

How Does It Look?



LAW Edna Gallant, right, of Summerside, P. E. I., proudly shows off her new chapeau with fur trimmings at the Hudson Bay Company post at RCAF Station Goose Bay, Labrador. At left, with a pair of moccasins as part of her treasure trove, is Corporal Juanita MacKinnon, of Sydney Mines, N.S.—(National Defence Photo)

WOMEN

Page 8 The Guardian Friday, April 23, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

Into the seasonal holidays now, youthful vacationists in increased number today angled along the fishing haunts of this valley. At Alderley they would fish from the dam and about the pond, minding the ripples for the silver treasure hidden in the depths below. To those who had known the confinement of class-rooms through the winter days how gracious was the weather of this!

The April sun, a genial happy fellow brushed the farmlands about with his gold. He whispered endearments to the babes of clover in the meadows, counted the budding mayflowers in the damp carpet of woodland, signalled to the green buds on the trees and came down to place diamonds in the stream.

Some youngsters made a fire over which they cooked their catch and we housebound by the ordinary cookings which made fare for our family could appreciate the delectable flavor of their food heightened by the hunger gained out of doors.

"I like the winter," Jamie said when we chatted of "things past and things to come" on a recent day. "Yes, I like it . . . but it's nice now to be looking ahead to the summer. It's a strange thing, we expect it, but we always seem to be ready for the next season by the time it comes. Spring is good; so will be the summer. Then we'll want autumn and after it, the winter! Which day of last summer did you enjoy the best?"

He questioned on another thought. "Oh, that would be hard to say," we replied, "there were so many that were lovely. The days before the mowing commences, when the fields are lush and full of wild

flowers . . . and the roses in bloom—they're good! And before that, in lilac and apple blossom time. Everything is new and beautiful then."

"But I mean just one day," he explained. "If you could be given one to live over, which would you choose?"

"That would be the one when we cooked and ate our dinner at the shore," we replied without hesitation. He nodded and smiled, remembering.

"I wondered if you'd say that. That's the one I liked best too. We should do that more often this summer, don't you agree?"

This was a quiet day on these farms with nothing unkindly happening to interrupt the round of choring; and for the farmers' spare hours, yarding lumber and firewood from the scene of recent and earlier woodwork to a field close by. Among the "new" a little helper was welcomed by Rob and the children; and at Alderley it was a brand new litter of piglets that came to gladden the heart of that farmer.

"It's a later spring than last year, Ellen," James came in now through the moonlight and star-shine, of fern. "Why, ten days from this, the sheep went to pasture. . . . Of course if we got a warm rain and some sunny weather, it's surprising how soon the grass would green. It doesn't take long."

"A few weeks . . . and the cattle will be out too," we comment. "That will be the day, Ellen," James smiles wistfully but with some humour, "that will be the day!"

Until tomorrow Diary
Good-night



MOCK MINCE PIE FILLING

1/2 cup molasses
2/3 cup water
2/3 cup vinegar (scant)
1 cup sugar
1 cup bread crumbs
1 cup chopped raisins
1 cup minced apple
1/2 teaspoon cloves, cinnamon, nutmeg.
Butter the size of a walnut
Mix all together and heat thoroughly without really cooking.

—Doris Grigg,
Tynne Valley W. N.

That Body of Yours

By James W. Barton, M. D.

RHEUMATIC FEVER

A couple of weeks ago I write about rheumatic fever in children. Because it comes so quickly—perhaps a mild sore throat—it may not be known that an infection has occurred and yet it can do damage that lasts a lifetime. This means that when the real symptoms follow a few weeks afterwards, the sore throat has likely been forgotten. It is commonly called "strep" throat. I mentioned a pamphlet on rheumatic fever published by the American Heart Association which is really a guide to prevent or lighten an attack of rheumatic fever.

Parents and teachers, by using common sense health precautions, can do much to prevent the child who has had rheumatic fever from catching a cold or sore throat. Keep the child away from other children and adults who have colds or sore throats.

Give him a bed, and, if it can be arranged, a bedroom to himself. Dress him suitably for rainy or snowy weather and see that he changes his wet clothes promptly.

By means of proper diet, exercise and rest, keep him in good general health. A healthy child is less likely to acquire infections.

Don't nag him about his health or frighten him into being over-cautious.

If your child does get a cold or sore throat, don't reproach yourself. It happens to the best-cared-for children. Take him to your family doctor at the first sign of a cold so that the physician can treat him with penicillin immediately if a streptococcal infection is present.

