

WOMEN

Page 8 The Guardian Thursday, Sept. 30, 1954

MARY HAWORTH'S MAIL

Has Demented Mother-in-Law

DEAR MARY HAWORTH: Your articles lead us to believe that you have an intelligent approach to domestic problems. This is ours: My wife's mother has lived with us for 20 years; and she lost her reason about three years ago. We cannot understand what she says, and she cannot understand what we say.

We tell her not to do certain things, but she does them just the same. She is restless and shuffles all daylong, back and forth. She gets up at 3 o'clock every morning; and she keeps her bedroom door locked, and takes forever to turn the lock. Our sleep is broken by her noises.

When we try to correct her, she gets angry and raves for hours; and there are more aggravating habits. But we mention the above, just to give you an approximate idea of what we have to put up with.

Is this expected of a son-in-law? Must we wait perhaps for years before she is released by death from her misery? Is there any recommended place for such demented persons? We would much appreciate your advice.

F. J.

INSIDE DOPE FROM EXPERTS

DEAR F. J.: For authoritative counsel, read a little paperback book titled "Mental Illness: A Guide For The Family" (retail price 75c per copy). Prepared by Edith M. Stern in consultation with Dr. Samuel W. Hamilton, it is distributed by The National Association for Mental Health, 1790 Broadway, New York City 19.

The booklet is dedicated "to the thousands of... and women who have relatives in the hope that they will find in these pages some common-sense and practical guidance."

Its contents include 18 chapters,



for lovelier legs

Whisper NYLONS

in addition to the doctor's foreword, the author's preface, and a glossary of medical terms that the family may hear in connection with the patient.

Here is an illustrative list of chapter headings: 1. A healthy attitude towards mental illness. 2. When mental illness strikes. 3. Why hospitalize? 4. Private or public hospital? 5. Getting the patient admitted. 6. Taking the patient to the hospital. 7. Leaving the patient at the hospital. 8. The first month in the hospital.

The second half of the book discusses the following — Chapter 9. The hospital world. 10. Life in a mental hospital. 11. Some treatments for mental illness. 12. The family and the hospital. 13. Letters and visits. 14. Towards discharge. 15. When the patient comes home. 16. The permanency of recovery. 17. Continued care. 18. There's more you can do.

AUTHOR MOVED BY COMPASSION

In her introductory, Mrs. Stern says, "When I made my first visit to a modern mental hospital, in connection with writing on occupational therapy, I approached it with the morbid dread common among laymen. Half an hour after I had been inside the institution, however, I had already begun to feel that it was, on the whole, a surprisingly pleasant place; and by the end of the day I was tremendously impressed with the many means being used to restore its patients to normality."

"Vaguely I thought 'I wish I could tell people about this,'" Mrs. Stern continues. "Then as other writings in the field of mental hygiene led me into other mental hospitals, this desire became crystallized and urgent. . . . I saw relatives' confusion, bewilderment and anguish out of all proportion to the realities of the situation. I saw them needlessly increase their own and their patients' suffering through fear, ignorance, delay in treatment, premature removal from mental hospitals, or mishandling during parole."

"There are books, I thought, about how to run a household, and how to bring up dogs' but no book telling people how to behave and what to do when one of their dear ones falls mentally ill. This guide-book for relatives will, I hope, fill that need." I feel it does indeed.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Does Bumpy Skin Keep Dates Away? Help clear up pimples, rash, oily skin, blackheads with Cuticura soap and Ointment—see clearer, smoother skin in just 7 days. Buy Cuticura today at your drugstore. CUTICURA

LET'S EAT

Professional Pointers For Your At-Home Meals

By IDA BAILEY ALLEN

"These kitchens are as fine an installation as I have ever seen," remarked our Chef, as he surveyed the length and breadth of the enormous kitchens of the United Nations Restaurant.

"Every piece of equipment is spotless stainless steel, Madame. Every working space is well-lighted; ventilation is perfect."

A Smooth Operation

"The kitchen operation is so smooth and orderly, one would never suspect that thousands of persons are now being served," I observed. "See those waitresses opening those drawers, Chef? They are taking out heated rolls, and placing them in baskets lined with paper doilies."

"And here, Madame, is the refrigerated salad-bar, with the salad ingredients ready to assemble. The salad plates are ice cold. That is professional; everything is ready ahead of time for using."

Advance Cooking

"Here is the bank of ranges. The potatoes for French frying have already been half-fried and cooled. Dunk them one minute in hot fat, and they will be crisp, brown and ready to serve."

