WOMEN

ELLEN'S DIARY

by an Island Farmer's Wife

The old clock on its shelf ticks away the late minutes of today . . . Off they go to the gate of that strange Land of No-return.. Already something of a quaint curiosity now, particularly to the children, we wind with fond ceremony and hear it ring the half and the hour and are more partial to it, an old friend, than to its modern neighbour on another wall of the kitchen which so silently and yet so surely marks our doom.

"Wind her—another turn or two" Mack will beg with a puzzled expression, "I can't seem to understand just how she works."

The sunny days, and those damp beneath sad skies, with wind-tost snow-flurries as was that of today, are timed for us there, whether we be indoors attending to the cares of our housework or out about, where it is so easy to forget there is such a measure as Time.

We must mix bread this morning, being careful to stay our hand with the sifter; batches are not so big now as those we made when we kept house at Rob's farm "in the road." But we stir in other names, being certain to put in that of the little boy who sometimes hurries in "because I'm nearer this house" for the piece of bread and jam to stay his strength and spirit until dinner-time is here.

It may be, when he is a man grown, busy in his fields at the cropping, hoeing a row of turnips or taken up with some other work of the farm; or should the feet which now bear him happily along the paths hereabout take him one day far away from these familiar trails, perhaps with his other nostalgic memories, he will taste again the bread and jam from "Granny's hoose" and know how altogether good and sweet were the days of his childhood.

Among pleasant memories of James' childhood is the remembered piece of home-made bread and jam given him in the long ago by the motherly, pretty lady who was wife and exemplary helpmeet to "The Doctor" of ours and far communities, both of whom rest in the shadow of the old Kirk, where on many a Sabbath they worshipped.

On that occasion, James had gone to that house close by, on an errand. It may have had to do with returning the lone cow that had wandered as far as this farm; or perhaps it was to receive for his own, her calf in the memorable gift he speaks of to this day . . . What a homey pleasant house that was, settled comfortably among its wide-branched trees, in winter, or bright and pretty in summer amid the many flowers and shrubs which seemed always to grow happily and blossom in a lovely profusion there. From the time the daffodils wanderings from their bed by the laneside opened the pale gold of their chalices in spring until last flowerings were done and autumn burned her colors about.

To the winter-field's today, as every day, Sunday excepted, went cleanings of stables and sties to give us assured flowerings on our farmlands: clovery haylands laced with daisies, posied pastures, and all the beauty and winsome grace of Island farm-places.

And steadily along the trails of the new year we go, drawn in that quiet white train, comprised of January's days.

Until tomorrow — — — — Diary — — — — Good-night . . . . .

HOUSEHOLD HINT

Make old wooden toys look good as new by sandpapering down to the clean wood, and covering with a thin coat or two of fresh, white shellac. If your own children have outgrown the renovated toys, you can give them to an orphanage.

Wife Preservers

When you rehang your freshly laundered curtains, try rotating them and they will last longer, as different amounts of sunlight come in through different windows. The same curtains hung at the same windows are apt to show wear more quickly, while the rotation procedure equalizes the strain on the material.

KING COLE TEA
A blend of the CHOICEST!

Headed For Beauty

Hat style changes come and go, but the pretty little cap, so comfortable, soft and wearable, goes on and on, and you always find it on the smartest heads, too.

Typical of this type is a dressy little number by Rivera that knows no season. The leafy patterns of pink velvet lace are delicately picked out with myriad jewelled touches to catch the lights. The slanted pose of the profile cap, young and new, is flattering to all faces.

Hats Will Continue To Be Small & Light

THE NEW LONDON COLLECTIONS

Early pre-views of the millinery planned for the spring of 1955 suggest that in London, materials rather than straws will take the lead, although sometimes both are used together. This means that hats will continue to be light, small and intricately made—a forecast emphasised by the fact that the longer hair styles recently introduced have not been noticeably popular. There will, naturally, be a few exceptions and some modified form of cloche is regarded as being likely to be worn, but the latter are well removed from the "bucket" cloche which, hiding ears and hair, have been a trial to the good looks even of experienced mannequins.

The 1955 cloche will be lighter in effect, less harsh in line although it is still designed mainly for the woman with good bone structure enhanced by attractive eyes. In much the same category is the cone-shaped bonnet first seen in the autumn collections and now developing characteristics which should make it welcome by the woman who likes something out of the ordinary. These are almost the only hats which fit at all deeply on the head. The remainder are very much of the "headdress" type, worn on the crown of the head. One of the biggest changes in these for spring will be the way in which many hats are worn at an angle, or rather made so that they are deeper on one side than on the other.

