

WOMEN

Page 8, The Guardian Tues., April 10, 1956

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

A book is like a pilgrimage of old whose mission was the shrines in ancient lands. A book is but a caravan for gold and spice and amber wines—for precious bands of ivory, more white and sleek than the breast of a swan. A book is travel and surprise. As one might see the Nile who had not guessed. Its color-darker than the tempest-skies. What else? A book is like the yellow glow in the night—and like the warm. Quick touch of a hand that pledges to fulfil. The promises of friends for times of storm. Who has not lived with books has never known. The purple splendor of a reader's throne.

A most beautiful book has been received from our Public Library. A History of Flower Arrangement written by Julia Berrall, one of the foremost authorities on flower arrangement and author of Flower Arrangements and Table Settings.

She traces the fascinating history of the craft through the centuries and exercises her discriminating judgment in presenting the most distinguished examples of the period. Many of the beautiful illustrations, are reproductions of paintings and etchings from the Metropolitan Museum of Art, Vatican Museum, and National Galleries of many countries as well as a wonderful collection. It is a wonderful book with a wide appeal to everyone who loves the beautiful things of this life. It is an illustrated account of the use of flowers in vases, from the days of ancient Egypt down to the present day. Major emphasis is placed on those aspects of the subject that have most influenced the development of contemporary flower arrangement, such as Dutch and Flemish flower painting, seventeenth-century French floral decoration, Victorian bouquets, and the flower art of Japan. Other chapters discuss and illustrate the flower groupings of medieval days and the Renaissance, of the English people and the early American colonists, and of the Chinese. Also included are prize awards of present day work in this country, with notes on the newest trends.

The illustrations not only show flower arranging styles and the flower vases, but also illustrate the use of flowers within homes of the past.

The illustrations not only show flower arranging styles and the flower vases, but also illustrate the use of flowers within homes of the past.

Flower arrangement is an art, and its recognition and the interest and enthusiasm brought to it in America are steadily on the increase. The competition and stimulation of the flower show has heightened its popularity, and today I have received the Prize List of our own Provincial Flower Show, which is being held in August 21st. Plan to attend and enter some of your flowers and now is the time to plan your garden to include arrangement flowers suitable for the different classes. A practical, visual art, flower arrangement is happily adapted to satisfy the need of the average person for creative self-expression.

In Japan the art of flower arrangement has been practiced for well over a thousand years. Europeans have always been inclined to gather mixed bouquets, and a selection of bright colors arranged in mass satisfied both the English and the Americans. However, the Dutch and Flemish flower painters composed their canvases with such skill that they have much to teach us today about handling a quantity of flowers in a large arrangement. Floral decoration can be said to be as old as civilization itself. The remains of many ancient cultures provide us with ample proof that people have always been appreciative of the beauties of nature: they never-failing source of inspiration for the adornment of architecture.

ALMOST TWINS

With the marriage of actress Grace Kelly to Prince Rainier III of Monaco fast approaching, a Berlin cable owner entered a prize for the German couple who bore the closest resemblance to the famous pair. The winners were Ruth Ludena and Willie Schwarz.

ALICE BROOKS DESIGNS

GRACEFUL DOILY

Flower center and leaves of crocheted form this pretty protection for furniture. Simple to make—sure to be your daily favorite! Pattern 7317. Easy crochet directions for doily 16-inches in No. 30 cotton; smaller in No. 50; larger in mercerized string.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Pattern Dept., Arts Dept., 60 Front Street, W., Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery—Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

DISTANT ROMANCE

NEWCASTLE U.P.O.N. TYNE, England (CP)—Showgirl Pat Halliday, 23, arrived here from Washington, D. C., to meet her pen pal, Brian Jameson, 23. She found he had joined the merchant navy—and was in New York.

LUCKY DATE

TORONTO (CP)—Watching a movie show, Marilyn LeClair was spotted in her seat and asked to compete in a contest for "The Girl Most Likely to Succeed as a Model." She won, being awarded a copse at a finishing school.



ALL SET FOR APRIL SHOWERS SO LET IT RAIN

Intriguing ornate handles are the latest whimsies for millady to flash on rainy days. Glitter here is a very elegant lacquered handle set with rhinestone rows. "Let it rain," says this pretty model, right who



ALL SET FOR APRIL SHOWERS SO LET IT RAIN

shows off one of the new spring umbrellas with inlaid handle by Polan Katz, decorated with metal and delicate mother-of-pearl.

