

# WOMEN

Page 8 The Guardian Tuesday, January 11, 1935.

MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

### WINTER IS WHITE

Winter is white as floating swan feathers, silver as twigs where the tinsel time gathers, gray-green and silent as waterfalls, lashed to the cliffs by the icy-lunged blizzards. Winter is starlight on opals and crystal. And little sharp sounds like the crack of a pistol. Winter is glittering fields and the nearness of twinkling skies of a sapphire clearness. Winter is snowsuits, gaiters, and mittens. And rooms full of children and puppies and kittens, and winter's cloak for another year's ending. Rest and renewal and loveliness blending.

— Wanggaard.

Winter is the time for reading of gardens in other countries and a lovely new garden book has been received. It is all about a beautiful garden in Italy which has been made by a Scotsman by the name of Neil McEacharn.

The gardens of Villa Taranto, on the Pallanza promontory which juts out into Lake Maggiore in northern Italy, are among the most remarkable in the world.

They are the creation of Captain Neil McEacharn, a Scotsman who, having made one of his gardens in Wigtownshire at Galloway House, bought the Villa Taranto on sudden impulse in 1930 and began to create another which is now known to gardeners and botanists the world over.

The gardens which cover about a hundred acres, have the advantage of a mild but not too hot or arid climate. It is therefore possible to cultivate an immense range of plants outdoors, from quite tender shrubs such as gardenias to the hardiest of heathers or rhododendrons. As the gardens are laid out in the grand manner, they are at all times of the year of great beauty, and attract thousands of visitors, among whom the Italians are the fortunate prospective heirs. For Captain McEacharn has presented the gardens to the Italian Government which will in due time form them into a National Botanic Garden.

This book tells the story of the making of the gardens, the struggle to preserve them during the Second World War, and their restoration during the not less difficult days of peace. All the important features and many of the plantings are described in the text and illustrated in the many half-tone plates. Botanists will be particularly interested in the long list of plants of special interest which grow at the Villa Taranto and which shows the extraordinary range and variety of plants that Captain McEacharn has assembled on a site which once had little to

show but woods.

The book is beautifully illustrated with over fifty beautiful photographs of the garden showing the heather and formal gardens, the bog and winter gardens, the woodland garden, rose garden and lotus pool, and many wonderful shrubs in flower. The gardens lie on the northern slope of Lago Maggiore at an altitude of one thousand feet. High mountains rise abruptly from the plateau on the eastern, northern and western sides, while to the south beyond the lake stretch the fertile fields of Lombardy where vast quantities of rice and maize are grown.

The situation of the villa is extremely picturesque, and the mountain scenery gives endless variety to the landscape; as one walks in the gardens fresh vistas are continually revealed as the roads and paths twist and turn.

On the east side of the villa stretches a large open lawn with a formal pool and fountain in the centre. On the south side there are more lawns and several fine old trees under which there are groups of tree ferns which were shipped from Australia.

At the far side of the main lawn a few steps lead to a stone bridge, which spans the valley. Beyond the bridge is a curving pergola three hundred feet in length, supported by granite pillars covered with roses, wistaria, clematis and other climbers. Near the pergola is the bathing pool, which is flanked on either side by ponds of water lilies. From the bathing pool a series of stone steps leads upwards to three terraces; the first terrace planted with roses, the second with annuals and the third with a collection of cistus. These terraces are divided down the centres with long cascades of fresh water which flow into the bathing pool. It must be wonderful to see these lovely gardens, but the next best is to read about them.

Outside is snow; inside, narcissus blooms. With petalled whiteness for my winter rooms. Pale beauty speaking of the coming spring.

Although the landscape is a frozen thing. White blossoms with a haunting, fragrant scent. In winter are a fragile testament that growth is never-ending, ever sure. Beneath the snow and ice brown bulbs endure. Until one day with green, resurgent proof. They push aside their thawing, earthen roof. And, burgeoning, narcissus is arrayed. Beyond my window, loveliness displayed.

— L. Darcy.

In January it is good to see the first narcissus blooming inside and it seems a very short time since (Continued on page 9)

### HOUSEHOLD HINT

A child's toy wagon can be used by Mother to put along the walls, soap, cleaning cloths, scrub brush, etc., when she is cleaning house. It is also useful to hold the clothes basket when she is hanging up the freshly washed clothes.

### MARY HAWORTH'S MAIL

**Finds School-Age Son Having Affair With His Steady Girlfriend**

DEAR MARY HAWORTH: Just recently I came across a note that reveals a doubt, that my high school-age son and his girl, 17, are having an affair. I had read the whole note before I realized who had written it, to whom. It was the most candid I have ever seen; I burned it.