USE OF SHEERS

Some of the milliners are giving a more softening effect to the cloche by use of sheers—indeed, the wide use of these diaphanous materials is one of the surprises which the collections will offer. Edward Harvane drapes with chiffon one of his favourite models—a cloche with a flower-pot crown—and on other hats gives an effect of glowing colour by putting a layer of chiffon or crystal organza in one shade over another in a contrasting tone; or over a different colour satin.

At Hugh Beresford's workrooms recently, I noticed that these straw-woven grosgrains were in the majority among the fabrics which his milliners were busy cutting and snipping and shaping on the blocks before them. The designs were of every kind—stripes, diamonds, squares, white feather motifs, herringbone effects; sometimes several designs were worked in together in an intricate pattern. There was, too, linen woven to give a smocked effect, and satin applique with velvet spots.

DEVELOPING THE BERET

In this house the boater is a strong favourite, but Beresford is also developing the beret, sometimes flattering the back and then, to emphasise the attractive line above the hair, putting a button there as though to hold it in place. He stresses the back rather than the front of a hat with flowers, or a fall of material like a miniature bustle. These will also be seen in the Beresford export collection, for his name is as well known in Australia, Canada and Hong Kong as in London.

Cook's Corner

POULTRY RECIPES

If you belong to a family that includes poultry in the menu quite often, or if there is a successful hunter in the family, you will probably appreciate these recipes. They offer a little variation from the usual roasted method.

Fried Duck

Use equal parts of butter and shortening in an iron skillet. Roll halves of duck (or goose that has been cut up) in seasoned flour, and brown, turning often. Never let it get "crusty" like fried chicken. Don't have the fat too hot.

Just before taking from the stove, put half a cup of cold water in the skillet and close the lid down quickly. The steam will tenderize the birds and improve the flavor.

Baked Duck or Goose

If the fowl is skinned then spread lightly with melted butter, roll in seasoned flour, and bake, covered, in a hot oven until tender.

If you wish to stuff the duck or goose, use sage, onion, bread crumbs, butter, salt and pepper and fill with stuffing. Cover with aluminum foil and bake until tender.

Smothered Duck or Goose

Dredge each piece with flour, season heavily and brown quickly in a skillet in which you have melted equal parts of butter and vegetable oil, or fat. As soon as each piece is browned sufficiently, place it in a deep baking dish or roaster in which there is a cup of boiling, salted water. As soon as the last piece is in the pan, cover it tightly and place in a moderate over (350 degrees) and leave for at least an hour.

Walnut Buttermilk Loaf

Mix and sift twice, then sift into a bowl, 2½ c. once-sifted pastry flour (or 2¼ c. once-sifted all-purpose flour), 2 tsps. Magic Baking Powder, ½ tsp. baking soda, 1½ tsps. salt, ⅛ tsp. ground mace. Mix in ⅔ c. lightly-packed brown sugar, ½ c. rolled oats and 1 c. broken walnuts. Combine 1 well-beaten egg, 1 c. buttermilk, 2 tsps. grated orange rind, 1 tsp. vanilla and 5 tbs. shortening, melted. Make a well in dry ingredients and add liquids; mix lightly. Turn into a loaf pan (4½" x 8½") which has been greased and lined with greased paper. Bake in a rather slow oven, 325°, about 1 hour. Serve cold, thinly sliced and lightly buttered.

Always Dependable

LET'S EAT

Grandmother's Cooking Makes Good Sense Today

By IDA BAILEY ALLEN

"Grandmere had a 'lot of all right' when it came to cooking," observed the Chef. "She learned many cooking secrets by trying various methods, par example, not only the fine flavor but the preservative effects of many spices. They helped to keep cake and cookies fresh; to preserve meat, fish, and the condiments she prepared in her own kitchen."

The Reason Why

"Today we know why spices prove helpful in food preservation and add interesting flavor, Chef. Natural spices contain an anti-oxidant substance that deters rancidity, and so has a preservative effect on salad dressings, as well as on frozen pork sausage and frankfurters and other foods. The spicy flavor increases for several days after preparing, then maintains its flavor for the freezer or shelf life of the product."

TOMORROW'S WELL-SPICED DINNER

Hot Spiced Tomato Juice
Glazed Roast Stuffed Spareribs
Buttered Carrots Spinach
Apple Lemon Snow
Custard Sauce
Coffee Tea Milk

Glazed Roast Stuffed Spareribs: First prepare the stuffing. To do this, combine 2 c. minced tart apple, ½ c. minced onion, 4 c. fine-crumbed enriched bread, 2 tsp. salt, ¼ tsp. sage, 2 tsp. sugar and 2 tbs. bacon fat dissolved in 1 c. hot water.

