

Woman's Realm / Social and Personal / Fashions / Literature

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— FOR THE HOME —



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Cook's Corner

STUFFED FLANK STEAK

1 beef flank steak
1/2 cup chopped celery and leaves
1 small onion, chopped
4 tablespoons fat
1 1/2 cups soft bread crumbs
Salt and pepper to taste
1 cup water

Use one large or two small flank steaks. Sauté the celery and onion in two tablespoons fat for a few minutes. Add the bread crumbs and season with salt and pepper. Pound and flatten steak. Spread with dressing and, beginning at one side of the steak, roll up like a jelly roll and bake in a moderate oven for 1 1/2 to 2 hours. Use dripping in pan to make a rich brown gravy. Yield: 5 to 6 servings.

Modern Etiquette

By Roberta Leo

Q. What should two persons do if introduced to each other for the second time?

A. If the occasion is a formal one, they should both acknowledge the introduction and not attempt any explanations that would be embarrassing to the person making the introduction. However, if the occasion is an informal one, it is all right to recall the previous meeting.

Q. Is it necessary to send a gift when one is invited to a church wedding, but not to the reception?

A. In this case, it is not necessary. Only an invitation to the reception would require a gift.

That Body Of Yours

By James W. Barton, M.D.

HOW EMOTIONS AFFECT THE STOMACH

You have been reading lately about psychosomatic ailments in which the mind and the emotions are causing the physical symptoms. Psychosomatic, of course, is a new name (psycho means the mind, and soma the body) but we know for a long time how our emotions can cause headache, stomachache, diarrhoea, desire to pass urine, rapid heat beat, shallow breathing and other symptoms. It is not often, however, that physicians have the opportunity to watch how the emotions actually affect the various organs.

The daily newspapers, some months ago, told of the studies on the stomach of a young woman who had undergone operation. An opening in the stomach, a fistula, permitting the escape of the lining of the stomach. The first instance of such an opening was that of a French Canadian soldier, many years ago, but this is the first recorded case of a stomach fistula in a woman. As stomach and duodenal ulcers occur more often in men, this case was of a scientific interest. In "Archives of Surgery," Drs. R. J. Crider and S. M. Walker describe their findings in the above case. Strange to say these surgeons found that there was less movement of the stomach walls, and the amount and strength of hydrochloric acid in the stomach digestive juice, was less in this woman's stomach under emotional strain than in that of a man. This accounts for the fact that more men than women die of stomach and duodenal ulcer.

It was found in this case that anger, resentment, fear and anxiety caused less movement of stomach acid, and formation of less digestive juice; whereas when the patient was in a happy mood the stomach secreted more acid and the lining of the stomach was the normal red color instead of a blanched or pale color as when emotionally disturbed.

The lesson for us, then, is about what we have learned from experience. When we must live in the time of large meals when we are emotionally disturbed disturbs the "mixing" movements and the quality of the stomach digestive juice, so that it is good sense to omit the meal entirely or eat a small amount of easily digested food that we like.

The Stars Say --

By Genevieve Kemble

For Tuesday, November 22

THE auguries are excellent for growth, expansion and the inauguration of projects of productive and profitable promise. While ambitious and large plans are in line for progress, yet there are indications of the judgment being obscured, faulty, or energies to be expended in several pulses and emotions. While there may be delays and impediments for cherished hopes and wishes, a plan of action, shrewd, exceptionally-clever strategies, may sweep these away.

For the Birthday

Those whose birthday it is may find themselves in line for splendid expansion and progress, with ambitious and clever plans in promoting important schemes and desires. And while prospects seem hopeful yet it may be easy to becloud the issue by bad judgment, false moves, or overdoing in efforts to force things against stubborn obstacles. However, there may be some surprising prospects through strategem, salacious developments or some curious intervention or possible "hunch."

A child born on this day although ambitious, capable and intuitive, may come up against frustrations and opposition, unless it be assisted by unusual or strategic urges.

Better English

By D. C. Williams

1. What is wrong with this sentence? "He is apt to be here very soon now."
2. What is the correct pronunciation of "oupon"?
3. Which one of these words is misspelled? Planos, Negros, sopranos, tomatoes.
4. What does the word "parsimonious" mean?
5. What is a word beginning with 'v' that means 'of great bulk'?

