

WOMEN

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KEEP IN TRIM

Longevity Is Here To Stay

By Ida Jean Kala

Every year a greater number of individuals are living to celebrate their 100th birthday. According to the 1950 census, there were 4,475 people in the United States who were 100 years or more. Probably some of them are still celebrating birthdays, and no doubt many of the 8,645 who were 96 in 1950 have advanced to the Centenarian class.

It was interesting to note that newspaper reports of a minister and a colonel, each of whom became the beneficiary of his own life insurance policy upon reaching 96. It wasn't too many years ago when life insurance companies figured 96 as the extreme age anybody was supposed to be around.

Now the standard tables adopted by most companies allow for people living to the possible age of 114. These tables are calculated on the extreme of 114 years for women and 109 years for men. Statistics show that women on the average live five years longer than men. In the 1950 census, of those 100 years and over, 1,825 were men and 2,850 were women.

Of course this doesn't guarantee we're all going to live to be 100! But it does prove that it is not impossible, and that the human machine is capable of reaching 100 without wearing out in any vital part.

What is helping people live longer? Two things — discoveries in medical science, including that branch of medicine called geriatrics which is the science of aging, and the newer knowledge of nutrition. Medical science is adding years to life, and nutrition science is adding enjoyment to the years.

A helpful booklet called "Food Guide for Older Folks" is offered by the U. S. Department of Agriculture. This booklet makes clear why more repair materials are needed as we get along. If the foods containing these vital nutrients are skimpy in the daily diet, repairs may be shoddy.

Because of lessened activity and lowered metabolism, fewer calories are required in the later years. Therefore a greater proportion of the calories must be in the protective foods — fresh fruits, green and yellow vegetables, milk, lean meats, eggs, whole grains. On the weight score, after middle life normal weight or slightly under is very important to extending the life span in order to include sufficient protective foods within the lowered calorie quota, rich foods and pastries must be curbed. Meals built around the protective foods help extend the best years of life, and make for a healthy old age, not just old age.



Tweed Companion

The slender skirt is topped by a grey flannel box-jacket trimmed with grey jersey rib in this interesting suit combination. A tweed sweater and jacket with matching lining is shown in muted tones of grey, beige and black.—(CP Photo)

ANNE ADAMS PATTERNS

HALF-SIZE STYLE



For the shorter, fuller figure — a dress that's both slimming and youthful! The bodice is beautifully detailed with rows of tucks beneath a convertible collar. The skirt has a graceful flare and neat hip pockets. Proportioned to fit — no alteration problems.

Pattern 4775: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3½ yards 39-inch.

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.

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Enjoy **MELARENS** CRISPIE PICKLES. Everybody else does!

FAMILY FAVOURITES FOR 70 YEARS

SCENIC ANTARCTIC

CANBERRA (CP) — A message received from the Australian Antarctic expedition said their vessel, the Kista Dan, approached its anchorage "through scenes of indescribable beauty, surrounded by massed icebergs of fantastic shape.

Sea-horses and penguins basked on the ice-floes and icebergs.

"Temperature in the sun was 28 degrees.

MORNING SMILE

Nice feature about stopping at an hotel—you can wipe your hands on a towel without the little woman throwing a fit.

Belleville — Is Glenshaw getting ready for the fishing season? Butler—Well, I saw him buying an enlarging device for his camera.

Wife Preservers



Healing, soothing and antiseptic, Dr. Chase's Ointment brings quick relief. A safe home treatment for over 30 years. 25-11

BURNS BRUISES DR. CHASE'S OINTMENT

Women Accused Of Being a Shrew Asks For Advice

DEAR MARY HAWORTH: I have just broken with the man I had expected to marry; or rather he has broken with me. He said he was through and walked out on me, because recently I had "gone shrewish" in arguments. He told me I admit to this — and am terribly ashamed of it. But do circumstances ever alter cases, so as to mitigate blame? Is there no occasion when a woman is driven to shrewishness? For several years I have been putting up with Ralph's insistent, almost constant criticism.

"How can you be so stupid?" he would ask. Or "Why do you read that trash?" — said of any reading material he hasn't prescribed. Or "How can you watch that garbage?" — on TV. Also he says the people I work for are "a bunch of nitwits." And on occasion he has said to me "Do as you are told!" — which to a person of my temperament is like waving a red flag at a bull.

Her Tolerance Was Overtaxed

I happen to be a business woman; and in all my business life I have held either the top position or one near the top in my department, where I am trusted with responsibilities. And never have I been ordered by anyone — not by parents or teachers or employers — to "do as you are told." I have borne with Ralph's domination at times; but all the while resentment was building up in me (I realize now) and finally I exploded — so I am the guilty party in this busted romance. I still love the guy in spite of it all, and really believe that he loves me! but whether we will ever get together again is a question.

You may direct your reply entirely to my misconduct if you wish. But please advise how to cope with this kind of dominant personality, so as to be congenial.

