

# WOMEN

Page 8 The Guardian Tuesday, April 26, 1955

MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

THE WEST WIND

It's a warm wind, the west wind, full of bird's cries; I never hear the west wind but tears are in my eyes. For it comes from the west lands, the old brown hills, and April's in the west wind, and daffodils.

—John Masfield.

"April in the west wind" as the poet says "and daffodils" are just showing color as I write and I have never had finer crocus in many varieties and color. The perennials are growing so fast these warm sunny days and it is fun to welcome the different plants. The columbine have crinkly plum-colored leaves and the bleeding heart is a rich red. Larkspur is green and curled up. Madonna lilies are growing very fast and much work has been done in the garden but not as much as this gardener would wish. Some early glads have been planted and experiments are made each year in April to see if it is possible to "get away with early planting." Iceland poppies which were grown from seed sown last May are ready for blooming and I like these poppies very much. They come in several colors now, and are long-lasting.

The Butchart Gardens which have been opened to the public for forty six years are very lovely in spring because of the flowering shrubs and early bulbs. Taking the upper drive as we wander through the grounds, we pass by the lawn and pool. The background is native dogwood (Cornus nuttallii) on one side and on the other, rambling roses festooned on pillars. Dwarf pink and blue violas edge the border in summer. In the spring the planting is composed of tulips and wallflowers over a blanket of pink and blue forget-me-nots. The border slopes away to a lawn which is dotted with exceptionally fine specimens of native maples. Rose standards edge the lawn on the far side.

The residence "Benvenuto" stands in the background. On the slope of the lawn nearest to us, forget-me-nots and a lovely yellow Siberian wallflower make a particularly fine showing. These are also planted around the rose standards. The forget-me-not has proven a very effective ground cover for tulips and wallflowers and has been used for years at "Benvenuto." It is now a popular planting method in the Pacific Northwest.

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## KEEP IN TRIM

### What Part Does Your Mind Play In Weight Control?

By Ida Jean Kain

People often turn to eating when they haven't anything else to do. This hankering to eat something isn't hunger in the true sense, and eating to assuage some vague feeling of dissatisfaction only creates another problem — overweight. Let's carry this further: those who react to an emotional upset by a temporary loss of appetite lose weight. But once the tension is relieved or the period of worry passes and they get back on an even keel, the physical need for food encourages a return of normal appetite.

Then why shouldn't appetite cut back to normal for those who turn to overeating during the stress and strain periods? Habit. The elevated pattern of eating can quickly become fixed. Here a physical factor is involved. The stomach is an elastic arrangement, the walls of which can be expanded. Overeating for even a short period of time stretches the stomach. Then appetite grows accordingly, for the satisfied feeling of having had enough to eat isn't reached until tension is exerted from within on the muscular walls of the stomach. Since that organ is now stretched, it takes more food to satisfy. So false appetite leads to continued overeating.

All this explains why you feel hungry. You may contend that on a reducing diet you feel weak and depressed. That is partly in the mind. You expect to be. On a diet that meets all nutritional needs with only the calories lessened, you will not be hungry in the true sense of physical hunger. Once you face the fact that your appetite, for one reason or another, is making unreasonable demands, it will be easier to get a better perspective.

## Words Of The Wise

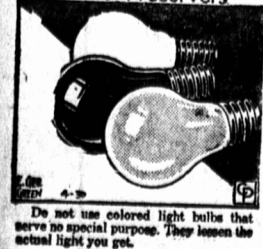
Men that read much and work little are as bells, the which do sound to all others, and they themselves never enter into a church. —(Thomas North).

## MORNING SMILE

A bit of personal assistance may render a remedy more efficient. A farmer gave the new man an alarm clock and told him that he was expected to get up at four o'clock each morning. The first morning the alarm failed to ring, and the new man was nearly an hour late in rising.

Farmer—Why didn't you get up at four o'clock, as I told you?  
New Man — The alarm didn't ring.  
Farmer—I meant to tell you about that. Sometimes it gets stuck and won't ring, but you've just got to shake it a bit, and she'll ring all right. Now if she don't ring by five past four tomorrow mornin' give her a shake.

## Wife Preservers



Do not use colored light bulbs that serve no special purpose. They lessen the actual light you get.

## FAST RELIEF FROM PAINS OF RHEUMATISM ARTHRITIS

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MARY HAWORTH'S MAIL

## Husband Wants Some Time To Himself

DEAR MARY HAWORTH: My husband and I have been married almost a year, happily I thought. Now a problem has come up that makes me confused and I feel the need of an outsider's view.

We were in debt when we married but I continued to do salaried work and, with a bit of managing and some self-denial, we have paid most of our bills. This week George suggested that he would like to get off by himself for a few hours a week, to relax in a neighborhood bar where he is well known. Feeling hurt that he wished to get away, I hurled a lot of hateful things at him and I have been heart-sick since.

After thinking things over, I proposed to George that if he feels the need to get off to himself, and wishes to relax in the neighborhood bar, I won't make an issue of it, provided he agrees to my having the same amount of money to save or spend as I choose. But he says this is most unfair.

What do you think of the problem? Each of us feels that the

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## Household Hint

There is a new washable pleating tape on the market which can be sewn flat to any drapery fabric. It is "slotted" at suitable intervals. The pleats are formed when special pins are inserted into these slots according to directions. A lock is then slipped into place over each pin to hold the pleats as firmly as though they were stitched. When the draperies need to be laundered, the pins can be unlocked and removed, and the pleats flattened for easy washing and ironing.