"Here are half-broiled chickens and partly broiled mixed grills ready to complete in five minutes. These methods save time at the last minute and make quick service possible. All the soups and main entrees are ready to serve."

"And the service is well organized. There is one man for each food. Without any waste of motion, the hot plate is passed from one to another, then to the garnisher, who selects the right garnish for the trays on the serving counter, and the food is ready to go to the table."

SUNDAY DINNER

Grapefruit Apple Cup
Roast Veal or Lamb

Panned Potatoes
Zucchini Sauce Tossed Lettuce

Floating Island with Sponge Cake
Coffee Tea Milk

Grapefruit Apple Cup: Combine and chill 1 c. red-skinned eating apples, diced small, with the drained contents 1 (1 lb.) can grapefruit. Arrange in good-sized fruit cocktail glasses; over each pour 1 tsp. grenadine syrup, or canned passion fruit juice.

Zucchini Sauce: Melt 3 tbsp. butter or margarine in a large frying pan. Add 1 good-sized onion, chopped and peeled; slow-saute until beginning to brown. Then add 4 c. well-washed peeled zucchini, sliced, 1 1/2 tsp. salt, 1/2 tsp. pepper and 1/2 tsp. sugar. Cover and slow-cook until tender. Stir several times.

Floating Island with Sponge Cake: Make and chill the custard and meringue for Floating Island according to the recipe previously given in this column.

To serve, line large sherbet glasses with strips of sponge cake. Nearly fill with the custard; top each with meringue.

If desired, garnish with 2 halves of red cherry, bright jelly or shredded toasted almonds.

International Pastries

The pastry-making section of the United Nations kitchen was fragrant with spices, flavorings and the enticing smell of baking fruit pies and Danish pastry.

"We make tremendous quantities of pastry," said the head-baker, "to serve at afternoon tea in the employees' cafeteria. Each day of the week, we choose a pastry of a different nation. Will you taste our French special for today, Madame? The Napoleon."

A Giant Napoleon

There it was, in enormous tins about 50 by 30 inches, ready to slice. The basis was rich puff pastry. Over this had been spread a delectable cooked cream filling. Then came the topping, a baked lattice-work of cream puff pastry, shaped on a pan by means of a plain, large pastry tube. This topping was baked separately, cooled, and placed on the cream-topped Napoleon base.

"Next week the Chef and I will give you a simplified version of this recipe so you can make Napoleons at home."

TOMORROW'S DINNER

Honeydew Melon
Rock Lobster Tail Casseroles
French-Fried Potatoes Broccoli
Mixed Vegetable Salad
Deep-Dish Blueberry Pies
Coffee Tea Milk

Rock Lobster Tail Casseroles: Boil 6 rock lobster tails according to direction on the package. Cool; slit the shell and remove. Cut the lobster meat in small bite-sized pieces. Add 1 c. rich cream sauce to which has been added 1 tbsp. mayonnaise and 1 tsp. lemon juice. Arrange in shallow individual casseroles in layers with mushroom crumb dressing. Bake 20 min. in a hot oven, 425 degrees F. Garnish each with a slice of Maitre d'Hotel Butter; serve at once.

Mushroom Crumb Dressing: Mix together 1 1/2 c. fine crushed soda cracker crumbs, 1/2 tsp. salt, 2 tsp. Worcestershire sauce, 3 tsp. melted butter, and 3 tsp. minced mushrooms.

Double-Quick Berry Pies: Bake and keep in a canister or in the freezer, a generous supply of 2 1/2-inch rounds of American pie pastry, ready for use in making individual deep-dish fruit pies. You need only prepare the filling, transfer to deep small sauce dishes, and top each serving with a round of the baked pastry. Garnish of whipped cream, is desired.

MAITRE D'HOTEL BUTTER FROM THE CHEF

(Use with meat or fish.)

Measure 1/2 c. butter into a bowl. Add 1 tsp. minced parsley, 1/2 tsp. salt, and a few grains cayenne. Gradually stir in 1 tsp. lemon juice. Place on a square of waxed paper. Fold up and shape into a long roll 1 in. in diameter; chill. Slice thin to serve.

ANY TIME—it's time for KING COLE TEA

Measure 1/2 c. butter into a bowl. Add 1 tsp. minced parsley, 1/2 tsp. salt, and a few grains cayenne. Gradually stir in 1 tsp. lemon juice. Place on a square of waxed paper. Fold up and shape into a long roll 1 in. in diameter; chill. Slice thin to serve.



Omit Salt From Diet On Doctor's Order Only

Herman N. Bundesen, M. D.

THE doctor has at his command a large number of weapons with which to attack sickness and ill health.