When a case of rheumatic fever occurs in a family a preventive program must be considered for the brothers and sisters. Whether or not the tendency to rheumatic fever is hereditary is open to debate; certainly rheumatic fever is not contagious. But it has been observed that rheumatic fever may run in a family. All members of a rheumatic family should be checked regularly and watched carefully for signs that may indicate rheumatic fever.

Just what are the signs of rheumatic fever that may help us to recognize it early. They are fre-

Vitamins Easy to Take In Home Garden Salad

Nutritionists stress the use of "green, leafy vegetables" as a source of vitamins not only for children, but for adults as well. You can follow this prescription in a most delightful way by serving at least once every day a tossed salad, made of vegetables fresh picked from the home garden.

Children quickly learn to like the daily salad course, and so acquire a healthful habit which will improve their appetites and health all through life. In all civilized countries, a green salad is considered essential to the perfect dinner menu.

Leaf lettuce is preferred by most chefs over head lettuce for salads. It is also far richer in vitamins. It comes in two types—the butter leaves, and the crisp leaves. The butter leaves are thicker, and darker green, with finer flavor, the experts say. Crisp leaves are lighter green in color, thin and somewhat brittle. Examples are Black Seeded Simpson, a butter type, and Grand Rapids, a crisp leaf type. Experts give first place in their esteem to the butter leaves.

Fast growing loose head varieties, such as Bibb lettuce are popular with many. Romaine or cos lettuce, which produces oval leaves, standing upright, is highly esteemed by French salad experts. It is a good late lettuce, standing heat better than the leaf varieties. The leaves can be bleached by tying

them up as they near maturity, but this merely changes their color, and lessens their vitamin content. For summer leaves, chicory, also known as endive, is more available than lettuce, which usually runs to seed in midsummer. Endive may be had with curly leaves, or broad leaves. Many like the curly leaves best for summer, and broad leaves (escarole) for fall, as they endure frost and become sweeter after the frost comes. Sow both types in drills, thin out to six or eight inches.

Leaf crops grown in a similar manner, and much esteemed in bowl salads, include corn salad, which is very hardy and can be harvested late in the fall; and upland garden cress, which gives a pungent flavor to the salad.

In the fall lettuce may be grown again; and the Chinese cabbage leaves are delicious. Chinese cabbage may be grown in the spring with rich soil and an early start. But in midsummer, it always runs to seed. A late crop has no such tendency, and heads are easily produced in the fall, from plants started in late June.

All leaf crops demand rich soil. They must grow fast without check, otherwise the leaves are tough and have a bitter flavor. Plant food should be applied to the soil in which they grow at the rate of 4 pounds to 100 square feet.

Alice Brooks Designs

GAY IN REMNANTS!

Mom, whip up several gay pinafore-wraps for daughter to sun in all summer! Jiffy to sew, embroider—opens flat for ironing. Daughter will love 'em!

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Morning Smile

Father (to his son's teacher): "How is Bobby doing in history?" "I was never any good at it in my schooldays." Teacher: "I'm afraid history is repeating itself."

quent sore throats, tonsillitis, joint pains, unexplained nose bleeds, unusual restlessness, irritability, St. Vitus' dance, unexplained fever, history of previous rheumatic fever. Meanwhile, rest in bed is the prime treatment and aspirin to reduce fever.



DOROTHY DIX

A Second Child

DEAR MISS LIX: Frank and I are the parents of a darling 3-year-old girl. Our problem is the fact he doesn't want a second child and I do. He gives as an excuse the fact that he's too old (40). I'm 31 and we've been married 10 years. We love each other and have absolutely no trouble, except over this matter. I feel that Betty shouldn't be brought up as an only child. Surely a man of 40 ought not to be ready to settle down to middle-age doldrums, and give up the joys of a family because of his age. Frank is in good health and so am I. His attitude just seems plain selfish; he's depriving his daughter of the companionship she needs, and me of the joy of bringing up a family. How can I convince him he's wrong? I've exhausted every argument I can think of.

ANSWER: You covered pages and pages with variations on your problem, which actually boils down to the few sentences I have printed. That you have an absolute obsession on the subject is quite apparent, and on this score alone your husband should give consideration to your viewpoint. It seems almost as if he takes pleasure in thwarting your desire for more children. The more you bring up the problem—and it seems to be your sole topic of conversation—the more determined he is to hang onto his theory. You might try pointing out that he's making himself old before his time by this uncompromising attitude. Forty is certainly not too old for fatherhood; why should he talk himself into being an old man? There's nothing like a growing family to keep a man young, to keep his interests alive and to brighten his home. Instead of continuing your arguments along the line of how much good it would do you or your daughter, to have another baby in the house, emphasize how much good it would do your husband. Your Frank is evidently a selfish person, and will be very loath to do anything unless it's going to do him some good. You should enlist the co-operation of both your doc-

Modern Etiquette

By Roberta Lee

Q. If an engagement has already been announced in the newspapers, and it is then broken, would it be all right to make this second announcement in the papers?

