

WOMEN

Page 8 The Guardian Friday, Sept. 10, 1954

CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

Preparing Your Child For Hospital

PART I

The experience of going to hospital often leaves emotional scars on a child which may persist long after physical health has been restored. He becomes frightened when a man in a white coat tries to cut his hair, or give him an injection. He often clings unduly to mother and is terrified when she leaves him alone even for a short time. He gets frightened in a closed room or has night terrors. Of course many a child does come through hospitalization without such apparent ill effects but the hazard is always present. The danger is that in one devastating event his whole feeling of security can be undermined. It's not only that he's uncomfortable and in pain in a strange place, but if when he needs them most—his parents seem to have deserted him, or deceived him, serious damage may be done to his personality.

Inform Him

You can guide your child past this danger. Tell him, simply and matter-of-factly, why he's going to hospital, so he won't feel afterwards that the hospital was a mean trick played on him, or a punishment for his own wrongdoing. Also, fear of the unknown is far more terrifying than anxiety about the known. The amount of detail you give depends on the age.

The eight-year-old might need to be reassured about surgical masks lest they suggest faceless monsters! Let him know about the anaesthetic that will make him sleep comfortably so he won't feel a thing. And tell him he'll wake up right after the operation is over. Present a rounded picture of the hospital—it's more than the operating room. Some experts advise giving this information only a few hours before, to prevent prolonged brooding about it. Perhaps this is wise for the school-age child, particularly if he's a worrier. Its disadvantage lies in your own difficulty in being as calm and matter-of-fact as you might have been a week before. Also it gives you little time to deal with whatever worry or fear the child may express.

For the pre-school youngster repeat the explanation until he understands and his confidence is built up. A week before might be best, giving him ample time to ask questions and get used to the idea. Then drop the subject until the night or morning before the operation. If a child has to go to the hospital without warning, he knows of course, that he's in trouble. Reassure him that at the hospital he will be helped out of this trouble.

(To be continued)

Herman N. Bundesen, M. D.

New Drugs Help Treat Infected Urinary Tract

THE urinary tract, including the kidneys, bladder and other structures, is the second most popular thoroughfare in the body for germs and bacteria. This is because the urinary system is open to the outside and easily accessible to many other organs. Only infections of the throat and respiratory system are more numerous than infections of the kidneys.

In 1935, a new era came about in the treatment of urinary infections. The antibiotics and sulpha drugs changed the old routine. Before that time infections had to be treated by promoting drainage by washing out the organs and by changing the acidity of the urine.

Most Common Symptoms

The most common signs of kidney infection are pain, blood in the urine, burning and discomfort on urination, and frequency of urination. If the infection is severe, there may also be chills and fever. There is usually pain over the infected area.

A simple examination of the urine by a physician will, in most instances, determine the presence of an

infection. A false idea held by many people is that cloudy or turbid urine means infection. There are many crystals and minerals normally present in the urine that may make it look cloudy.

Medical Detective Work

Before a kidney infection is treated, the physician usually takes a smear of the urine and examines it to see what type of germ or bacteria may be causing the difficulty. Once the specific germ has been determined, one of the different antibiotics, such as streptomycin, aureomycin, terramycin, penicillin and the newer one, tetracycline, may be used to cure the infection. Of course, the physician in each case is the one to decide what drugs should be used, and the dosage to employ.

QUESTION AND ANSWER

Q. Mrs. A. D.: What diseases are women more prone to die from?
A. Answer: Women have a greater chance of dying from diabetes, gall bladder disease and thyroid disease, since these diseases are more prevalent in women.

Hobby Calls For Buttons & Pipe Cleaners

AMHERST, N. S. (CP) — Mrs. A. H. Lamy says you'd probably never believe it but pipe cleaners are a big item in her hobby. She collects buttons.

She uses the cleaners to mount her 1,500 buttons on large cardboard squares.

Mrs. Lamy started her collection several years ago with a half-dozen dainty miniatures in thin gold frames from her grandmother's button box.

She became so interested in the collection that she's been adding to it ever since. The first addition was a "charm string" purchased from a Macan, N. S., resident.