Mound this stuffing in an oiled baking dish. Over it, fold 2 strips of cracked pork spareribs, skin out. Fasten together with poultry pics. Dust with a mixture of 2 tsp. salt, 1 tsp. monosodium glutamate, ¼ tsp. pepper and ⅛ c. flour.

Roast 15 min. in a hot oven, 450 degrees F. Then reduce the heat to 350 degrees F., and continue to roast for 1¼ hours. Baste at 15 min. intervals with soup stock, water or barbecue sauce. Serve with gravy made from the pan drippings. This recipe serves from 4 to 6.

Apple Lemon Snow: Make up 1 box prepared lemon-flavored gelatin according to directions, but use only 1¼ c. boiling water. Place in the refrigerator about 20 min., or until beginning to thicken.

Beat 2 egg whites until they stand in peaks. Add the egg whites and ½ c. fine-grated peeled raw apple to the gelatin, and beat until very light and frothy.

Rinse 6 custard cups with cold water. Fill with the apple lemon snow; chill about 2 hrs., or until firm. Unmold in deep sauce dishes. Pour custard sauce around.

BARBECUE SAUCE FROM THE CHEF

This is especially good because it also acts as a glaze. In the order given, mix 1 tsp. cornstarch, ¼ c. cider vinegar, 1½ tsp. Worcestershire sauce, 1½ tsp. grated onion, 1 crushed peeled section garlic, 1 tsp. salt, 1½ tsp. sugar, 1 tbs. chili powder, ½ tsp. powdered mustard, 3 tbs. tomato ketchup, 6 drops tabasco, ½ c. salad oil and ½ c. tomato juice. Cook and stir until it boils before using.

A Coma Can Be Fatal To Diabetic Patient

By HERMAN N. BUNDESEN, M. D.

DIABETIC coma is the terror of all diabetics.

Before medical science made insulin available, this was the most common cause of death among young diabetics. With insulin readily available, however, the diabetic coma is neither as frequent nor as dangerous as it was formerly. But without insulin treatment, a coma usually causes death within a few days.

Causes for Coma

Probably the most common causes for diabetic coma are the failure to take sufficient insulin or the failure to stick to the prescribed diet. Infections such as influenza, or even tonsilitis, might also be a contributing factor. If there is an infection, insulin, whether that produced by the body, or that injected medically cannot work as efficiently as it normally would.

The symptoms of diabetic coma develop slowly over a period of hours or even days. The victim will probably have an abdominal pain, become nauseous, vomit and be constipated. Breathing will become difficult, the person will become drowsy and might have a fever. Appetite is lost, and urine is passed less frequently than usual. The pulse becomes thin and rapid and the blood pressure will fall. The skin will be dry.

Confusion Results

Unless medical help arrives immediately, the patient is likely to become dazed and confused. Without administration of quick-acting regular insulin, he probably will lose consciousness.

Now, if you are a diabetic, and begin feeling ill, there are a few things you should do immediately: Summon your doctor; go to bed and stay there; drink a cup of hot liquid every hour, but no more than one pint in any four hours. Too much liqud mght cause vomiting. You want to avoid that. Also keep warm, and call a friend or get a nurse.

The best thing you can do, however, is to call your doctor. He can give you insulin and glucose which will probably pull you through.

QUESTION AND ANSWER

J. K.: Is it possible for the blood to show a high percentage of sugar and for none to be found in the urine?

Answer: This may occur in some instances.

ALICE BROOKS DESIGNS

JIFFY WRAPRON!

Sew a jiffy wrapron — trim with gay embroidery. Flower-basket pocket — nothing prettier! Make two styles — long and short!

Pattern 7022 tissue pattern, motifs, directions for wrapron. Sizes Small (10, 12); Medium (14, 16); Large (18, 20.) State size.

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

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, irresistible — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — right NOW! You'll want to order every wonderful design in it!

MORNING SMILE

"He told me that I looked positively ethereal in the moonlight."

"What does that mean?"

"I don't know, but I smacked his face to be on the safe side!"

"What are you doing now, old boy?"

"Running a grocery business."

"Successful?"

"Yes—in a small weigh."

