

WOMEN

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KEEP IN TRIM

What's Back of Backache?

By Ida Jean Kain

If you're not bothered with backache and have never heard the term sacroiliac, go merrily along your smooth way. This column would merely bore you from the painful angle, unfortunately, this will not hold true or many. Backache is all too common.

The cause may be any number of things — poor posture, strain from incorrect lifting, a quick twist, sagging mattress, overweight, or emotional tension. Over-



Don't put your back in it

side of habitually faulty posture, strain from lifting is perhaps the worst offender.

That phrase "put your back into it" is particularly vicious for it amounts to straining. Put your thigh muscles in to the lifting, put your shoulder to the wheel, but keep your straight back and do not twist!

For example, in lifting something heavy from the floor, bend your knees and get as close as possible to the object, then lift straight up, keeping the upper back straight, and letting the powerful thigh muscles and arm muscles do the work. Above all, do not twist as you lift. Sudden twists and quick turns cause trouble.

In shovelling or any similar action, take care to avoid twist-

ing. Straighten up, turn on the balls of your feet and toss dirt aside, instead of twisting your back. In weeding, shift your position to pull that weed at the side and do not strain if it is almost out of reach. In every task avoid twisting.

A good many back strains come from opening a window that is stuck. The wrong way is to stand away from the window, bend forward and lift. To avoid strain, stand as close to the window as possible so as to get your weight under it — then push.

Check to see what tasks make you feel tired. In making a bed, do you feel a kink when you straighten up? Then you are reaching too far across the bed. Stand close to the bed so as not to reach out too far, make up one side, go around and make up the other side.

Check, too, and note which tasks result in a muscular ache at the finish — washing the dishes, peeling the vegetables, sweeping, or cleaning the bathtub. Perhaps the sink is too high or too low. Have an extra platform fixed, or put a lift under your dishpan. Blocks under the legs of a worktable, or shortening the legs may remedy the matter. In sweeping, keep the width of the sweep small, so as to avoid twisting your back. Don't over-reach in cleaning — shift your position.

If you do desk work, swivel the chair; don't twist your back. Think before you move, whether it's turning to speak to someone behind you, in picking up something or in reaching — don't twist.

Why are we such weaklings that we have to be so cautious? Modern daily living doesn't afford sufficient muscle strengthening exercise to keep muscles in tone.



Simmons - Meikle Wedding

At 2.30 pm on June 4, 1955, Summerville Trinity United Church, decorated with apple blossoms and tulips, was the scene of the wedding of Julie Margaret Meikle, daughter of Mr. and Mrs. George Meikle, Summerville, and Donald Leslie Simmons, son of Mr. and Mrs. Leslie Simmons, also of Summerville. The double ring ceremony was performed by Rev. Daniel Matheson. Miss Mary Geldard was organist and accompanied Mr. Robert Schurman, who sang "The Lord's Prayer" and "Because."

The bride, given in marriage by her father, wore a gown of lace over net and taffeta, waist-length, long, close fitting sleeves; tiara, close and illusion veil. She carried a bouquet of pink sweetheart roses and a corsage of white poms.

The groom, Walter Simmons, brother of the groom, was best-man, and the ushers were Mr. William Crandall and the groom's brother, Mr. Gordon Simmons.

The reception was held at the Trinity United Church parlor prettily decorated with tulips, and almost one hundred guests were present. Mrs. Edith Woodside, sister of the groom, was in

charge of the guest book Mrs. Ralph Boates and Mrs. Silas MacFarlane poured, and the following girlfriends of the bride served: Miss Marjorie Huestis, Miss Carolyn Clark, Miss Doris Hill, Miss Marion Rogers, Miss Isabel Jardine, Mrs. Charles Bailen and Mrs. David Morrison.

Out-of-town guests were: Mr. and Mrs. Allison Beck, and Mr. William H. Crandall, Moncton, N.B.; Miss Betty Inman, Miss Margaret Huestis, Miss Carolyn Clark, Miss Doris Hill, Miss Linda Leard, Miss Pauline LeClair, Mr. and Mrs. Leith Douglas of Charlottetown.

The bride's travelling costume was a navy and white polka dot dress, with navy bengaline duster, white hat and gloves, navy purse and shoes. The corsage was white poms and lily of the valley. After a short honeymoon, the happy couple will reside in Clarks Harbor, N.S., for the summer months.

