

WOMEN

Page 8 The Guardian Tuesday, April 19, 1955

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

WHEN THE BIRDS COME BACK

In the early, early morning when the sky is flushed with rose you may hear the robins, carol in the dreaming garden-close. And the hawk of wild geese winging their blue, ethereal track. Oh, the waking hours bring gladness when the singing birds come back.

There's a nook I know where snowdrops in their robes of angel white, Nun-like, veil their saintly faces from the glory of the light. All in vain the winds come wooing. Yet for loves they shall not lack. Blushing blossoms crowd in thousands when the mating birds come back.

When the redwing flutes a measure by the waters willow-lined, when the meadow-lark's clear piping comes floating on the wind, then my happy spirit follows on that vast and viewless track. Winged with song, it knows no limit when the nesting birds come back.

Far beyond the city's tumult blue horizons curling wide, birds and scented winds for comrades. Let me go and there abide: for my thoughts are winged sandals, and my spirit knows the track. Every pulse-beat is a wing-song when the homing birds come back.

—Leverid.

Every day more little birds are heard in the garden here and in spite of many enemies (cats, blackbirds who rob their nests, and other frightening things) they nest here and delight us all summer long.

Birdbaths filled with fresh water and already this month an inquiry has been received for the loan of our birdbath forms. Over the years these forms have been loaned many times and it is now possible to see while driving into town and around the country in the different gardens, this very same birds' bath which has been here in the garden on the lower lawn and in the rose garden for many years.

The evergreen hedges are a refuge for these little songbirds and the hedges are almost filled with their nests. It is possible for them to save their young in the hedge from some of their enemies. This is one very good reason for planting evergreen hedges and now is the time to begin. It is a beautiful hedge for every season of the year.

I walked in a garden of April. A garden swept by hedge, sweet, sweet by the odours of springtime. Warm washed by the sun on the edge. Of the distant blue heavens of April, in a garden half hidden by hedge.

Violets are blooming in yellow and other colors. These were planted last fall from seed sown in the spring and they are very satisfactory plants for the garden. Every year more are added to the garden and in lovely colors of yellow and blue.

In the Easter season gifts of flowers were received and given to the sick and shut-ins. Pink begonias and white margined geraniums and petunias covered with buds were received with thanks and this is the way many country folk gather up a collection of beautiful house plants.

A trip to the home of good gardeners was enjoyed last weekend and Pelargoniums seen in bloom with a crimson center; this variety was frozen last autumn in the garden here. A large calla lily had been reported after it had become sick with worms at the roots. In the garden, lilies and daffodils were showing green shoots and the lilacs and other shrubs gave promise of beauty very soon.

Zinnias in hundreds grew in this garden and were very satisfactory with the seed sown directly in the ground. Many geraniums were also used to good effect and the daughters were carrying on the good gardening the Mother had begun so many years ago. It is always interesting to visit

with good gardeners even in early spring. In another home, the daughter of the house had sown her tomato seed and was looking forward to early fruit of this good vegetable. Each year, very early in the season before other gardeners (myself included) had even one colored tomato, she had quantities of luscious fruit. A beautiful Pelargonium in soft pink with graceful branches kept company with violets in a nice blue and pink begonias with small rosettes like roses.

At this season of the year in country homes it is not unusual to see the women folk out gathering up good soil for these seeds and house plants. LET'S GET DOWN TO EARTH. Soil, the basic stuff of life, consists of the upper layer of earth in which plants grow and obtain their food. It is formed by physical and chemical weathering due to interaction between wind, water, heat, cold ice, plant growth and animals. Country gardeners can get good soil quite easily as there are many kinds of soil available for the gathering. It is a different story for those who live in cities, and gardeners must buy good soil before they can grow a garden.

At this season of the year in the country it is wise before the busy farm work begin to bring good soil and manure near the borders where you can use it without too much heavy carrying. It is impossible to have a flourishing garden without suitable soil which contains everything the plants need. There is a heavy clay soil here and sand and ashes as well as humus in the form of manures of various kinds are added each season.

Today I sowed seeds of fragrant Stocks and Snapdragon in many colors in a hotbed. The snapdragons sown several weeks ago have been transplanted and this year I hope to have more of these reliable summer blooming flowers. Sweet Peas have also been sown and this year at a later date than last season. Perennial Phlox has been divided and planted out in the border; it is a good time to do this work while there is the moisture in the soil so that the plant never has a setback but goes right on growing. For getting new plants have been planted around the house with the Tulips and the Daffodils.

