

WOMEN

Page 10 The Guardian, Wed., Sept. 21, 1955

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

Last week I told you about a lovely city garden and now we shall visit a large country garden which was made by a busy mother of five young children. In a few months she had made a lovely spot on the hillside home among the beautiful trees of hawthorn, oak and orchard trees. I was very interested in this making of a garden among the orchard trees as the garden here has been enlarged to include an old, old orchard. We must thank the man who planted these trees so long ago as they are the very best background for the garden.

Several years are needed to have these trees grown tall enough to shade the garden and make pleasant nooks for flowers. In the garden that sunny morning we walked up the slope to a lattice-enclosed space with seats placed here and there. Lovely flowers were used as a border, magnolias, zinnias and beautiful dahlias. Fragrant thibor and an edging of sweet sycamore made the long curved border lovely. Many potanias and beautiful shrubs showed good culture and care. The window boxes with pink potanias and trailing blue and red were outstanding. Boxes of plants of magnolias had been planted and the manure was in lovely colors... orange, salmon, wine, white purple and yellow were noted. Keeping the varieties of flowers to a smaller number showed good taste and the effect was very fine.

The gardener gave much credit to her neighbor who had helped her in this her first year at gardening and I know he was as pleased as she at the results achieved. Community planning is what the Rural Beautification wishes to stress and here was a very good example of what can be done when two put their heads together and help each other. The pleasure they are giving to all who see this beautiful garden is something they will prize all their lives. I spent a happy morning in this garden among the trees on a hillside.

A garden that one makes himself becomes associated with one's personal history and that of one's friends. Interwoven with one's tastes, preferences and character, and constitutes a sort of unwritten, but withal manifest, autobiography. Gardening is the one recreation which costs only as much as you wish to spend, for a few pennies spent on annual seeds or new plants you can make a wonderful showing.

The next garden visited was just across the fence and the dahlias were wonderful! Each year they are selected with care and now two hundred varieties of the very finest bloom here in lovely color along the boundary line of the garden. The three hundred dahlias were at their best that sunny morning and a great treat to see along with good tuberosa begonias in the shade of the porch. Clumps of the finest tigridia I have ever seen bloomed in the flower border. It was easy to see the name of each variety as there were, good markers which were made by the gardener of aluminum and names painted on the marker. The markers were placed on a wire so that no binding was necessary. The dahlias had won first prize at an exhibition just a few days before my visit to the garden, a garden and home which had won in the Rural Beautification last year. Lovely marigolds were grown from seed sent by a friend from the famous Butchart Gardens in British Columbia, but the dahlias were the gardener's pride. I noted the names of some that appealed to me not forgetting a seedling which had been named for the youngest daughter, Bonita.

Fair Maid, a soft apricot cactus, Autumn Blaze, Smiling Pink, cactus, like, with many many red blooms Enterprise, D-Day, a pink decorative which does not fade, Royal Albert, a white decorative variegated purple or wine. Miss San Diego with staghorn petals, a yellow with a peachy edge.

Some of these dahlias grow eight feet tall with blooms fourteen inches in diameter, and they were a lovely sight. Certainly a visit to a garden in the early morning is one of the greatest pleasures to all who love growing plants of any variety.

Next week I shall tell you of other lovely island gardens it has been my privilege to see. When returned to my own garden there were many tasks waiting to be done... Winter blooming plants have been repotted and some late stocks have been lifted from the garden for fragrance especially in the garden room. Last year they were a constant source of beauty and fragrance all season, and they are easy to grow.

After a few months they are again returned to the flower border and give very early bloom in the spring when they are needed the most.

Petanias and nasturtiums are also very satisfactory as potted plants for the winter season. Any small annual plant can be used in this way and they make a colorful window at little cost. They should be potted up now and left outdoors in a shady spot until well established, then gradually moved indoors. A while on the sunny porch or veranda will be good for them as they do not need much warmth until it is necessary to bring them indoors.