MARY HAWORTH

Widow Worries

About Her Heart

Dear Mary Haworth: You give such sound and sensible advice that I wonder if you can help me. I am a widow, 60, and have to be self-supporting. But lately I have got into my head that I have a heart condition. My doctor tells me it is my nerves, and it is a terrible feeling. I am afraid of everything.

BY-PRODUCT FEAR

Dear R.B.: The terribly self-conscious feeling you have, which seems to center on fear of death, is actually a by-product of present loneliness, life, and loneliness of living. I think.

A basic requirement for emotional health and physical well-being (which are interdependent conditions) is to have some real specific fellowship at the core of one's daily experience. Living alone is bad for one and I will wager you live alone. Your symptoms suggest this.

We take for granted that people need food, shelter, air, water, rest, etc., to maintain existence. But we aren't sufficiently aware that human beings also need ready access to intimate friendly communion of spirit with other humans (to whom they matter), in order to stay in good repair. Without such psychological interchange as the usual thing, individuals sicken in mind and body and fall in the struggle for survival.

EMOTIONAL EXERCISE

This outflow and intake of interest, between humans, is just as essential to the maintenance of general health, as breathing is necessary to keep the heart in motion. In effect, it amounts to emotional "respiration." If one's emotions aren't freely exercised, vitalized and refreshed in this sense, they become, as it were, a stagnant pool, and steep the self in morbidity. Just as your stifled emotional energies are depressing you.

Figuratively you do have a heart condition, and intuitively you know this. One's heart is sickened by emotional isolation, as poets have always recognized. And modern medicine seconds this view, in later-day findings about the adverse effects, upon your heart health, of rejection.

Self-help for you consists in finding outlets for warmhearted fellowship with others, to whom you may be helpful—and in securing these persons as friends.

For books that might contribute to all-around help, I suggest the following: "The Healing Light" Macalaster Park, by Agnes Sanford; "How to Find Health Through Prayer" Harpers by Glenn Clark; and "Let's Eat Right to Keep Fit"

ELLEN'S DIARY

The Cares Of Today

Do maples reddened now in blush of spring in hedgerow and woodland? And somewhere along a woody place, pussy willows blow in satin and silver to be first pluck them? Is there not a new and joyous timbre in the voices of the winter-birds? The bluejays in the orchard, the ravens in the woodlands, the sparrows about the yards. And a young dream of a home of her own, no doubt, in the neat tweedy-suited damsel-of-bird we saw fly up to a cozy eaves' nook today bearing with her bits and pieces of its making.

These days wild ducks fly from "the everywhere" to boat on the millpond. In a striking picture they swim about and, dipping suddenly, are made fit at all possible. It is indeed a wonderful life to all who love flowers to see this beauty, weeks before we can hope to see our own garden bulbs in bloom.

I was told that several gardeners are experimenting with small houses covered with this material and certainly at little cost it will be possible to change much of the labor with seedlings.

Color and fragrance greeted us in every greenhouse we visited, large crimson blooms were seen.

Continued on page 9

Continued on page 9

COOK'S CORNER

YEAST PANCAKES
In 1/2 cups milk (scalded and cooled to lukewarm) dissolve 1 yeast cake, or 1 pkg. dry yeast, 1 tsp. salt, 1 tsp. sugar, 2 tsp. melted butter, 2 cups all purpose flour, and 1 well beaten egg.

Beat for two minutes, set aside in a warm place to rise. When doubled in bulk, stir again and cook.

"Isn't he the prettiest pup?" the children come in with him, before or behind their steps, to beg our admiration. "And don't you love that sound about it?" He tugs at a dropped cap and worries a shoe. And leads them merry chases along the snow when they try to recover a stray mitten, their laughs ringing out over the adventure. Today a biscuit "nice and soft for his teeth and a nice piece of candy, "nice and sweet for him" were among the many items of his fare.

"Near this spot, are deposited the remains of one who possessed beauty without vanity, strength without insolence, courage without ferocity and all the virtues of man without his vices," is the inscription on the carved pedestal which marks the grave of a favorite dog of Lord Byron's.