ANSWERS

1. Say, "He is likely to be here very soon (omit now)." 2. Pronounce as in too, not as u in unit. 3. Negroes. 4. Fugual to excess; stingy. 5. Prodigious king nearer a tyrant than a parsimonious king.—Bacon. 5. Voluminous.

Morning Smile

REASSURING MOTHER

Young Harry had made friends with a new boy from across the tracks, and his mother was worried about it. "Harry," she anxiously inquired, "does he use any bad words?" "No, Mother," Harry replied, "and don't you worry—I'm not going to teach him any!"

DOROTHY DIX SAYS—

Domestic Criminals

Husbands, Wives Who Kill Mates' Spirits As Guilty As Murderers

DEAR MISS DIX: If my wife killed me with a gun, she would be hanged. But she has killed me with her tongue just as surely as she would if she had slain me with a bullet, for I am dying of angina pectoris, which is the direct result of her nagging at me for forty years. And my only fault has been that I did not make as much money as some other men did. I have worked hard all my life, furnished my family a comfortable home, a car, a servant, given my children college educations, yet not one happy day have I had because others had more than we did. If a woman can be punished for taking away from a man's life, why should she not be punished for taking away from him all that makes life worth having?



ANSWER: I agree with you that a woman or a man who murders the soul of a husband or wife is a far greater criminal than those who merely slay the bodies of their mates. "For death from a pistol or a knife or poison is swift and the agony soon over, whereas they kill their victims by slow torture that often goes on for years and years.

For many a woman slays her husband by her nagging and fretting and whining. Many a woman works her husband to death to pay for her extravagance. Many a man is driven to suicide by a wife's tears and reproaches because she cannot have everything a millionaires has.

WOMEN SUFFER, TOO

And there are just as many wife murderers as there are husband murderers. There are plenty of men who marry a tender, loving, clinging woman and who starve her to death for even a crumb of affection. There are plenty of women who literally perish of fear of their husbands' tempers and grouches and abuse. There are plenty of women who literally wither away and die under the blight of an unhappy marriage.

And the worst phase of the situation is that it is so impossible for the one who is married to one of these husband or wife slayers to defend himself or herself against attack. They are always on the spot, and ready to be stabbed in the back. Their only remedy is flight. And I think that any man who is married to a nagging woman and any woman who is married to a grouchy abusive man is perfectly justified in getting up and leaving.

DEAR MISS DIX: I have recently moved into a small town after living in a large city. The neighbors have commenced calling on me. Now in the city I never had that and I don't want it, as I like to keep to myself. What must I do? Isn't it an insult not to return the calls?

MRS. BLANK

ANSWER: Certainly your neighbors will so consider it, and you will make a great mistake if you begin your life in a small town by affronting them. They will think you are high-hating them and will never forgive you.

Consider: The women who have called upon you are making a gesture of friendliness and courtesy to you. They are extending you a welcome and doing their best to make you at home among them. They are opening their doors to you and it is certainly the height of rudeness and lack of appreciation for you to fail to respond to their kindly overtures.

Any stranger who goes into a community does it for his own advantage. He isn't shanghaied there by the people who already live there. He comes because he thinks he can profit by it and so it is the height of bad taste and bad manners and bad policy for him to despise the people among whom he has settled, or to criticize their customs, or to hold himself aloof from them.

DEAR MISS DIX: My husband is eleven years my senior and his health is not the best. He talks about dying and tries to make me promise never to marry again. If I should die, I would want him to find some one to love and care for him. Do you think I should promise him to remain single if he should die?

A FAITHFUL AND LOYAL WIFE

ANSWER: It is nothing but selfishness and jealousy that makes either a man or woman try to make a wife or husband promise never to remarry, and when such a promise is made, for the sake of making a loved one happy, it is better broken than kept.

Certainly it cannot add to the happiness of a saint in heaven to know that he or she is keeping a husband or wife lonely and miserable who might have companionship and love and affection.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her columns.

How Can I !!!

By Anne Ashley

Q. How can I make a loose nail in a plastered wall firm?

A. Saturate a small piece of wadding with glue; wrap as much as possible around the nail and re-set in the hole, pressing in firmly.

Remove excess glue with wet cloth. When dry, the nail will be rigid. Any loose hunk of plaster can be fastened in place with the glue, and shake thoroughly each time before using.