## Cook's Corner



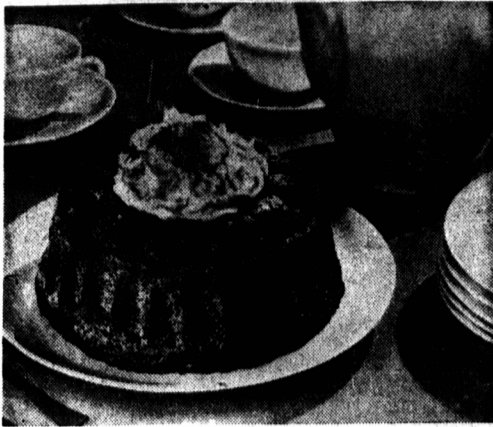
BROWNIES

1/2 cup butter  
1 cup sugar  
2 eggs  
1/2 cup milk  
3/4 cup pastry flour  
2 squares chocolate  
1 tsp. vanilla  
1 cup chopped nut meats  
1 tsp. baking powder (scant)  
Cream butter and sugar. Separate eggs and beat well. Add milk, then flour and baking powder sifted together. Melt chocolate and add with vanilla and nuts. Bake in a moderate oven and cut in small squares.

LET'S EAT

## Dinner From Eighties Just As Good For Today

By Ida Bailey Allen



A STEAMED MOLASSES PUDDING with hard sauce is as popular today as it was in the eighties. Try giving sauce a lemon flavor.

The post Civil War period marked a perceptible advance in the forward march of American young women into business and trade. In those days, there were no in-plant facilities for eating, even when they brought their own lunch. Industry provided no place where young women workers could relax before starting to complete their ten-hour day stint, the normal working day of that period.

The Boston YWCA, in 1868, jumped into the breach, and turned the dining room of its residence into a restaurant. Philadelphia followed, in 1872, with a YWCA restaurant patronized by a hundred girls or more. One corner of the room was made into a pleasant lounge, with plenty of reading matter.

Baltimore, in 1883, followed suit with a "reading-lunch room" that had a cozy parlor.

## Their Own Lunch

In Poughkeepsie the YWCA started a "Noon Hour Rest," a place where neatly spread lunch tables were in readiness every noon from 12 to 1 for the accommodation of girls who brought their own lunch. At first coffee, tea and milk were served at a minimal cost. A complete lunch soon followed.

After the meal, the girls brought their needlework or knitting into a sunny parlor, where there was opportunity for conversation, a chance to read, or occasionally listen to music. Soon the "Noon Rest" idea swept the country. Today's nutritionists might estimate the contribution made by well-prepared food, eaten in pleasant surroundings, to the good of these young women and, through them, to succeeding generations.

## DINNER IN THE 'EIGHTIES

Cauliflower Vinaigrette on Lettuce  
Lamb Cutlets Mashed Potatoes  
Asparagus in Butter Sauce  
Steamed Molasses Pudding  
Hard Sauce  
Coffee Tea Milk

## ELLEN'S DIARY

by an Island Farmer's Wife

As Lady Luck would have it, it was a helper that arrived last night at Alderlea, a sleek black miss, first-born to this place of one of the Aberdeen Angus line. "Can't be we'll have a war, Ellen! James offered with a whimsical smile," not with so many 'girls' being born!" In a strange run of events this spring, so far only heifer calves have come to these stables.

"If you happen to wax the parlor floor today, leave the polishing to Mack and me," Granddaughter begged this morning stopping by on her way to school. "We would just love to do it!"

So after supper, joined by the two we repaired to that room which we were setting to rights in its spring cleaning. "Now if you are going to polish the floor, there can be no standing or sitting around," we advised them, "not with the sun going down."

"Oh we will!" Granddaughter nodded with a smile "but not yet. Let's just look at things first. This mirror above the mantel," she said, mounting a cleaning chair to touch the wide gilt frame, "was it always here?"

"Yes" we replied arranging the cushions on the settee, "always." "Why don't you move it..." Hang it over on that wall in place of the picture there—exchange the two, just to see how it would look."

"Granddaddy wouldn't like it—he likes things as they have been." "Whose picture is that anyway? Shes rather sad-looking, don't you think? And what a quaint dress and bonnet!" she smiled.

"That is one of your great-granddaunts." "And what happened to her?" "suppose she died—old ones mostly do," Mack offered, breaking into the conversation, from the smallish chair where he had

been quietly listening. "Likely from want of breath" he chuckled. "Oh, Mack!" Granddaughter's eyes grew large. "What a thing to say! You know you shouldn't!"

"Well, that's what Granddaddy said when he saw the dead ewe the other day" he defended his rights. "For want of breath" he said. "Wasn't it too bad about her?" he turned to us. "She was old and never seemed to do right, this winter. It means one lamb less" he nodded.

"And these black cards" Granddaughter picked up one from a nook of mantel, "what are they?" "Sacred to the Memory of..." she read, "and listen to this pretty verse..."

"Let's see: what did we come in here for?" we commented. "To polish the floor!" they replied.

"But there are so many nice things to look at, and read," Granddaughter said, "we're not nearly ready for it yet... One day when you were in at Uncle Rob's, I was looking at some clippings in the Bible—and there's a curl of hair there "she remembered getting down from the chair and turning toward the table..."

"Be still, will you" Mack frowned, lifting a pink-lined comb to his ear. "I want to hear the sound of the sea in this shell."

"Listen!" Granddaughter said her hand on the Book, "that's Daddy calling. He's going to the Corner in the truck. Let's run, Mack!"

So we polished the floor, remaining there in the quiet of the old parlor with shades of former generations of this line, while the recent one ran off happily to gather up for itself delightful memories of the "golden years."

Until tomorrow ———— Diary

Good-night . . . . .

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