"If I had my life eto live over" another writes in a wistful vein, "I would have more dogs." And continuing says "I would start ba

Harcourt, Brace by Adelle Davis. IMPROPER DIET

The last named book which I haven't previously mentioned here is designed to help any normal adult find his or her way to maximum fitness through proper diet. It may be relevant to your case, inasmuch as many older persons are blindly, or penurious, indifferent to the fact that "they are what they eat." And so they go to pieces, prematurely-worn out not so much by special stresses, as by their failure to eat as they should, systematically. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

HAPPENINGS

The lovely young assistants at Government House on Saturday, who have won their hostess badges in Guiding were: Misses Heather MacNevin, Patsy Burke, Susan Whiteside, Peggy Stewart, Shirley Boisner, Paula Good, Roberta MacDonald, Annie Laurie MacLean, Judy The Healing Light, Macalaster Park, by Agnes Sanford; "How to Find Health Through Prayer" Harpers by Glenn Clark; and "Let's Eat Right to Keep Fit"

The regular meeting of the Alpha Chapter of Beta Sigma Phi Sorority was held at the Home of Mrs. Temple Hooper on Wednesday, April 4. Mrs. H.H. Simpson, president, presided.

Business was discussed and plans were made for a party to be held in the near future. Refreshments were served by the hostess, assisted by Mrs. Douglas Dennis and Miss Helen Cox.

The monthly meeting of York Evening Auxiliary met at the Home of Mrs. Dewar Swan on Tuesday, March 13th. The worship period opened with a prayer hymn. Scripture reading and discussions were led by Mrs. Peter Proud, Mrs. Ira Lewis and Mrs. Dewar Swan. A hymn was followed by the Study period led by Mrs. Peter Proud, assisted by Mrs. Ira Lewis and Mrs. Howard Watts.

Roll call was answered by 16 members and three visitors. Literature secretary reported 42 books read. Friendship secretary reported 29 home calls and nine hospital visits.

Big Press Centre Set Up For Monaco Wedding Of Prince

By EDY GILMORE

MONTE CARLO (AP)—Prince Rainier III's pint-sized principality opened up a big press center today for the 1,000 reporters, photographers, television and radio commentators who'll cover the ruler's wedding to Grace Kelly.

"We hope we haven't forgotten anything," said a beaming official. "I believe this is the first press center in the world to have both a religious chapel and a serpentine bar."

The press headquarters is located in a four-story former school building overlooking the Mediterranean. The bar is in the courtyard, the place for prayer on the second floor.

Red-and-white flags of Monaco, crossed with the Stars and Stripes of the United States, hang from every window. Over the entrance the prince's decorators have erected flags from all over the world—except Russia and her Communist allies.

The press center bar is as colorful as an explosion in a paint factory. In the shape of an undulating serpent, it is painted canary yellow with broad black stripes. Over it stretches a huge orange canopy. Drawings of shapely blondes in the briefest of bikinis adorn the walls.

Other wedding notes: The clock on the Monaco palace tower is five minutes fast. One of

"POLSON'S"—AN EFFICACIOUS COUGH REMEDY

For many years Canadian mothers have used Polson's Cough Syrup to help relieve coughs and sore throats due to heavy colds. Its soothing properties go to work quickly to help ease raspy throats. Pleasant tasting "Polson's" may also be used for whooping cough, spasmodic croup and bronchitis. At all druggists. P-5-56

For many years Canadian mothers have used Polson's Cough Syrup to help relieve coughs and sore throats due to heavy colds. Its soothing properties go to work quickly to help ease raspy throats. Pleasant tasting "Polson's" may also be used for whooping cough, spasmodic croup and bronchitis. At all druggists. P-5-56

For many years Canadian mothers have used Polson's Cough Syrup to help relieve coughs and sore throats due to heavy colds. Its soothing properties go to work quickly to help ease raspy throats. Pleasant tasting "Polson's" may also be used for whooping cough, spasmodic croup and bronchitis. At all druggists. P-5-56

LET'S EAT

Black-Eyed Peas Used In Making Croquettes

By Ida Bailey Allen

The Chef and I were en route to New Orleans, Louisiana. "What a restful decor!" I exclaimed, as we seated ourselves at a table in a dining car of the Southern railroad. "Uncluttered walls of light blue, with sparsely placed chromium bands and the rear walls of darker blue; the window shades in warm taupe with narrow stripes of blue, rose red and acacia yellow; the floor blocked in blue and buff linoleum. Pleasant Experience

"All of these lend the sense of relaxation and leisure needed to make dinner while traveling a pleasant experience."