(Photo by D. W. Sears)



ELIZABETH BREAU DR. ELMER MACPHEE

Engagement Announced

Mr. and Mrs. James Robert Breau announce the engagement of their daughter, Elizabeth Marie, R.N., graduate of St. Mary's Hospital, Montreal, to Dr. John Elmer MacPhee, son of Mr. and Mrs. John Peter MacPhee, of Souris, P. E. I. Dr. MacPhee is a graduate of St. Dunstan's University, Charlottetown, P. E. I. and a recent graduate in dentistry of McGill University, Montreal. Marriage to take place June 20, 1955, at 10:00 a.m. in St. Bernard's Church, Moncton, N. B.

MRS. GORDON MACMILLAN A COUNTRY GARDEN

HAWTHORN
Spring goeth all in white
Crowned with milk-white may!
In fleecy flocks of light
O'er heaven the white clouds stray:
White butterflies in the air
White daisies prank the ground:
The cherry and hoary pear
Scatter their snow around.
—Robert Bridges.

The Hawthorn is found on the roadside of our province and was brought from England by our earliest settlers. The fragrant blossoms were used at a convention for decoration last week and the branches were graceful and attractive. In the older settlements many farms were bordered with this hardy tree and in the springtime as a child it was one of the pretty sights of my home. In the Memorial Nursery list of trees suited for hedges it is listed with other suitable shrubs, and seeing it again reminded me of the fragrance that we loved and the red berries in the autumn.

Because of the thorns it was used a great deal in England to keep the animals from the large estates when there were no other barriers, and Mary Webb describes the early springtime in this poem.

Into the scented woods we'll go
And see the blackthorn swim in snow.
High above, in the budding trees
leaves.
A brooding dove awakes and grieves;
The glades with mingled music
And wildly laughs the woodpecker.
When blackthorn petals pearl the breeze,
There are the twisted hawthorn trees
scattered with buds, as clear and pale
As golden water or green hail—
As if a storm of rain had stood
Enchanted in the thorny wood,
And, hearing fairy voices call,
Hung poised, forgetting how to fall.

June is the month of the tree blossoms in our Province, and even if there were no blossoms in the woods, the fresh green leaves and the tender green ferns make a walk in the woods something special which never comes again until another year rolls around.

The forget-me-not is carpeting the ground for quite a distance in the garden; and it is a lovely spot to sit for a moment or two in the busy day.

Years ago "On a June Day in the morning, every man would walk into the sweet meadows and green woods; there to rejoice their spirits with the beauty and the savour of sweet flowers and with

A Dainty Pink Salad For Wedding Menus

By Ida Bailey Allen

Noon wedding refreshments are called breakfasts by special tradition, since both the hour and menu indicate luncheon. The bride's table may be separate with buffet service for the guests; or a large one may be seated at a large table.

NOON WEDDING BREAKFAST MENU

Strawberry-Pineapple Fruit Cup
Olives Salted Nuts
Shrimp Mousse Salad
Party Sandwiches
Biscuit Tortoni
Wedding Cake
Coffee

Shrimp Mousse Salad: This salad is really elegant, wonderful at any party. And you will be delighted when you realize how easy it is to make. You will need two 10-oz. cans condensed frozen cream of

Dutch Apple Cake
Hot or Iced Coffee or Tea
Milk
Recipes Proportioned to Serve 4 to 6

Oxtail Spaghetti Casserole:
Wash and disjoint 2 oxtails. Add 2 tsp. salt. Cover with boiling water. Put on a lid; simmer 1½ to 2 hrs., or until tender. (Or pressure-cook 15 min. at 15 lbs.)
Just before oxtails are done, cook ½ lb. broken spaghetti 8 min. Oil a 2½ qt. casserole. Next combine the contents 1 (No. 2) can tomatoes, 1 c. water, ½ c. chopped onion, ¼ tsp. ground cloves, ¼ tsp. ground cinnamon, ½ tsp. each salt, sugar and monosodium glutamate.
In the casserole arrange a layer of oxtails; then one of spaghetti; layer on a third of the tomato mixture, then repeat. Dot with 2 tbs. butter. Cover; bake 45 min. in a

ELLEN'S DIARY

by an Island Farmer's Wife

There is a prayer which runs: "Grant me the courage to change the things I can change, the serenity to accept those I cannot change and the wisdom to know the difference." — Courage, serenity, wisdom, these three we needed to remember on just such a day as this one which instead of sunshine and weather favorable to the field-work brought us fog and showers.