Fragrant Arabis is white with blossoms and this will continue for weeks. The bees love this fragrant perennial with the good grey foliage. For many years it has lived in the garden here and it is easily grown from seed. They are useful plants for forming edgings to beds and borders, and fine for rockery or dry wall. After the flowers have faded if

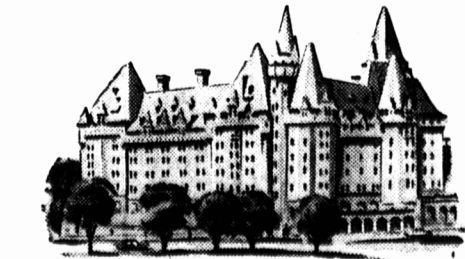
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MORNING SMILE

Traffic Cop—Use your noodle. Lady—My goodness. Where is it? I've pushed and pulled everything in the car.

Household Hint

When you wish to clean leather upholstery at home, use a thick suds of mild, neutral soap or saddle soap with as little water as possible. Wipe off all traces of soap with a damp cloth, then dry and polish the surface with a soft, dry cloth. Never use furniture polish, furniture oils or varnish on leather. Many of these preparations contain solvents that may soften the finish on upholstery leather and cause it to become sticky. A special commercial leather cleaner and preservative is made of water, wax and alcohol in a thin solution.



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LET'S EAT

An All-Purpose Loaf Made With Blue Cheese

By Ida Bailey Allen

"Chef," I asked, "if you were to use just one word to describe blue cheese what would it be?" "If you mean Roquefort, the incomparable cheese of France, I would call it 'patrician,' Madame, because it is connected with elegance and gourmet eating. But today, with the increased manufacture of blue cheese here in the United States, I'll add the word 'staple.' So now, blue cheese is a 'patrician' staple, available at a moderate price to the ever-increasing millions of appreciators of good foods we have here in America.

A New Creation
"And now, Madame, I have for you a surprise. This moment marks the debut of a new creation — Blue Cheese Bread — for easy making in the home kitchen. I present it in two forms: an American blue cheese plain yeast loaf, and an American blue cheese loaf with raisins. Taste-test, Madame!"



NOTHING SMELLS BETTER than bread baking, and nothing tastes American blue cheese and raisins.

With some doubts, I sliced off a morsel; then more, and more. This bread is really phenomenal! Perfect with butter, wonderful toasted, delightful with honey, and what sandwiches it will make!

BLUE CHEESE BREAD
(Makes a 9" x 5" x 3" loaf)

Heat 1 c. milk to boiling point. Add ¼ c. shortening; cool to lukewarm. Stir in 1 pkg. quick-acting yeast, 1 tbs. sugar and ¼ tsp. salt. Stir until dissolved.

Beat in ¼ c. (about 3 oz.) fine-crumbled American blue cheese.

½ c. sifted enriched flour and 1 tsp. powdered cinnamon. Blend in ½ c. additional sifted enriched flour.
Transfer to floured pastry board or cloth. Knead 5 to 10 min., or until elastic. Place in oiled bowl. Rub a little shortening over top. Cover with waxed paper. Let rise at room temperature until doubled in bulk.
Punch down and knead 1 min. Shape into loaf; place in oiled 9" x 5" x 3" loaf pan. Cover with waxed paper. Let rise at room temperature until doubled in bulk. Bake 60 min. in moderate oven, 375 degrees F.

When done, bread will be golden brown all over, and can be held in hand when lifted from pan.

Blue Cheese Raisin Bread: Follow preceding recipe, adding ½ c. moist seedless raisins with cheese.

TOMORROW'S DINNER
Tomato Soup Croutons
Radishes Celery Sticks

KEEP IN TRIM

Slimming For Dumping Type

By Ida Joan Kahn

If you are barely five feet tall and considerably past pleasing plumpness then it's quite likely everything you eat seems to be fattening. A strict reducing diet, limited to a few foods, is not the way for you to try to reduce. Reason this way: Being short and plump, you have less surface area in proportion to your total weight, therefore your food requirements are comparatively low. Since you will always need to curb calories, the only way is to swing your daily eating habits into the pattern that meets your fuel requirements. This is not a diet but a pattern of eating that controls calories.

William James' philosophy, "Change your attitude and you can change your life," applied to weight can add many happy years of healthful living to your life. Refuse to feel put-upon because you can't eat as much as others. Take advantage of the science of nutrition to change the character of your diet and you can eat well and control your weight happily.