After that I deliberately looked for notes, wrongly, and he got one daily. All were the same; now I don't look any more. I am so afraid for the girl I can hardly sleep. Yet she seems to be more in favor of the affair than my son — and just living to get out of school and get married. She has to slip around and lie about most everything.

Her parents are college graduates, nice people, very strict with her and critical of my son's male friends. Ada is smart, a good leader in school affairs and a faithful church worker. I believe my son loves her in his way, and once told me he was going to give her an engagement ring when she graduates.

**How Tactfully Lecture Girl?**

We've always told our son to treat his girl friend as he would a sister, but I don't think he'd have strength to resist her attitude. Morals have certainly changed. I was taught that a boy couldn't respect a girl who would stoop to that; also, that a male will promise anything, even marriage, until he succeeds; and always thinks the worst of the girl who yields.

(Continued on page 9)

**Best for Baby's Coughs**

Specialty formulated for babies! Breaks up phlegm — eases wheezing.

By HERMAN N. BUNDESEN, M. D.

## Pernicious Anemia Is Slow In Developing

Liver probably will make you "longer liver" if you've got pernicious anemia. I suppose I should not be making puns about any disease, especially one sounding as sinister as pernicious anemia. But, because of liver and other treatments, this disease no longer holds the dread it did so many years ago. Victims now can usually look forward to long, active, useful lives.

### Lifelong Treatment

You're going to have to take treatments, though, for the rest of your life.

In pernicious anemia, there is no obvious loss of blood. However, both the number of red cells, and the coloring matter in the blood, decrease greatly. The red cell count might drop from a normal of five million per cubic millimeter of blood to one million or even lower.

### White Cells Fall

The number of white cells may also fall, and the bits of tissue in your blood called platelets, which help clot the blood, might decrease in number, too.

You are most likely to develop pernicious anemia if you are between 40 and 70. Men and women are affected about equally.

### Slow Development

This disease develops slowly. As it develops, you will usually feel weak, have headaches and be short of breath. Your heart will beat more rapidly than usual, and your ankles might become swollen. Your tongue will become very red, smooth and extremely sore. You may also notice a tingling sensation in your hands and feet.

Later, you probably will lose your appetite, begin to vomit and be bothered by diarrhea. You might lose a great deal of weight, and your skin might become a lemon-yellow color.

In about eight out of ten cases, there are some changes in the nervous system. In severe cases, you may have trouble walking. You'll notice that your legs are weak and stiff. Sometimes there is even a mental disturbance.

Upon carefully examining your blood, your doctor can make an accurate diagnosis. His aim is to restore the red cell count to normal, and to stop any disturbances in your nervous system.

### Liver Injections

As soon as your disease is diagnosed as pernicious anemia, injection of liver extract should be begun. Recently, vitamin B<sub>12</sub>, which is present in liver in minute amounts, has been found to be as effective as liver extract.

You may have to take these injections every other day at first, or, if the preparation is a powerful one, maybe only once a week. Within eight to ten weeks, both your hemoglobin and red cell count probably will have reached normal.

### Cutting Down

By this time, I imagine your doctor will cut your injections down to one every two weeks; then, after a while, you may need only one a month.

You should have a blood count each month for the first three months, then one count every three months, and you have to continue with these injections and blood counts for the rest of your life. If you stop, you'll probably be right back where you started.

### QUESTION AND ANSWER

H. P.: What can be done to decrease or remove a double chin?  
Answer: A general loss in weight might be helpful. If the weight is normal, plastic surgery might be necessary to overcome the condition. As a general rule, massage is not of much value.

## ELLEN'S DIARY

by an Island Farmer's Wife

The children from the House across the Lane come to visit us at times—Granddaughter maybe carrying her slippers with her to stay awhile, to read or enjoy a spell of coloring in some intriguing color-book or perhaps just to chat. Mack sometimes comes to join in the conversation or perhaps to sit quietly humming a let-over Christmas tune while with the pocket-knife "slipped in" the Santa Claus list, he whittles a shingle to fragments. This interest usually includes a sharpening of the blade. This he whets with the same stone and concentration that James uses on dull axe. And then satisfied, he may resume his whittling or else closing it tuck the knife away to lie with a number of other treasures in his overall pocket, before taking himself off to the barn.

"What good company children are!" Mr. D. said, when after visiting a while with us today they went outdoors to play. "They take grown-up's minds off their troubles and cares. What would the world be like without them. I often wonder! It would be, I'm thinking, a sad, cheerless place."