"I was hoping to get that last field of mine sowed today," a farmer calling to Adleria this morning said. "I guess," he added with a chuckle, "we'll have to be like the old lady Mother used to tell about. She would smile on a day like this and say: 'Well, we can't change the weather, that's for sure. So we'll just have to let it rain and be damp!'"

"A few days like this," James offered, "will bring the last of the cropping fairly late—and the grain won't come in so good for the threshing... not with early sown and late."

"We never know," the other commented, "Grain sowed after this spell of damp, if we should happen to get the right weather, will come along right smart."

With the field-work of necessity rested, the farmers worked today about the barns. When we came there to summer James to supper, what work was then in hand? He was brushing a fat heifer in no half-hearted manner, sides left sleek and satin-smooth beneath his practiced strokes. In the group Mack industriously groomed a patient calf imitating to the letter his Grandfather's actions and words.

"He doesn't appear to be much interested in the stock. Oh, he'll feed them and see that they're comfortable, though not because he enjoys doing it." A farmer said of his son the other day to James: "I don't know how he

Depressed Since Her Second Child

By ELEANOR ROSS

DEAR MARY HAWORTH: I have a bad case of depression, following the birth of my second child — a reaction that shocks me, as I felt fine after the birth of the first who is now aged 2. I really thought at first that I would lose my mind, but now I am well enough to stay alone, although I do get terribly lonely.

I look forward to my husband's coming home every night, but then I think — what good is it? I see him such a short while; then another day starts, and the same routine all over again. Now mind you, these are my feelings — which I can't control, whereas basically I believe in the strong religious meaning of life. And I didn't have these feelings before. I was very happy, and loved and adored my husband and daughter — and I love the new baby too.

Almost everyone tells me I will recover completely from this depression in time, but meanwhile I need help from someone who understands the problem. After all, the problem is simply yourself, in these cases. I have seen so many unhappy, ill-adjusted neurotic persons — and I don't want to become one of them. I have been to a psychiatrist, who had no specific advice to give; but he did prescribe a medicine that has helped, at least to a point where I can try to help myself. Before, I would get fits of trembling, couldn't eat, and my mind would virtually black out when faced with the slightest problem — such as whether to start supper or the baby's formula first.

These Factors Fuel Dejection

DEAR B. L.: According to comment I've heard, post-partum depression seems to blow over in less than a year — somewhere between six and nine months on the average. I gather, in exceptional cases may last a shorter or longer while.

Trying to fathom the why of post-partum depression is somewhat like trying to figure what causes the so-called common cold. Nobody knows the real inside story yet, but there are certain familiar signs and portents that precede (or surround) these afflictions.

Oddly enough, the depression, like the cold, tends to latch onto

Get Out Of The House And Into The Sunshine

By ELEANOR ROSS

With the arrival of sunny days and long mellow evenings, the center of family activity begins to move away from the living room to the porch, terrace or backyard.

Out from attic and cellar come the lounge chairs, snack tables and other summer furniture. And, as usual, they show signs of wear.

Washing Wicker

Wicker or the plastic webbed pieces can be brightened with a good soapy bath. Use a brush that's not too stiff and lather well. To rinse, put the furniture in the yard and turn on a hose spray. After the wicker is thoroughly dry, rub a light coating of polish over it for a soft sheen.

Protecting Finish

Painted wrought iron should be washed with soapy suds or sponged, rinsed and then waxed to protect the finish against the weather. Natural wood picnic tables and benches, too, will benefit from a little scrubbing. Wash with soap and water to remove surface dirt and stains. Rinse and allow to dry.

To Avoid Graying

Then rub all over, topside and underneath, with a cloth soaked in a mixture of two parts linseed oil and one part turpentine. Repeat the application the following

ing day. Finish by rubbing briskly with a dry cloth.

This treatment will keep the wood from graying after exposure to sun and rain; food stains won't soak in and mottle the surface.

Faded Cushions

If the chaise lounge and hammock cushions look faded, do a quick recovering job with sturdy sailcloth, terycloth, denim or plastic, all easy to sponge or wash clean. As for the dining and snack tables, work-saving plastic mats and mats are the ideal warmer weather table settings.

There are handsome plastic mats and runners that look for all the world like those of fine linen or organdie. They come in various colors and color combinations as well as the usual white and natural color. Although these do not require special laundering or ironing, they do need reasonable care to keep them fresh.