Drugs, operations, physical measures such as heat, light and massage, exercise and diet all have special roles in the endless fight to prevent disease and regain good health. But any of these things, used at the wrong time in the wrong way, may intensify illness and interfere with recovery.

The Salt Free Diet

This is especially true of the so-called salt free diet which, in reality, is only a low salt diet, because it is a practical impossibility for the body to maintain itself on a diet in which there is no salt at all. Such low salt diets have been employed in the treatment of high blood pressure, chronic kidney disease, heart disease, and even though futilely, for reducing menus.

No one should attempt to maintain himself on a low salt diet except under constant supervision by a physician. A low salt diet has special danger in persons who sweat a great deal, since much of the salt in the body may be lost through sweating. Hence a low salt

diet must be used with caution, especially in the summer time. Salt is made up of two elements, sodium and chloride, both needed for normal functioning of the body. Every cell in the body needs sodium. It is also necessary that there be a normal balance between the various minerals in the body for normal heart action.

An adequate amount of chlorine is needed so that the body may make hydrochloric acid, which is necessary for digestion in the stomach.

In such disorders as heart disease and chronic kidney disease, excessive fluids may accumulate in the body tissues. This is known as edema. The low salt diet helps clear up this edema, but such a diet is not the kind that a person can regulate for himself.

Don't put yourself on a low salt diet. Consult your doctor, who will decide how much salt you need.

QUESTION AND ANSWER

J. B.: My prostate gland is enlarged. Is it true that taking female hormones will cause a decrease in its size?

Answer: Although taking female hormones will temporarily reduce the size of the prostate gland, the effect is only a temporary one.



GUM DROP CAKE

1 cup white sugar
1/2 cup butter
2 eggs
1 tsp. salt
1 tsp. nutmeg
1 tsp. baking powder
2 cups flour
3/4 cup milk
1 lb. sultana raisins
1 lb. or 3/4 lb. gum drops
Cream butter and sugar, beat eggs separately, add yolks to butter and sugar.
Mix in rest of ingredients and 1 tsp. vanilla. Fold in whites of eggs. Bake in a slow oven.

—Mrs. Monty MacLeod, Cherry Valley W. I.

Wife Preservers



If you own a good quality crocodile skin handbag or shoes, polish and shine them after each wearing or carrying. If properly tanned and dyed, water-stains do not show on crocodile skin.

Morning Smile

Boasting of his musical ability, Ames said, "When I was a boy our town was hit by a flood. My father hopped on to a bed and floated to safety."

"But what," asked someone, "has that got to do with your musical ability?"

"Well," explained the other, "I accompanied him on the piano."

Household Hint

To make a sticking, squeaky drawer slide in and out easily and noiselessly, rub the runners with a candle stub or bar of soap.

We saw a mostly active and merry fellow stop quietly by a sill in the sunporch today to admire

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ELLEN'S DIARY

by an Island Farmer's Wife

The September day shortens, as does now the month so soon to be up and away. "It's not . . ." James exclaimed with some dismay taking stock of the few sands remaining of its time this morning. "Why, it can't be!" But it was! This September-month, mostly gentle of days, nevertheless long to be remembered for the light of the wild winds which in many an Island place left behind some despair is all to soon to be gone.

Remembered by many loved ones and friends will be the kindly farm-wife of this road who this evening after a brief illness passed away, journeying to a far Land by way of that strange shadowy passage along which sooner or later every human must go.

She leaves to mourn her loss particularly we would say her little new-born and only grandson, who only by legend of parent and kin, will ever know how good and kind was this grandmother, he was kind never to know. How well she already must have loved him and how much she would have cherished him even as we do these youngsters of ours, taking extraordinary enjoyment in watching the young lives unfold; teaching them the best we know, as she too would have done with her little lad if spared—sharing with him, it is likely, the exceptional gift of music, with which talent she was richly endowed.

There is a harvest, it comes to mind, which does not require full ripeness in its sheaves. Only a mission of earth, the nature of which we know so little, fulfilled . . . brief . . . lengthy, but we may rest assured completed, before folks hear and respect that whispered summons that is alone theirs. Another new mound will be present-moulded in the old Kirk-yard at the corner where through the years we have known it, many a loved one young and older, has been borne to sleep their earthy rests.

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and count the number of ruby-red blossoms on Karoly's house-rose, touching the petals tenderly as he numbered them aloud. "And there are more buds to open," he added. He was quiet for a long moment then. "I think Mother sees them here," he said softly. . . . In the neighboring Province, a summer babe, an only daughter, niece to Karoly, in loving memory of her

Continued on page 9

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