The geraniums in the beds and borders are splendid just now and very colorful along with the bedding dahlias. Today the garden room benches have been painted and a cleaning up generally so as to be ready for the day when it will be crowded again with all the plants that are squeezed into the small space. I am indeed thankful for even a small garden room as it prolongs the pleasure of a garden for all the winter season.

This is the month when there is an abundance of flowers for cutting, and amongst the delights of a garden, the pleasure of presenting flowers to one's friends is not the least. The snowberry shrub is now blooming with milk-white clusters of fruit which will remain on the shrub until the leaves have gone. This shrub does especially well in a shady place and it is also satisfactory as a hedge. In June the shrub is covered with rose-colored flowers making it a very satisfactory shrub. If you would like to find it in a catalog it goes under the name of Symphoricarpos racemosis.

The Rose-of-Sharon shrub is now fresh and green with lovely leaves which cover the large shrub late in the season, and many buds will bloom in large hollyhock blossoms if the weather continues mild. The foliage is so good for late seasonal beauty that it would be worthwhile growing for it alone, and every year it is so late in starting that one despairs of any growth at all. The shrub here blooms in good rose colored flowers and is a fine addition to the perennial border with its mallow-like blooms. The ancient name for a mallow was the Latin hibiscus which occurs quite often in old writings as hibiscus; and the claim is that it was named for the ibi. When these large birds waded into swamps to feed on frogs and water-beetles, they were so conspicuous against the mallow flowers that the two became associated and the plant was called hibiscus "with the ibi."

But Rose-of-Sharon is a delight



Wed At Egmont Bay

Mr. and Mrs. Julian Arsenault who were married at Egmont Bay on August 20, 1955. The bride is the former Miss Orilla Gallant.

daughter of Mr. and Mrs. Gilbert Gallant, Richmond. The groom is the son of Mr. and Mrs. A. Arsenault, Wellington. (Photo by Sears)

KEEP IN TRIM

Favors Calorie Count

By Ida Jean Kain

It was a heartening experience to talk with Senator Lyndon B. Johnson who is now well along on the road to recovery after suffering a heart attack this summer. It's been said that a man is summed up in the strength of his will. Certainly the Senator from Texas has proved that he has a will of iron when it comes to self-discipline. As everybody knows, it takes quite a bit of doing to abruptly change your whole way of life—to stop smoking, give up coffee, go on a diet, and resolve to change your food habits for all time. With a fixed determination, that is exactly what Senate Majority Leader Johnson has done.

Since excess weight is a burden on the heart, he has lost no time in

fully fitting name for this luxuriant shrub, this rose-mallow of the garden; for Sharon was a plain of Palestine celebrated for its fertility. "The desert shall rejoice, and blossom as the rose," we read in Isaiah.

"It shall blossom abundantly, and rejoice even with joy and singing; the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon."

It was Linnaeus who named the Rose-of-Sharon H. Syriacus, believing that it came originally from Syria. It may indeed have reached Western Europe from Syria along with that other famous mallow, the hollyhock; but its native home is China.

Perhaps it was yet another of those medicinal plants, which travelled to the Levant by the trade routes from Cathay, at so remote a period that it was well established there when Europeans became aware of it.

"The Rose-of-Sharon was regarded by sixteenth-century herbalists as a providential panacea, there being no ill whatsoever, for which the leaves, the roots or the flowers or seeds would not prove an excellent good remedy."

It is very interesting to know something of the history of the plants which grow in the garden and how through the years and even centuries they have come to your garden. This is the season of plenty in the garden and the exchange of fruit, vegetables and flowers.

For baskets of apples I have been promised honey from a hive set in a lovely garden.

Whenever I think of bees gathering honey I think of all the fragrant flowers they must know.

HONEY

Imprisoned in the amber here. Are the things my garden knows: Nectar from the lily cup, Love from the heart of a rose; The echo of happy laughter, A bird's note sweet and true, A glimpse of butterflies, dainty wings, The salty tang that the sea-breeze brings, And a million other lovely things Which I pass on to you.