A. It could probably be done, but most people prefer to avoid publicity in a matter of this kind.

Q. If a woman acquaintance speaks of her husband (whom you do not know) as "Tom," should you refer to him also as "Tom"?

A. No; you should refer to him as "Mr. Nelson" or "your husband."

Q. Is it proper for a woman to take some handwork, such as knitting or crocheting, with her when visiting a couple for an evening of conversation?

A. This is all right if she can work without losing the thread of the conversation.

for and clergyman in trying to make your husband agree with you. These men are in professions dedicated to helping people and I'm sure they can approach your husband in such a way that he'll feel another baby will make for an even happier home.

DEAR MISS DIX: During 35 years of our marriage my husband and I raised six children and had a happy life together. However, a year ago he became interested in a neighbor with whom we were both friendly until it became obvious that his feeling for her had deepened into love. After a few months he said the whole affair was over, he was sorry he had ever been so foolish, and asked my forgiveness. However, I can't believe that things will go on as before, and divorce seems the only solution. Do you agree?

M. C. ANSWER: No, my dear, I do not. Thirty-five years of happiness together can't be written off with a divorce decree. Naturally, you are very hurt now, but do accept your husband's contrition. Divorcing him won't mitigate his offense, and will leave you very lonely, insecure, and emotionally lost. Swallowing your pride may be difficult at first, but it's by far the happier solution.

How Can I?

By Anne Ashley

Q. How can I remove egg stains from linens, cotton and silks?

A. To remove egg stains from linens or cottons, soak the material in cold water. Egg stains on silks should be rubbed with table salt, then laundered.

Q. How can I draw threads easily when hemstitching?

A. Scrub them with a wet brush which has been rubbed over a bar of soap.

Q. How can I remove street oil or crude oil from garments?

A. Rub vigorously with a alcohol.

Contract Bridge

By Josephine Culbertson

CONCERNING FORCING BIDS

It is strange but true that even in this enlightened bridge age there are tens of thousands of players who don't know when they are forced to bid, and when they may properly pass.

A correspondent offers additional proof of this lack of knowledge in connection with the following hand:

South dealer
Both sides vulnerable.

♠ 6 5 3	♥ J 10 3	♦ J 10 8 6 3	♣ 4
♠ 9 8	♥ K 9 5 4	♦ A 7 2	♣ Q 10 9 3
♠ A K 7 4	♥ 6	♦ K Q	♣ A K J 8 5 2

This, according to the correspondent, was the bidding:

South	West	North	East
1♠	Pass	1♦	Pass
1♠	Pass	Pass	Pass

And now, to quote verbatim: "West opened the nine of spades, dummy winning with the queen. South took the club ace and ruffed a club in dummy, then led a diamond. West took the diamond ace and led his remaining trump. South winning with the king. He next led the club king, and East ruffed and began the hearts. From that time on, South was out of luck. He finally made six tricks, for a one-trick set.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I see where there has been another earthquake."
2. What is the correct pronunciation of "cuffure"?
3. Which one of these words is misspelled? Querulous, quintuple, quintessence, questionnaire.
4. What does the word "abstinence" mean?
5. What is a word beginning with r that means "emotional ecstasy"?

ANSWERS
1. Say, "I see that there has been another earthquake." 2. Pronounce kwa-fur, a as in ah, u as in cure, accent second syllable. 3. Questionnaire. 4. Voluntary forbearance. "He practiced abstinence in his daily living." 5. Rapture.

How to stop worrying

It can make you seriously ill, sap your energy, even shorten your life—yet worry may be a sign of potential strength, says A. J. Cronin in May Reader's Digest.

Read how men like Churchill, Tolstoy, Lawrence of Arabia conquered anxiety; why worry is a form of atheism that Jesus warned of—and how He pointed the way to true peace of mind.

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Anne Adams Patterns



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BODY FOUND IN RIVER

KAPUSKASING, Ont. (CP)—The body of Ivan Lyban, 28-year-old paper company worker missing since last November, was found Tuesday floating in the Kapuskasing river. The discovery was made by an eight-year-old boy.

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by Chantelaine

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