Go easy on expenditures and do not take on additional financial responsibilities on the impulse of the moment. Normal procedure along sound, conservative lines is best now. Don't cross superior benefactors or members of the opposite sex today.

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DOROTHY DIX'S COLUMN—

"Old-Fashioned" Girl

High-School Student Says Ladylike Attitude Pleases Boy Friends

DEAR MISS DIX: I'm a high-school junior. Because of my strict bringing-up, I am rather different from most of the girls in school—they call me old-fashioned. According to my parents' theories, a young lady doesn't whistle, swear, drink, smoke, wear dangerees on the street or raise her voice. She should, they say, respect her elders, sit and stand with poise, know how to prepare a meal, how to sew, how to keep a house neat and orderly. Of course, there were many times when I thought my folks were being unfair to me, but now I am grateful for their teaching. I am as popular with the boys as any girl in my class, which proves that proper behavior is no detriment to dating. I wish other girls could learn as much as I have. LORETTA

A "WELL DONE" FOR PARENTS

ANSWER: Your Mom and Dad certainly are to be commended for the efforts they made in training their daughter. It isn't easy, at today's pace to teach a daughter the things you have learned. Most young people resent being kept indoors while the rest of the gang is skating or playing games from the kitchen rather than the rest of the crowd find completely opposed to their mode of living. Yet, the uninhibited teenager eventually discovers that she lacks the poise, assurance, and graciousness that are the result of years of careful training. Confidence rarely comes automatically to a girl, but if she has been taught from childhood to do and say the right thing at the right time, to greet people properly, to engage in conversation without awkwardness, she has won a good part of the battle of life. More mothers should take the time to instill these principles of living into their daughters; they are invaluable assets. Young ladies, as you described them, are by no means rarefied. They are, perhaps, not so conspicuous as their less repressed sisters, hence their numbers may not be accorded the appreciation they really deserve. I'm sure, Loretta, your behavior will serve as inspiration to other youngsters striving to improve their manners and attitudes. Do remember, though, to restrain any tendency to snobbishness or superiority. That would entirely defeat your purpose.

DEAR MISS DIX: I'm a girl of 19 and very much in love with a boy the same age. He's away at college, but we see each other every week end. We've been going steady for two years and want to postpone marriage until he finishes college. My friends say we are wrong. That we should get married now. They say when two people go together for so long they fall out of love. JULIA

ANSWER: Who is to support the family if you marry now? Your husband or your friends? It's so easy for people to give gratuitous advice. Continued on page 9

Alice Brooks Designs

Iron-on magic! No embroidery—plant a vegetable garden right in your kitchen in sparkling tomato-red and cool fern green! Motifs—luscious as life, can be quickly ironed right on kitchen towels, tablecloths, curtains, aprons and potholders! Quick! Easy! Washable! Pattern 7310 has 8 iron-on motifs, each about 3 1/4 x 4 1/4 inches. Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

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Season's Brightest Gifts BY COTY



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