Suds Them Off

To prevent odors and to keep them from sticking together never fold or put these pieces away without first sudsing them off and allowing them to dry — either on a line or right on the table. In addition to sponging off, the textured mats should be scrubbed occasionally with a brush and soapy water to remove dirt, food particles and spilled liquids that work into the design.

persons who are (or have been for some time) tense, overtired, and deeply discouraged, or dissatisfied or "blocked" in their efforts to reach the kind of happiness they want. Persons who are happy in the feeling that life is good to them — who don't feel unfairly burdened, thwarted, short-changed, etc. — usually don't catch colds or bog down in sick depression.

At least one physician in general practice, who does obstetric work, has remarked to me that post-partum depression seems to signify (in part, at least) that the mother feels overwhelmed by the additional responsibilities of a new life to care for. And back of this suddenly "sunk" feeling (that unleashes a flock of jitters), is a history usually of great nervous strain — which may be characteristic of her family's attitude towards existence.

Carefree Rest Would Help Her

You say here that you've "seen so many unhappy, ill-adjusted neurotic persons"—and you "don't want to become one of them." Maybe you are thinking of dreary figures in your background, and perhaps your goal in life was to get away from that kind of influence and create the ideal family circle, with a husband's help. Maybe you've knocked yourself out, temporarily, trying to pull together a "perfect" picture, that keeps coming apart at the seams. Now it may strike you, with appalling finality, that "this is your life"—and in your physically spent condition at present, the difference between reality and the dream may be hard to accept. Also, perhaps your husband isn't as close in spirit and sympathy as he ought to be—in the crucial

HOUSEHOLD HINT

When you wash bookshelves, make sure they are perfectly dry before replacing the books. Dampness will damage your favorite books with mildew.

ALICE BROOKS DESIGNS



A CROCHET BEAUTY
Combine dainty fillet crochet with regular crochet — make this stunning new dolly or centerpiece.

Pattern 7025 has crochet directions for dolly or centerpiece. Use No. 30 mercerized cotton for 22-inch dolly; No. 50 for smaller; bedspread cotton for larger.

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

Words Of The Wise

We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses there is at last one which makes the heart run over. —(Daniel Bliss.)

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ADDED COMPLIMENTS will be showered on the bride who serves pink Shrimp Mousse Salad to guests at her wedding breakfast.

shrimp soup; 2½ envelopes unflavored gelatin; 1 c. cold water; 2 c. chopped celery; 1 c. chopped firm portion cucumber; ¼ c. mayonnaise; 6 drops tabasco; 2 tbs. lemon juice.

Thaw the soup completely. Sprinkle the gelatin over the cold water; then set in a pan of boiling water until the gelatin dissolves. Combine and blend all ingredients. Add 1 c. diced, cooked or drained canned shrimp if desired. Rinse a 2 qt. mold with cold water. Pour in the salad mixture. Refrigerate 4 hrs., or until firm. Serves 8 to 10.

To serve, unmold on chilled platter. Border with chicken or lettuce; garnish with cooked or canned whole shrimp, marinated and chilled in lemon French dressing.

TOMORROW'S DINNER

Chilled Grape Fruit Sections
Oxtail Spaghetti Casserole
Mixed Vegetable Salad

Wife Preservers

A mattress pad needs no ironing. Ironing would destroy the air spaces which make the stuffing in the pad fluffy and absorbent. After washing in hot soapsuds and rinsing, hang the pad lengthwise over parallel lines. While drying reverse its position and shake it vigorously for extra fluffiness.

CHERRY TARTS

1½ cups flour
½ tsp. salt
3 tsp. baking powder
6 tbs. shortening
1/3 cup cold water
1 quart pitted cherries
Sift dry ingredients together; rub in shortening very lightly with fingertips; add water slowly, just enough to make stiff dough; roll out very thin on floured board and line patty pans, being very careful to have pastry come well over the edges of pans. Bake in hot oven about 12 or 15 minutes. Fill with cherries. Cover with hot syrup made as for strawberry pie, using ½ cup juice from the cherries instead of strawberries.
Other fruit can be used in place of cherries.

ANNE ADAMS PATTERNS

HALF-SIZE PATTERN

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Pattern 4706: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress takes 3½ yards 35-inch fabric; bolero 2 yards.

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.

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