M. Hall.

COOK'S CORNER

BANANA LOAF
1/2 cup shortening
1 cup white sugar
2 eggs
2 medium bananas (crushed)
1 tsp. soda
1/2 cup chopped nuts
3/4 tsp. salt
1 tsp. vanilla
2 cups flour

Mix in given. Bake at deg. for 70 minutes.

Islanders Wed In Toronto Ceremony

A summer wedding of interest was solemnized in St. Clare's Catholic Church, Toronto, Ont., on July 2, at 10 a.m. when Anna Teresa, daughter of Mr. and Mrs. Wendell McKenna, Emerald, P.E.I., was united in marriage to Joseph Charles, son of Mr. and Mrs. George Murphy, Scaletown, P.E.I.

Rev. L. J. Dignard performed the double-ring ceremony and celebrated the nuptial mass. Misses Frances and Phyllis Farmer, Kinross, P.E.I., sang several hymns during the ceremony.

The bride, given in marriage by her brother-in-law, Mr. Terrence Peters, chose a floor-length gown of Chantilly lace and tulle over satin, with matching lace bolero jacket, and long sleeves tapering over her hands. She wore a tulle illusion fingertip veil held in place by a pearl and rhinestone head-dress and carried a corsage of red roses on her white Missal, with streamers of tiny flowers.

The groom's sister, Florence, acted as maid of honor and was attired in a floor-length gown of pink net over taffeta, with matching jacket and headress. She carried a colonial bouquet of white carnations. The bridesmaid, Mrs. Terrence Peters, sister of the bride, chose a floor-length gown of blue net over taffeta with matching jacket and headress. She also carried a colonial bouquet of white carnations.

The groom was attended by Mr. Francis McKenna, brother of the bride, and Mr. Leo Murphy, brother of the groom. Messrs. Stanley Walchuk and Leonard Murphy acted as ushers.

A reception was held at Armada Hall, for 75 guests. The bride's table was decorated and centered with a three-tier wedding cake topped with a miniature bride and groom. Mr. Francis McKenna proposed a toast to the bride.

The couple left on a motor trip to Prince Edward Island to visit their parents and relatives, also the bride's sister, Sister Francis Patrick, in Dartmouth, N.S. For travelling the bride chose a light blue suit with white accessories.

A post-nuptial shower was held at the bride's home where many useful gifts were received. Other showers were tendered the bride before her marriage.

Prior to her marriage the bride was on the staff of the Metropolitan Separate School Board, Toronto. The couple will reside in Toronto, where the groom has been employed for the past six years.

for other by-products of college education and wider learning. I feel that if Sam doesn't try now, while he is still young and still wants to, he never will know what might have been. But should we be happy "as is" I can be, if I thought it was for the best.

If he goes back to college, we'll have less money to spend and he will have to study nights; but we can manage. Classes begin in mid-September and we need to plan, so please answer soon. C.N. LIFE IS A PROCESS. Evidence indicates (it seems to me) that human life is somehow involved in a meaningful process of becoming—of unfolding purpose, power and intelligence. And therefore the distinguishing characteristic of life is on-going change. So that the growing person, who is really in step with life, is ever more who he was before. Not necessarily in terms of expanding material substance; for interior (or soul) growth is also possible, and has to do with imperishable riches.

People are meant to grow in wisdom, understanding and the know-how to sympathetically relate themselves to other humans, in a widening circle of beneficent service to the common welfare. And I think it likely that you and your husband are responding to the pull of this potential in your partnership when you give serious consideration to taking the hard road back to college.

Each of you is already sufficiently developed to realize that further growth and wider experience is in the cards, if you buckle down to make the effort. And this indeed marks a praiseworthy increase in consciousness—when one is no longer stagnating in a sense of limitation; nor hibernating in a cloud of complacency, as if no more exertion were necessary.