Q. How can I keep raisins, dates and figs from sticking to the grinder when running them through?

A. They will not stick if lemon juice is squeezed into the grinder before the fruit is put through it.

ELLEN'S DIARY

By An Island Farmer's Wife

There are those who cannot find her, search as they will. Cannot even get the favor of her friendly and animated hail from the wide hemlock with its over-hanging feathery branches. "We've waited there and looked and listened, Ellen," they have told us, "but we can't see or hear a sign of her about!" Even James himself finds it difficult, unless we draw his attention thither. "Listen!" we may tell him such times as we pass by there on an evening stroll, or it may be that we ride in a lowly but historical farm-vehicle, the lumbering cart or the farm-wagon, when he takes some implement of farming or another, to or from Rob's, much preferring this mode of travel to using the truck.

"Listen to what?" James would reply with some show of impatience, his hearing being always attuned to catch any strange sound. "I can't hear a thing, Ellen, excepting a squirrel!" "But it's our squirrel!" we tell him as pleased with the greeting as though it had been one from an old old friend. And James would smile tolerantly and murmur something about "it would be better, Ellen, if you could hear me call when I want some help about the barn, or something fatched, than in listening to the chatter of a b---dy old squirrel!" and tug lightly at the reins to hurry the mare along. But granddaughter and Jamie can find her—she appearing in the doorway with a winsome smile in the busy-ness of our morning to beg: "Let's us go down now after the mail," and sending a reluctance on our part, in a child's intuition "do, we'll be sure to hear the squirrel talk!"

And Jamie, too, growing up, now close to eight years, comes with a quizzical smile to suggest that he has a visit: "What do you say if we take a walk now? Just to the mailbox to talk to the squirrel!" and is amused and intrigued by the chatter.

"But how do you know it's a mother-squirrel?" Jamie who delights in inquiring into things, must know. "Because she chatters so!" and both of us chuckle over the reply which is far from convincing. From the shelter of a low bough she greeted us this morning, only moments after the mailman had passed, and while the rain continued to patter down on the ice of the millpond close by. Her reddish-brown coat set with golden lights, pretty against the lacy green of the hemlock.

"Good-morning!" we were sure she called to us, quite as politely as when the children are present. "This is a wet day," she smiled "going to take away all the snow, I'm thinking. Not that I should care so much — I'm one that likes to get my feet on the ground. Perhaps you'd rather the snow? How's the farming these times?" "Fine," we breathed, "just fine, thank you."

"All the crop is undercover now and the horses and cattle too, the calves and the young stock that pastured up at the other farm — all stalled!" "Now that's what I'd call a nice state to arrive at: not a thing now to worry you — or James!" "Nothing," we returned, "but the plowing, and the banking of houses." She nodded; being a most understanding creature, we are certain. "But today now, is James sitting in his slippers waiting for this rain to cease? How it does pour!"

James did come to his slippers, but only when the day which has been rather dreary at best, dissolved into night and last chores had been completed. Part Winter, part Fall, we found it with the snow disappearing from the hill-sides, to leave them brown and sere as before. In a sorting for disposal tomorrow, there was an interested weighing of hogs, a progressive affair commencing here and continuing at Rob's, from whence James returned bedraggled but "unbowed" at dusk. And for the near future but we shall let Jock who has just come in, have his say. "Odd stars are out now — and do you know, I believe, we'll have a nice day tomorrow!"

Until tomorrow — Diary—Good-night —

Household Scrapbook

By Roberta Leo

Care of Complexion

A good once-a-week treatment for the complexion consists of mixing with the yolk of an egg one tablespoon of starch, adding to the face and allowing to dry. When dry, apply the beaten white over this. Allow to dry and rinse off. This eradicates small wrinkles and refines the texture of the skin.

Meringue

If too much sugar is used little drops of syrup will form on the top of the meringue. The correct proportions for pies are from one to five tablespoonfuls of sugar to each egg white.

Scratched Silver

When silver has been scratched, make it as smooth as new by rubbing with a chamouis dipped in olive oil.