QUAINT CUSTOM

Such strings were popular 80 or 90 years ago when young girls would start them, knotting the string between every button. Tradition said that between the 999th and 1,000th button the man of her dreams would come into her life.

Mrs. Lamy also started digging into the history of buttons and she says it's remarkable how many different kinds have been produced since they were fashioned by the Egyptians as ornaments.

Mrs. Lamy's varied collection includes buttons shaped in the form of animals' heads, some with pictures and mirrors, cameos, story and fruit buttons and miniatures.

They are made of pearl, jet, carved wood, pewter, celluloid, glass and half a dozen other materials.



Cook's Corner

FRUIT COOKIES

1 cup shortening
1/2 cup brown sugar
1/2 cup white sugar
1 egg, beaten
Beat well together
2 1/2 cups flour sifted with 1 tsp. soda, 1/2 tsp. cream tartar, 1/2 tsp. salt. Lemon flavoring and few raisins may be added.
Don't roll, put in balls and press with fork.

— Mrs. Howard Ling, New Glasgow, W. I.

Cheese Blinzes

2 eggs
1 pinch of salt
1 cup of flour
1 pint of water
Beat eggs well add salt, add flour and water alternately, beat until very smooth. Heat frying pan (medium iron is best but not necessary). Grease with butter.
Cover bottom of pan with batter, pour excess back into pan leaving a very thin batter in the pan. Turn over fried side up. Fill, fold as envelope and fry in butter.

FILLING
1/2 pound cottage cheese
1 egg
salt
sugar and cinnamon to taste
moisten with cream.

Bread Sticks

1 package dry granular yeast or 1 cake compressed yeast
2 cup lukewarm water
2 teaspoons sugar
1/2 teaspoon salt
1 tablespoon shortening
1 cup sifted all-purpose flour
1 egg white, beaten
Soften yeast in one-fourth cup of the water. Let stand 10 minutes. To the remaining water add sugar, salt, shortening and 1 cup of the flour. Beat until very smooth. Add the yeast mixture and stir well. Thoroughly fold in egg white, then add flour to make a stiff dough. Turn out on lightly floured board and knead until smooth and satiny, about 10 minutes. Place in a greased bowl, turn once to bring greased side up.

Cover and let stand in a warm place (86 degrees) out of draft to rise until double in bulk (about one hour), knead down.

Cut off pieces of dough and shape in uniform sized balls, about one and a half inches in diameter. Lay on lightly floured board. Cover and allow to rest for about 10 minutes. Grease fingers lightly and roll each ball lightly back and forth until it becomes a cylinder of uniform thickness, 10 to 12 inches long and not more than three-eighths inch thick. Lay on greased baking sheet. Cover and let rise until doubled in bulk (about 45 minutes).

Using very light pressure, brush with mixture of one slightly beaten egg white blended with one tablespoon water. Leave plain, or with a razor sharp knife make very shallow diagonal cuts across the top. Sprinkle with poppy or sesame seed if desired.

Bake in a moderate oven (375 degrees) until golden brown; from 8 to 10 minutes. Place a shallow pan of hot water on bottom of oven during baking to produce a crisp crust and beautiful brown color. For fancy bread sticks, make dough strips narrower and braid three together. Cut off ends neatly. Let rise until double in bulk, and bake in the same way.

Perfection ICE CREAM BRICKS DELICIOUS!

August Wedding



Photographed following their wedding on August 17 are Mr. and Mrs. Clarence Stevenson and their attendants. Left to right are the groom; Mr. Elwin Burke, groomsmen; Miss Irene Morrison, maid of honor; (seated) the bride (the former Miss Ena Morrison).—(Crawell Photo)

St. Andrews Presbyterian Manse, Montague, was the scene of a pretty double ring wedding ceremony at 2 p. m., Tuesday, August 17, when Rev. D. A. Campbell united in marriage Ena May, daughter of Mrs. and the late Peter A. Morrison of South Granville and Clarence Norwood, son of Mr. and Mrs. Andrew J. Stevenson, Pleasant Valley.

The bride chose a ballerina-length dress of white nylon tulle over tulle and bolero of chantilly lace, long sleeves tapering to lily points at the wrists. Her shoulder-length veil of french illusion was caught from a poke bonnet cap. She carried a cascade of red sweetheart roses and white sweetpeas.