The reducer in today's letter did exactly this, with lasting success. Her story is her own words carries conviction. "I have had so much success with your plan of fitting my eating habits to my needs that my friends are asking for the pattern. I am 4' 10" tall and did weigh 194 pounds. Doctors told me many times I must lose. One day I finally made up my mind to change my eating habits, and after the first week, it truly wasn't difficult. "I lost 2½ pounds a week by your Scientific Wonder Diet plan, and have now reduced 64 pounds. I have held this loss for 8 months. My doctor complimented me on the way I lost, steadily and at a moderate rate. I felt so good all the time. I do not have any loose skin, even on my neck. I wore size 20½, and now wear size 13 and 14. What a thrill it is to buy new things! A suggestion I believe may help others hold the line... after losing the desired amount, buy one new thing for your wardrobe at a time, rather than buying a whole new outfit at one time. This sustains enthusiasm.

indoors again, as yet stouter in spirit than in strength.

"This time of year" he remembered in the afternoon looking out over the drying fields, and sparse edgings of snow, "in olden days we would be in the woods, cutting and splitting rails for fences — and good fences they made, when new."

"And pretty" we agreed. Warm-corned too for sheltering and sunning the pasturing ewes and their lambs — and there too in the lee of grayling rails, little girls used to find first treasures of violets and firsts of wild strawberry blossoms. "What changes in farming there have been" he nodded. But dawn still break in amber and rose. And in pearl-gray, the dusk comes down from the hills.

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

Wife Preservers

"Not yet, though he is planning on visiting there today. He hadn't seen the last calves, or the new litters. And" we smiled "he wants to see how the hay is lasting."

"He'd better wrap up warmly. I'm thinking there's a decided chill in this wind" he offered.

So after more than a week's absence from familiar haunts, James warmly clad made his way to the barn through the morning, steps somewhat slow to our eyes. But not to remain long. To look about and try his hand at the feeding and then be glad to come



With her build, she was not meant to be slim. It would be futile to try, for she would not be healthy nor happy on so little food. At 120 pounds for 4' 10" she will be pleasingly plump and pretty. This little woman wastes no time feeling sorry for herself, but takes advantage of nutrition science that makes it possible to be on best food pattern and still keep weight controlled.

Words Of The Wise

You are young, my son, and as the years go by, time will change and even reverse many of your present opinions. Refrain therefore awhile from setting yourself up as a judge of the highest matters. — (Plato).

Cook's Corner



BANANA RICE CAMEL

½ cup sugar
1 tbs. water
1 pint milk
2 dessertspoonsful corn flour
1 oz. butter
2 eggs
2 cups cooked rice
3 bananas
4 tbs. extra sugar
Vanilla essence
Heat sugar and water slowly until pale golden. Add milk and stir until well blended and nearly boiling. Stir blended corn flour into milk mixture. Stir until boiling and simmer 3 minutes. Add butter, beaten egg yolks and few drops vanilla essence. Add rice with 1 tbs. of extra sugar. Cool. Fold in sliced bananas and put in pyrex dish. Add remaining 3 tbs. of sugar to beaten egg whites, beat until stiff. Put on top of pudding and brown lightly in moderate oven.

OXFORD WINS
LONDON, (AP)—Oxford defeated Cambridge for the eighth successive year Saturday in the Inter-Varsity track and field meet at London's White City Stadium—the first big meet of the British season. The score was 79-47. Ian Boyd, one of Britain's most promising milers, was clocked in 4:08 to win the mile.

HEALTH MEASURES
First practical use of chlorination in a public water supply system in England was in 1897 at Maidstone.

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Mother will particularly appreciate Phantom 60 gauge "Fully-Proportioned"; more stitches to the inch mean better wear, better fit, better stretch. Other Phantom styles: 54 gauge 30 denier 1.50 per pair; 54 gauge 15 denier 1.35 per pair; 66 gauge 12 denier 1.75 per pair.

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- 1 Cut off both package ends (the portions circled in the drawing).
- 2 From 10 packages, make a pile of 20 package ends. They all may be from the same product, or from different products, but all must be from the QUALIFYING PRODUCTS illustrated above.
- 3 Secure each pile of 20 package ends with string or an elastic band.
- 4 Put in black letters on a plain sheet of paper YOUR NAME AND ADDRESS IN FULL—and be sure to enclose 5¢ with your mailing.
- 5 Either use an envelope or make a parcel and address it to: MONARCH SILVER DOLLARS PAY-OFF BOX #9 POSTAL STATION "F" OTTAWA
- 6 IMPORTANT: Obviously with such a seasonal offer as this, Monarch cannot accept delivery of any envelope or parcel that has not been stamped with sufficient postage. Therefore, this offer is made contingent on your entry having sufficient postage, and you are urged to have your entry checked for sufficient postage at a Post Office before mailing it.

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