The Coffee of Good Taste

RED ROSE COFFEE

As Good as Red Rose Tea

"Pure Food-Safe Drugs"

OTTAWA. — Lucky is the housewife who can walk out of her grocery or drugstore, secure in the knowledge that the merchandise she has bought is all it is claimed to be, free from adulteration, and safe for use.

The Canadian housewife is, in this respect, one of the luckiest in the world. Much luckier than her grandmother, who had to buy sugar teeming with insect life, coffee full of wheat, peas or beans; cocoa "fortified" with 40 to 80 per cent of starch and sugar, butter partly consisting of lard, excess curd and water or milk; contaminated meat, canned goods containing both lead and tin, and spices largely made up of slightly roasted flour.

This is not exactly a pretty picture, but it is true! As recently as 75 years ago, well over half the food examined by food analysts was adulterated.

Strangely enough, this state of affairs might have continued for a long time had not a movement been started shortly after Confederation to banish liquor. The supporters of liquor claimed, however, that it was impure spirits rather than spirits as a class that were responsible for all the melancholy results reported. Therefore in 1874 assent was given to a bill entitled "An Act to Impose Licence Duties on Compounders of Spirits and to Amend the Act respecting Inland Revenue and to Prevent the Adulteration of Food, Drink and Drugs." Two years later, four analysts were appointed in Halifax, Quebec City, Montreal and Toronto. Within five years they had cut adulteration in half, and today less than two per cent of food and drugs are adulterated, misbranded or make claims which cannot be substantiated.

This achievement has not come easily, and has been maintained only by the ceaseless vigilance of those government officers who are charged with the administration of what is now the much-amended Food and Drugs Act. During the years an educational process has been quietly going on. Men realize today that the Food and Drugs Act is not only a safeguard for the consumer but a protection for the ethical manufacturer against unfair competition. The food and drug industries operate now on a high plane of integrity. They give the authorities the fullest and most cordial cooperation as a result of turning to federal officers for help in any difficulty in understanding the terms of the law.

In 23 cities across Canada food and drug inspectors maintain a continuous check on food and

IF JOINTS HURT Try This—Now!

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drugs, on labels and advertising. Supported by a formidable array of legislation which sets up standards of purity and potency, which provides for court action against offenders, and which defines misbranding, the Food and Drug Divisions of the Department of National Health and Welfare represent a defense against adulteration or misrepresentation of any kind.

In addition to their continuous checks, food and drug officers frequently receive complaints—sometimes from other manufacturers, sometimes from health clinics or departments, often from individuals. Every complaint is meticulously investigated.

There was, for example, the complaint lodged by a housewife who discovered bits of steel in her tomato juice. She called the food and drug inspector in her city, an investigation was launched. The inspector went to the store she had patronized, bought another can of tomato juice. It was examined, found to contain steel wool. He put the entire lot of tomato juice under seizure pending further investigation. Result: 17,000 can of contaminated tomato juice were destroyed with pickaxes at the city dump.

A new booklet "Pure Food, Safe Drugs" has just been released. It tells of the work of the Food and Drug Divisions of the Department of National Health and Welfare and is available free from the food and drug inspector in Halifax, Sydney, Saint John, Quebec, Three Rivers, Sherbrooke, Montreal, Ottawa, Belleville, Toronto, Hamilton, Guelph, London, Sudbury, Fort William, Winnipeg, Brandon, Regina, Calgary, Edmonton, Nelson, Vancouver, Victoria, or from the Regional Superintendent in (Halifax, Montreal, Toronto, Winnipeg, Vancouver, or from the Department of National Health and Welfare in Ottawa.

SENATE APPOINTMENTS

The members of Canada's Senate are nominated for life by summons of the governor-general under the great seal of Canada.

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<p>WHITER</p> <p>YES, SUNLIGHT GETS WASHES WHITER</p>	<p>BRIGHTER</p> <p>YES, SUNLIGHT GETS DISHES, POTS AND PANS BRIGHTER</p>	<p>LIGHTER</p> <p>YES, SUNLIGHT MAKES WORK LIGHTER</p>
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WITCH WEIGH—Four hundred years ago this scale at the little town of Oudewater, Holland, was used for weighing suspected witches. If the suspect weighed less than normal ("light enough to travel on a broomstick") she was accused of witchcraft and tortured to death. If her weight was normal, she got a certificate stating "I am not a witch." The old scale has been preserved intact for tourists to see.