Irene, as maid of honor for her sister wore a ballerina-length gown made in layers of mauve nylon net over tulle, lace bolero and elbow-length sleeves, with matching mitts and a headress of mauve velvet leaves studded with rhinestones. She carried a nosegay of yellow roses and mauve sweetpeas.

Mr. Elwin Burke was groomsmen. The bride's mother wore a dress

MARY HAWORTH'S MAIL

Gossip Worries Matron

DEAR MARY HAWORTH: A few months ago I was present at a social gathering that might be fairly described as a drunken brawl. As I don't drink, smoke or exchange risqué stories, I felt out of place and I don't consider this moral snobbery.

However, a woman there, a casual acquaintance remarked to me, "Just wait, Miss Holter-Than-Thou, I'll find out your secret vice and tell the world." I dismissed this from mind until recently, when a problem arose.

My husband works until 10 p. m., and as our children are grown and live elsewhere, I am often

ELLEN'S DIARY

by an Island Farmer's Wife

Now this!—down, on silken sails, drifts by at the whim of any wandering wind; gossamer of which thread the fairy folk weave their enchantments floats without source and to no known being; a locust drones a sleepy midday tune. And along the millstream, above the blue of mirrored asters, a dark dragonfly follows mysterious pursuits. And by all this, the harvest-tide is here.

"We saw James carry the canvases to the tractor today where Rob joined him with other incidentals of the rite and they were away then in the direction of the other farm 'to get that thar' binder' serviced for the harvest. Soon we saw it tractor-drawn, thread its way among the busy traffic which continues to run past the lanes' ends of these farms.

And then we lost sight of it, to find it again in a field of Mr. A's on the opposite slope above the millstream. Treading now, as do we, the westerling years and without chick or child to help care for his fields Mr. A. does not farm as extensively as once. Nevertheless, it is with the same neatness of old years. And, as James, sometimes to be astonished and dismayed at the hurried and seemingly more careless methods of farming of the present.

"There's enough left on the fields after the crops are taken nowadays, that if gathered, is almost as much as we sometimes grew! If we in our day had farmed like that . . ." the older farmers say.

"But, a new generation of them laugh, 'we grow more! So much we can't waste time gathering up

alone of evenings, unless friends drop in. The young couple next door, though years my junior, started coming in evenings to watch TV. The husband is the age of my younger son.

Now the wife has taken a job and doesn't get off until 9 p. m., and her husband continues to stop in occasionally. My husband knows this and appreciates Bob's thoughtfulness in seeing that I am not alone constantly.

The problem is that a dear friend tells me that the woman

Junior's Cost Of Living Rising Steadily

ROME (AP)—When baby comes, an expert said here today, it takes a 25-per cent raise in income for the family to maintain its accustomed standard of living.

Erlend V. Hofsten of the Stockholm social welfare board told 500 scientists at the United Nations conference on population that junior's cost starts lower, but rises steadily as the child grows older.

Despite the cost, however, another report indicated that the average wife still wants children. Prof. Jean Stoctzel of France's University of Bordeaux said his survey showed relatively few wives want no children or only one. Most want three.

Dr. Hofsten told the experts from 70 countries that his statistics on the cost of children do not include the value of the time parents must devote to their actual care.

This, he said, diminishes from 1,200 hours a year when the child is one year old to 1,100 hours when the child is over two, and 475 hours when the child is four.

It also does not count wear and tear on the household and its furnishings, which for one child he placed as averaging about 15 per cent of the family's total.

Cabbage Rolls, Swedish Style

1 lb. round minced steak
1/2 lb. ground pork
1/2 tsp. allspice
1/2 tsp. white pepper
2 tsp. salt
1 tsp. sugar
1 cup cooked rice
1 egg
1 cup liquified powdered skim milk
1 cup bread crumbs
1 lbs. margarine or butter.

Method: Mix meat together. Fry in margarine or butter with a little onion if desired. Add seasoning. Beat egg. Pour a little powdered skim milk over bread crumbs to moisten.

Add bread crumbs, beaten egg, and rest of powdered skim milk, if necessary, to make the meat soft and easy to handle. Pick the last outer leaves from a head of cabbage, pour boiling water over them and let stand until they are slightly wilted, and can be folded without breaking.