No Net Profit In Hypocrisy

DEAR I. S.: When a person tolerates impositions, impertinences, etc., in quest of love or acceptance, meanwhile doing a slow burn inwardly, he (or she) shows moral cowardice and loss of emotional integrity — grave defects of personality, in dealing with people.

Moreover, the party who is dishing out the insults and/or injustices is instinctively (or intuitively) aware of the victim's craven hypocrisy in such case, in pretending it doesn't matter.

And the tormenter's reaction to this whewash is to feel increasingly cruel contempt towards the butt of his meanness.

Hence, for the person who is being mistreated, there is no percentage in pretending all is well, when it isn't. It is conceivable that even the bravest amongst us might find himself in a situation where a tyrant is taking advantage — and the brave man is unable to change the picture.

But the brave man, misused, doesn't have to act as though he likes it. And he won't. Thus even in suffering he maintains emotional integrity. He continues to act "all-of-a-piece," giving his real feelings token-recognition, at least. And in so doing he compels the tyrant's respect — though the latter may hide this, even from himself.

Turning Point Towards Health

Your mistake with Ralph wasn't in speaking your honest mind at long last. No indeed; that was a

HOUSEHOLD HINT

To soften hard paint, pour an inch of turpentine on it, and let it stand for a few days. Then stir with a stick until soft.

turning point towards health in your dealings with him. It marked a return to your real or better self, in an erstwhile destructive relationship, in which you were paying too high a price for his company — letting him trample your aspirations to self-respect, while you tried slyly to annex him via habit-formation.

No doubt you exploded into telling the truth as you saw it, when you realized he wasn't on the level either — an that marriage was improbable from his angle. You didn't precipitate Ralph's walkout; I'm sure he never meant to stay. He just seized the opportunity to take his departure in the meanest way possible — leaving you with the impression that you drove him off. So that you'd be kicking yourself, and maybe groveling to him, about your flash of integrity.

My advice is don't bother trying to be congenial with Ralph, who needs specialist care to prepare him for normally civil interchange. The specialist may help him where you never can; because the specialist is a person apart, not emotionally involved. He is free to get tough, as the truth requires.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlotte-

COOK'S CORNER



SALMON LOAF

1 lb. can salmon or leftover cooked fish
2 tbs. butter
2 eggs
1 c. bread crumbs
1 c. hot milk
Salt and pepper.

Remove skin and bones from salmon, break fine. Melt butter in milk, add bread crumbs and seasonings. Combine with the fish. Lastly, add well-beaten eggs. Put in buttered baking dish or custard cups and steam 1 hour. Turn out and pour over white sauce, using the liquid from salmon with milk in making the sauce.

—A Plusville Recipe.

24-HOUR SALAD

20 marshmallows, cut up
½ c. grapes
1 c. finely crushed pineapple
1 c. salad dressing
½ bottle maraschino cherries, drained
1 small package of almonds

ELLEN'S DIARY

by an Island Farmer's Wife

There is moonlight at the windows as the lady-moon climbs the sky-steps above the barn-roofs and the snowy-white hillsides and the night casts its bewitchments on our valley. It is cool tonight and a bit frosty, one to remember, we think, when August is hot and humid on the summer countryside.

It was however another season that came to mind today. One brought to us at the sight of a pair of starlings that came to search while on a bare spot of the lawn. We were planting a Begonia at the time to bear brilliant red blossoms for us some fair day, by a window which over-looked lawn, millpond and white reach of fields, guarded by the rich green of spruce and fir. As sight of the strange visitors other greens we could fancy — emerald of Spring, a dash of gold in its pigment. We saw lilacs in bloom, apple trees, cherries richly blossoming and heard once more a robin join in a gay lilt-ling roundelay with her mate.

saw and heard all that makes that season so enchanting which waits now beyond the line of horizon.

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We made loaves of oat bread today, toothsome and crisply brown-crusted. And it came to mind how easily thus one might bring the wholesome vitamins and minerals of "the oatmeal" to children not enthused with it as a unit of their breakfast fare. Not that we on our farms have any such difficulty since all step off to respective duties of the morning sustained by this or some other cooked and warm cereal.

What recipe did we follow — with the morning sparkling outdoors and the sun making bright pools on the kitchen floor? We poured a cup and a half of boil-

ing water over two cups of rolled oats in a biggish bowl, stirring the mixture as we added the liquid. Into this went two tablespoons of shortening and one of white sugar, a quarter cup molasses, almost two teaspoons of salt. Presently to this we added a half cup of cold water to bring it to the temperature of the cake (or packet) of yeast which had been dissolved and rested a few minutes in a half cup of lukewarm water sweetened by a teaspoon of sugar, we must then add. And now the flour: to the amount of three and a half cups or thereabout to make a fairly stiff ball of dough.

One may knead it in the bowl or turn it out to wax paper or board, kneading if need be with a firm touch to do away with any accumulated spleen of self-pity, of disappointment or other petty irritation of the day! Then returning it to the container, brush the top of the dough with shortening and covering it with a cloth a bit damp set it to the top of the warming oven to rise until double in bulk or better. Knead down then and replace for a second rising before shaping it into two loaves in a bread-pan, for the last rising and the baking.