"We also need good food," the Chef remarked. "A real Southern dinner would be interesting."

"Then you will undoubtedly wish to include black-eyed peas," suggested the steward. "They are a Southern favorite—and North-erners go for them, too. I'll bring cornmeal muffins, also. They're made of water-ground white cornmeal without sugar, the way Southerners like them."

SOUTHERN DINNER
Tomato-Lettuce Salad
Roquefort Dressing
Grilled Pork Chop
Beets and Greens
Black-Eyed Peas

MORNING SMILE
The busy executive asked his secretary where his pencil was. "It's behind your ear," she replied. "Come, come!" snapped the big shot. "I'm a busy man. Which ear?"

HOUSEHOLD HINT
Heavily soiled curtains may be soaked for half an hour in lukewarm water to which enough soap or synthetic has been added to make a rich, active suds.

Prince Rainier's subjects think it's because "one of his small failings is tardiness—perhaps it's just as well that the palace clock is fast."

The weather man predicts an overcast wedding but a sunny honeymoon. Digging himself out from the worst Riviera winter in recent memory, Bernard Thirion foresees the 18th, date of the prince's big garden party, as the worst day of the lot.

Exciting Farouk of Egypt and ex-emperor Bao Dai of Viet Nam have accepted personal invitations to the wedding. The Count of Paris, who wants the throne of France, was not invited.

The name of Conrad Hilton, American hotel magnate, was added to the guest list. President Eisenhower named him his personal representative.

Words Of The Wise
What is done hastily cannot be done prudently. —(Publius Syrus)

Sore Throat? use SODA
As a gargle to cleanse your throat and remove accumulated mucus, dissolve two teaspoons of baking soda in a glass of water.

FREE RECIPE BOOKLET gives other medicinal uses. Church & Dwight Ltd., Ten Life Bldg., Montreal.

COW BRAND BAKING SODA
PURE BICARBONATE OF SODA

slightly with 1 c. milk. Roll the croquettes in this, then in 2 c. additional crushed cornflakes. Fry in deep fat hot enough to brown a 1" cube of bread in 49 sec., 375 degrees F. Drain on crumpled absorbent paper towels. Or make into flat patties and pan fry. Serve with tomato sauce.

Southern Cornmeal Muffins: Add 3 tbsp. butter to 2 c. milk; heat until bubbles form around the edge. Stir into 1 1/2 c. enriched or whole ground white cornmeal. Let stand 15 min. Beat and add 1 egg. Sift together 1 1/2 c. already-sifted enriched flour, 2 tsp. double-acting baking powder and 1/2 tsp. salt. Stir into the cornmeal. Fill well-oiled muffin or cornstuck pans 2-3 full with the batter. Bake 30-35 min. in a moderate oven, 375 degrees F.

TRICK OF THE CHEF
Heat and season a qt. of sliced cooked beets and beet greens with lemon juice and a little powdered dill.

Insist on cashmere for better quality... for better value...



Say Cashmere... and get more quality and value for your money. Cashmere Tissue is available in pink, yellow, blue and green in 700 sheet rolls—as well as white in 750 sheet rolls.

PRODUCTS OF CANADA PAPER COMPANY

At Niagara's scenic Sheraton-Brock they serve famous Chase & Sanborn



Through the splendors of Niagara and the courtly hospitality of the Sheraton-Brock, Canada gains instant prestige in the minds of thousands of new visitors each year.

Dining service in the famed Rainbow Room... "the top of the Brock"... fully matches the illustrious setting. Food of continental quality is deftly served, to the accompaniment of a rare blend of fine coffees... Chase & Sanborn.

More fine hotels and restaurants throughout Canada serve Chase & Sanborn Coffees than any other brand. Why not enjoy the exquisite flavor... the tantalizing aroma of delicious Chase & Sanborn Coffee... at home!

a Great Coffee for nearly 100 years
Behind vast picture windows, guests at the Rainbow Dining Room gaze on the tumultuous spectacle of both Canadian and American Falls, while lingering over exquisite coffee.