Place a large spoonful of mixture on a cabbage leaf. Roll tightly and tuck leaf edges inside. Melt about 4 tbs. of margarine or butter in skillet. Place cabbage rolls in melted fat and cover tightly.

Cook gently one hour or until well browned and meat is thoroughly done. Add enough flour to make brown gravy from drippings of pan. Season well with salt and pepper and pour over cabbage rolls.

LET'S EAT

Serve a Pizza Dinner

By IDA BAILEY ALLEN

WE'VE heard for years that this country is a great melting pot of many nationalities. This has brought about a realistic melting pot—a potpourri of dishes from many countries gradually being absorbed into the American cuisine.

Italian Pie

"An example, Madame, is the pizza, the Italian pie that is a combination of a savory and a bread. Ten years ago, the only way you could get pizza was to make it yourself by a long method, or go to an Italian restaurant to enjoy it, or order one made in advance, call for it and rush it home.

"But today, everybody can buy frozen pizza, or make their own, and quickly, too. Perhaps they're not always authentically Italian, but they're a very good-tasting facsimile. In the test kitchen at this moment, Madame, I have several kinds baking for your approval."

Pizzas Three Ways

The pizza dough may be made in any of three ways: with a pizza mix; with baking powder biscuit dough; or with a yeast roll mix when the dough should rise until doubled in size, and be stirred down before using.

In any case, pat the pizza dough into a 12-in. pan or 2 9-in. layer cake pans. Spread over canned pizza sauce, or the contents 1 (8-oz. can marinara or well-seasoned tomato sauce. Form a wheel-like pattern on top with finger-length strips of canned luncheon meat, or with halved and quartered slices frankfurters, or whole anchovy fillets. Place strips of American cheese between. Bake 20 min. in a hot oven 400 degrees F., or until the meat is golden brown, the cheese melts and the dough is brown and crisp. Serve hot, cut in pie-shaped pieces.

PIZZA DINNER

Melon Slices
Luncheon-Meat Pizzas
Mixed Salad with Stuffed Eggs
Plum-Gel
Coffee
Tea
Milk

Plum-Gel: Put 1 1/2 lbs. washed plums in a 2-q. saucepan. Add 2 c. water. Slowly bring to a boil; simmer until the plums are soft. Then remove, cool, and cut out the stones.

Plum-Gel: Put 1 1/2 lbs. washed plums in a 2-q. saucepan. Add 2 c. water. Slowly bring to a boil; simmer until the plums are soft. Then remove, cool, and cut out the stones.