Mr. D. had come this morning from his home down the River Road (There in summer a climbing rose, blossoms profusely while it reaches toward an eave) to make some repairs to this old house, mended a bit in places during its period of vacancy. There was the odd-swollen door to be coaxed back into place and the kitchen floor of hardwood laid in the long ago to be smoothed by nailing or partial replacement. Some of the pieces had arched more and less, due to the heat of the roots stored in the cellar, beneath or/and the damp of the fireless winters within. It was easily repaired—no trouble at all to the carpenter who brought his skill and knowledge to the work. "Yes," Mr. D. offered, "a sad, cheerless place. No young laughter, no children at play. To think of it is to remember how fortun-

ate folks are to have them about." Other youngsters made a new year's call this evening; two little girls and an older brother, all rosy-cheeked from their sleigh-ride to Alderlea, eyes bright from the adventure. "This is a shining night," Mack had come in earlier to tell us. "It sparkles! You'd think that every snowflake that fell to the ground was made of silver!" Mother, Granddad, Uncle came with them but winning James' approval it was the lad who drove and took care of the steed.

The children—we bless them! "The older I grow, the more I appreciate children" Ex-President Hoover, said on an anniversary of his birth. "Now at my 80th birthday, I salute them again. Children are the most wholesome part of the race, the sweetest, for they are freshest from the hand of God. Whimsical, ingenious, mischievous, they fill the world with joy and good humor. We adults live a life of apprehension as to what they will think of us; life of defense against their terrifying energy; a life of hard work to live up to their great expectations. We put them to bed with a sense of relief—and greet them in the morning with delight and anticipation. We envy them the freshness of adventure and the discovery of life. In all these ways, children add to the wonder of being alive. In all these ways they help to keep us young."

A shining night! One of January—all white and silver—Until tomorrow—Diary—Good-night . . .

### MORNING SMILE

Prison Governor (addressing convicts) — "I've let you have radios, given you concerts, let you play football and smoke, and still you grumble. What is it you want?" Old Leg: "How about a cross-country run?"



## Spring Fashion Parade

This slender tapered coat of black and grey straw-mat wool tweed is among the items in this spring's fashion parade. The fabric is reversed to provide an attractive trim which accentuates the straight-as-a-die center line, the small round neckline and the slit pockets. Tiny black buttons placed the length of the coat and graceful batwing sleeves contribute to its smartness.—(CP Photo).

This jaunty spring style is navy blue wool crepe with blue and white striped taffeta dickey and matching cuffs takes its pattern from the sailor's traditional costume. It has a large collar and a feminine bow at the point of the V-neckline. The slightly bloused back is shirred and elasticized to fit any waistline. The slim skirt features slit pockets accentuated by extended tabs and a shiny gold star.—(CP Photo)

## Keep A Child's Room Washable And Pretty

By ELEANOR ROSS

The best advice on decorating children's rooms inevitably comes from folks who have become experts by learning the hard way — by experimenting on their own youngsters.

All very nice, those ravishing color schemes and cute decorations! But the fact is that the most important elements to consider when tackling a child's room, are a washable floor and plenty of floor space.

### Fabrics and Colors

With these points settled, it is time to start thinking in terms of fabrics and paints and gay color schemes. But be sure that all these are washable, and so easily cared for, too.

You may want to consider using

out causing general alarm in the household.

### Start With Floor

So it's wise to start with the floor covering. Be sure it's sturdy and washable so that a quick mopping with soap and water will brighten it like new. Easy cleaning is equally important in terms of health, for only a clean, scrubbed floor is a safe floor for a child to play on.

Then think in terms of wall cabinets and shelves, and those wonderfully useful peg boards for hanging things. When tops and clothing and other impediments are kept off the floor, there's adequate space left for play.

some attractive wallpapers, since there are such clever and colorful papers for children's rooms these days. Even here, you don't have to sacrifice easy soap-and-water upkeep for many of these papers are washable.



### COOK'S CORNER

#### TOMATO SOUP CAKE

1/4 c. shortening  
1 c. sugar  
1 can tomato soup  
1 tsp. baking soda in 1/4 c. boiling water  
2 c. flour  
2 tsp. baking powder

FOR HEALTHY GROWTH BUTTER-NUT BREAD SUPPLIES:  
Protein Calcium Iron Vitamin B1 Vitamin B2 Energy Phosphorus

KEEP IN TRIM

## Inspiration For Slimming

By Ida Jean Kain

**JUST WHAT THE DOCTOR BUTTER, 1-2 pat**

Here's a morale boosting promise: At normal weight you will look years younger and feel like a new person. But get off to a healthy start. If you are more than 15 pounds above normal and have been toting the burden of fat for some years, have a medical check-over. You will be interested in the experience of the wise dieter in today's letter:

"Last January I weighed 162 pounds and wore size 20 dress. Since I am only 5'2" you can imagine how I looked. I went to a doctor who put me on a 1000 calorie diet, with the result that I now weigh 116 pounds and can slip into a size 12 dress.