"I smell brown bread" Mack said coming in with Granddaughter from her spell of skating on the millpond after school. "Is it hot or cold?"

"Warm" he smiled.

"That's the way I like it best! With butter melting on it — and raspberry jam. M-m-m!"

And we like a winter day crisp and sunlit and blue shadowed, clean and white and beautiful like this one has been.

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

Take Care To Avoid Kitchen Casualties

By IDA BAILEY ALLEN

"As I came back from the supermarket, Madame," announced the Chef, "I stopped in at the electric repair shop to get our toaster. The young man in charge was an interesting conversationalist. He reports that what they are asked to do most is to repair damaged appliance cords. He calls these the 'lifelines' of the appliances, and added that it is very easy to keep them in good order."

"Did he give any helpful suggestions, Chef?"

Careless Practice

"He said that many cord casualties result from the careless practice of pulling on the cord, rather than the plug, when disconnecting. Eventually, this loosens the wire from the plug.

"Instead, if there is a switch at the outlet, turn it off before you pull the plug. This prevents sparking between the metal prongs and outlet, which damages the metal and in time causes a poor connection. If there is no switch, first disconnect the plug from the wall outlet, then grasp it and pull straight.

"When not in use, cords should be kept in a clean, dry, cool place, and be sure they are free from kinks, knots or sharp bends which can break fine wires or insulate covering. Hang them over large round wooden pegs, or coil them loosely and put on a shelf or in a drawer."

TOMORROW'S DINNER

Chicken Casserole Marengo
Hominy Grits Green Peas
Blueberry Crisp
Coffee Tea Milk

Chicken Casserole Marengo: Clean a 3 lb. all-purpose chicken as necessary, and cut into sections as for fricassee. Slice giblets, and cut neck into sections. Dust all over with mixture of 2 tbs. flour, 1 tsp. salt, 1 tsp. monosodium glutamate, ½ tsp. garlic salt, ¼ tsp. pepper and ½ tsp. thyme.

Heat ¼ c. salad oil (olive preferred) in a large, heavy frying pan. Add chicken, and saute until lightly browned; remove.

Add 1 chopped, peeled, small onion and ½ lb. sliced, cleaned fresh mushrooms to fat, and cook until lightly browned. Add 2 c. chicken broth (or use water and 2 chicken bouillon cubes).

Arrange chicken and sauce in layers in 2 qt. casserole, with 1 tbs. raw rice between each. Cover and bake in moderate oven (350-375 degrees F.) until chicken is tender, about 1½ hrs.

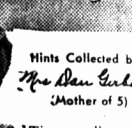
Blueberry Crisp: Melt 2 tbs. butter in saucpan. Stir in ½ c. coarse enriched bread crumbs, ½ tsp. cinnamon and ¼ c. sugar.

Open 1 (1 lb.) can blueberries

SUGGESTION OF THE CHEF

When served with meat, season hominy grits with sauteed green pepper and pimientos.

Bringing Up Baby



Time really travels at high speed during baby's first year. Seems only a couple of yesterdays away that baby was completely dependent upon you. Now independence is the order of the day for your self-styled explorer. Such fun, finding out what feet are for — that little hands can suddenly direct a spoon — or that a coo actually comes out as a word. All part of the business of growing up; of learning coordination, control, self-confidence.

Toy talk. Wonderful day when a toddler discovers the joys of "personality" toys. Dolls, teddy bears and all manner of animals suddenly become playmates, not just playthings. They become friends to love, cuddle, share secrets with.

Your baby will love the new, exclusive GERBER BABY DOLL. A \$3.75 value for only \$2.00 and 12 Gerber's Baby Food labels. All the charm of the famous Gerber Baby, captured in a 12 in., life-like baby doll. Completely safe, with soft, vinyl plastic head, rubber body. It drinks, wets, sits up, has movable arms and legs. Comes with diaper, bib, nurse, Gerber's Cereal play boxes, cereal dish and spoon. Mail 12 labels or cereal box tops and \$2.00 to Gerber-Ogilvie Baby Foods, Limited, Box 68, Toronto 18, Canada. Offer good only in Canada. Expires Dec. 31, 1955.

Brush-up lesson. After washing baby's corduroy overalls, try brushing up the nap before creepers are completely dry. Keeps corduroy new looking, saves ironing.

Part and parcel of a toddler's growing-up experience — menus that include more grown-up food. Gerber's Junior Foods fill baby's new need nicely. For they have the tender, evenly-mixed texture that tykes with a few teeth can handle easily. To say nothing of the appetizing true-to-nature colors, the naturally good, true flavors that make for high chair meal appeal.

Who Are Princess Margaret's Friends?

Every time Princess Margaret attends a party or dance, her name is coupled with that of her escort — and rumors of a romance break out every time she dates one of them. Like every other girl of her age, Princess Margaret has her own special friends, including men as well as women. In The Standard this week, you will enjoy reading about Princess Margaret and her friends. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

The Standard

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