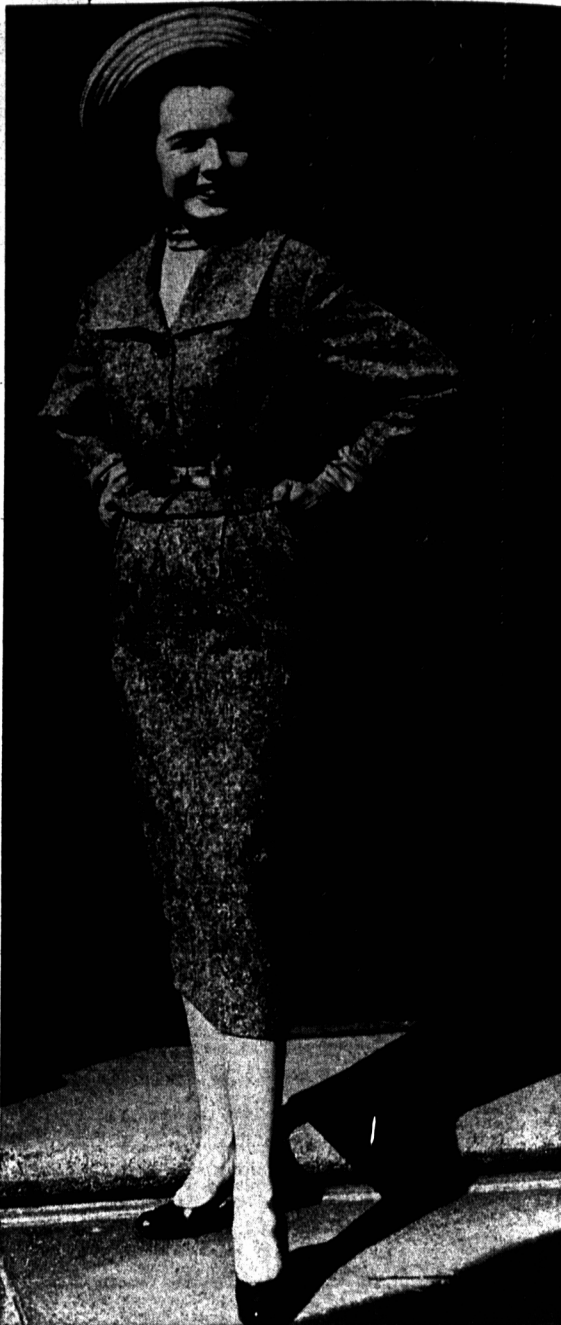
Morning Smile

A doctor one night had just laid his weary head on the pillow when the phone rang. Suppressing a groan, he picked up the receiver and mumbled, "What do you want?"

"Hurry right over, Doctor," an excited man's voice exclaimed. "My wife's got one of those books on what to do until the doctor arrives, and I'm scared she's going to do it."

And now to see us through the season—swinging low above a hilltop, is a winsome babe of harvest moon! Until tomorrow — — — Diary — — — Good-night, . . .

Suit For Fall



This attractive suit for fall is of confetti Donegal wool tweed. It features a short jacket resting on the hipbone, sawed-off square collar that leaves the neck free for a wool jersey blouse and inch-wide tabs that hold a polished leather belt in place about the waist. The slender skirt is darted and pocketed.—(CP Photo)

Household Hint

It is safe to launder nylon articles in water as hot as the hand can stand. Remember this temperature guide when washing by machine, as water which is too hot may result in persistent wrinkles in nylon.

Wife Preservers

Dust the bedsprings with a long-handled mop that has been treated with furniture polish. You will find it easy to reach those hard-to-get-at places.

ORIENT NYLONS

CELEBRATING 30th ANNIVERSARY SALE

WITH A BIRTHDAY GIFT TO YOU OF 30¢ OFF EACH PAIR

SPECIAL ANNIVERSARY PRICES FOR TEN DAYS ONLY SEPTEMBER 14th to 19th

95¢ 105¢ 135¢ 145¢

NEW STOCK FROM THESE WORLD FAMOUS MAKERS OFFERED AS AN ANNIVERSARY GIFT AT 30 PERCENT OFF THE REGULAR PRICE

LATEST FALL COLORS

FALL COLORS ARE "Paris Originals"

YOU SAVE 30¢ ON EVERY DOZEN PURCHASED

The FASHION SHOPPE

Alice Brooks Designs



32-INCH DOLL

Adorable playmate for your youngster! He's 32-inches tall—almost as big as a child! Dress him in Size-two boys clothes! Use straw yarn for "butch" haircut!

Pattern 7244: Pattern pieces, transfers, easy-to-follow directions for making 32-inch boy doll.

Send TWENTY-FIVE CENTS in coins for this pattern (stamp cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

Brimful of thrifty gift ideas—our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Send 4 patterns printed in book. Plus 25 cents for your copy. Ideas for gifts, bazaars, fashions.

COMPETITION SEEN KEY

LONDON (Reuters)—A British team of engineers who visited the United States in 1953 have reported that productivity in Britain could be improved if there was the same highly competitive conditions as in the United States. The team cited the "aggressive" attitude of U.S. trade unions which forced management into constant improvement of production methods.

SALT CHART REMOVES GUESSWORK

1 tsp. per pound 	1/2 tsp. per pound 	1/2 tsp. per pound
1 tsp. for 2 1/2 pounds 	1 1/2 tsp. in water to cover 	1 tsp. quart water
1/2 tsp. for two cups 	1/2 tsp. serving for 4 	1 tsp. to 3 quarts water

The "pinch" and "dash" of salt our grandmothers used have been brought down to exact measurements for the cook puzzled by such uncertain directions. Today's homemaker can salt with assurance by following this simple guide.