NORMA'S LADIES' WEAR
January Clearance
160A KENT ST. DIAL 3058
COATS, reg. value to 52.50. Sale ... $15
DRESSES, all sizes. Reg. value $25.15. Sale $5
Assortment of PURSES, reg. value $4.98. Sale $2
HOUSE DRESSES up to $4.98, to clear $1.99
BLOUSES up to $10.95, to clear ½ PRICE
BLOUSES up to $3.29, to clear $1.99
SLACKS & SKIRTS ..... 1/3 off
Regular Stock of SWEATERS .... 20% off

Monarch CAKE MIXES
GIVE YOU THE BEST "HOME-MADE" YOU'VE EVER MADE!
WHITE CAKE • CHOCOLATE CAKE • GOLDEN YELLOW CAKE • ANGEL FOOD CAKE • FRUIT CAKE • CHERRY POUND CAKE • GINGERBREAD MIX • PIE CRUST MIX • TEA-BISK
There just isn't anything to compare with the results Monarch Mixes will give you. Next time you shop, reach for the Queen of the Cake Mixes—Monarch Mixes—all seven of them, each complete even to the milk and eggs. You ADD ONLY WATER—mix and bake. For extra flaky easy-to-roll pie crust, be sure to get a package of Monarch Pie Crust Mix. And Tea-Bisk is the perfect answer as an all-purpose basic baking mix. All Monarch Mixes are guaranteed to give you the best "home-made" you've ever made.

ANNE ADAMS PATTERNS

FASHION'S NEWEST!

Fashion news — the longer line for 1955! See how beautifully it's adapted in this day-and-date dress. Just the hint of a longer waist — billowing into a dreamy dance skirt! Sewing? Very, very simple! Easy embroidery, too.

Pattern 4723: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 yards 39-inch fabric. Embroidery transfer included in pattern.

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.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street, West, Toronto.

Child cranky?
Relieve both constipation and sour stomach!
Child's crankiness, sour tummy, breath and coated tongue of constipation are quickly relieved with new Children's Own Tablets. Taken at bedtime, they freshen upset tummy—work gently in the morning. Good tasting! No harsh drugs. Specially made by the makers of Baby's Own Tablets—your assurance of quality. Insist on the "Tummy-Freshener" laxative for your child.
Children's Own TABLETS

THE GLORIA LADIES' WEAR
ANNIVERSARY SALE CONTINUES ALL THIS WEEK
SEE THE GROUP OF WINTER COATS CLEARING AT
⅓ Off Reg. Price
⅓ Off
BALANCE OF
CREPE DRESSES and all CLOTH SUITS
The selection is good, but choose yours early as the sizes soon run out.
BALANCE OF REGULAR STOCK OFFERED TO YOU AT
20% Off
SELLING PRICE FOR THIS WEEK ONLY
THE GLORIA LADIES' WEAR
"Where Smarter Women Shop"
179 GRAFTON ST.

WIN A SUNBEAM MIXMASTER JUNIOR
IN THIS NEW, EASY "WHO WAS THE MONARCH" CONTEST
50 SUNBEAM MIXMASTER JUNIORS TO BE WON THIS MONTH! CLOSING DATE JANUARY 31st
Don't miss this grand opportunity to win a Sunbeam Mixmaster Junior—It mixes, whips, beats, stirs, blends and folds! The correct-mixing speed for every mixing need is instantly selected by thumb-tip control.
Easy to clean, the Sunbeam Mixmaster Junior has large beaters for producing greater volume in less time—light in weight for easy handling. This month, fifty of these superior food mixers must be won by users of Monarch Mixes. Be one of the winners. Enter this easy contest to-day!
It's fun to enter!
HERE'S HOW! Write on plain paper your name and address and the answers to these four questions about Kings and Queens of the English Monarchy:
1. Who was the English Monarch that had six wives?
2. Who was the English Monarch that was crowned on June 2nd 1953?
3. Who was the English Monarch that signed the Magna Carta?
4. Who was the English Monarch for whom Sir Walter Raleigh reputedly laid down his cloak?
Mail your entry to "Monarch Contest", Box 325, Saint John, New Brunswick
CONTEST RULES
1. Each entry must be accompanied by the top half of the front panel from any Monarch Mix package.
2. Entries must be postmarked no later than midnight January 31st, 1955.
3. Prizewinners will be the first fifty correct entries opened after the contest closes and will be notified by mail within 14 days after closing date, and a list of prizewinners will appear in this paper.
4. This contest is limited to residents of the Maritime Provinces.
5. Employees of Maple Leaf Milling Co., Ltd., its advertising agency and their families are ineligible.
Monarch CAKE MIXES | THE COMPLETE MIXES—EVEN TO THE EGGS AND MILK!