"I have one word of advice for your readers. If you are constantly trying to reduce on your own but with no success, go to a doctor. He can help you help yourself, knowing you are going to have to weigh in on his scales every week keeps you from falling off the diet. I had been heavy for 10 years and would have given practically anything to be slimmer. Do you know what kept me from going to the doctor? I was under the impression it cost huge amounts of money. The total sum I spent was less than one pays for a coat. Believe me, it was the best investment I ever made. It has made a new person of me. Not long ago you published a story from a woman who said 'You don't know what a wonderful feeling it is to be normal weight until you have experienced it.' Truer words were never spoken!"

Talk it over with your doctor. The New Year is a perfect time for a physical check up and prior to dieting is an ideal time to have your heart, blood pressure and urine checked.

Your goal is healthy normal weight with more bounce and verve. You can look and feel the way you did 20 or 40 bulging pounds ago.

On with the Choice Diet . . .

**Choice Diet Tomorrow's Menu**  
Breakfast 225 — 275 Calories  
Citrus Fruit Juice — 5 oz.  
Choice of:  
1 or 2 Eggs — Toast, 1 slice

1 tsp. cloves  
1 tsp. nutmeg  
1 tsp. cinnamon  
1 c. chopped nuts,  
1 c. raisins

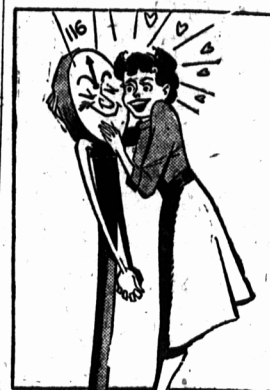
Cream the butter and sugar. Sift all the dry ingredients together and mix in order given. Divide into 2 layers. Put currant jelly between layers and frost with frosting made of 1 package cream cheese creamed with 1 c. powdered sugar.

**Choice Diet** Tomorrow's Menu  
Breakfast 225 — 275 Calories  
Citrus Fruit Juice — 5 oz.  
Choice of:  
1 or 2 Eggs — Toast, 1 slice

1 tsp. cloves  
1 tsp. nutmeg  
1 tsp. cinnamon  
1 c. chopped nuts,  
1 c. raisins

Cream the butter and sugar. Sift all the dry ingredients together and mix in order given. Divide into 2 layers. Put currant jelly between layers and frost with frosting made of 1 package cream cheese creamed with 1 c. powdered sugar.

**LOTS OF CORN**  
Commercial canners in Canada packed about 5,134,000 dozen containers of corn in 1954.



Lost 46 Pounds Found: A Beautiful Figure.

Coffee if desired  
Dinner — 465

Beef Stew with Vegetables  
Choice of: generous cupful  
250 cal. Roast lamb or beef — 2 large slices — fat trimmed

Choose One 40 calorie Vegetable — 1-2 cup  
Diced carrots, or beets, winter squash

Large Combination Green Salad  
Special Dressing  
Plus 3-4 oz. wedge of cheese

Grilled half grapefruit with Honey  
Coffee or Tea

Total Calories for Day — 1069 — 1145

Note: Man may add 150 calories to day's total — perhaps in fluffy baked potato with butter.

**LOTS OF CORN**  
Commercial canners in Canada packed about 5,134,000 dozen containers of corn in 1954.

## At Montreal's distinguished Sheraton-Mt. Royal

they serve distinguished Chase & Sanborn



Day and night the doors of Montreal's famous Sheraton-Mt. Royal fling open to brilliant throngs of visitors and guests. Notable names in the realms of state, society, science and finance dot the register of this great metropolitan hostelry.

Here continental charm finds its focus in an incomparable cuisine. Superb French dishes, interpreted by eminent chefs, are served with distinction, accompanied by a coffee of prime excellence — Chase & Sanborn.

No less than the guests of Canada's great hotels, your family will enjoy the matchless flavor and aroma of Chase & Sanborn. Put a pound on your grocery order today.



a Great Coffee for nearly 100 years!



The Normandie, dining room of the Sheraton-Mt. Royal, bespeaks the luxury of its cuisine with its scintillating decor! Under the deft eye of Victor, famed maître d'hôtel, fine food is served with grace and élan.