SHARED IDEA. As you see, my disposition is to encourage you and Sam to go after the law degree, if the prospect appeals to both of you—and don't be dismayed by doleful headshakers, who represent the limited view of life. However, I would remind you, personally, to be sure that it is Sam's idea as well as yours that you aren't selling him a proposition that reflects your ambition for him.

To push an up-and-coming person along a road that he didn't freely select for himself tends to blunt his initiative and stymie his growth-potentials—even though he may possess a good deal of latent talent for the role that is wished on him.

P.S. Our letter was nearly a month in transit, which accounts for the equally belated reply.—M.H.

Acid Indigestion?

use SODA

Just 1/2 teaspoon of bicarbonate of soda in 1/2 glass of water brings prompt relief from discomforts of acid indigestion—safely and effectively. Bicarbonate of soda (baking soda) neutralizes excess acidity and helps relax stomach.

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Late Summer Nuptials

Pte. and Mrs. J. E. Gallant, following their marriage at Egmont Bay, on August 20, 1955. The bride is the former Miss Doreen

Arsenault, daughter of Mr. and Mrs. Azade Arsenault, Richmond. The groom is the son of Mr. and Mrs. Gilbert Gallant, Richmond. (Photo by Sears)

ELLEN'S DIARY

By An Island Farmer's Wife

The sunshine—how precious it is, now that the summertime wanes! How welcome the mornings which bring its gold to a wall. And how good; for children presently outgoing to classes, for the farmers and their cares of the fields; and for the housewives busy still with their preserving and picklings and all that which goes to give sweetness and zest and color to meals when fall skies are beclouded or winter-drifts lie white on the fields.

Today in a gallant effort to end the reaping which concerns our farmers, and we believe lending our atmosphere of old days in the West to the scene, another binder moved in to help the two already

at work on the neighbor's acres, who had lent good assistance in the harvesting of ours.

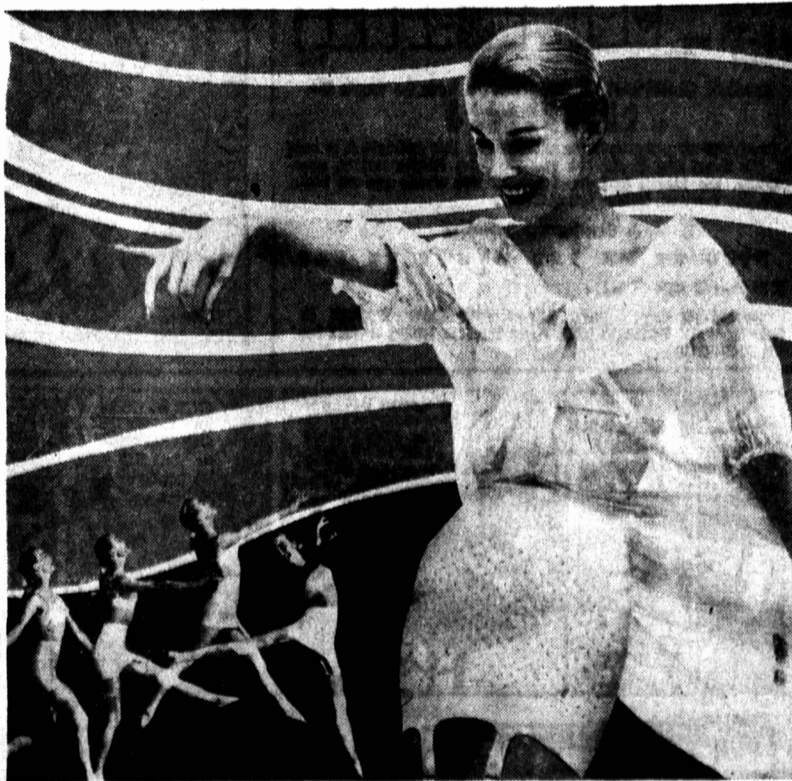
This evening then, when the afterglow which had burned in rich colors at the gates of the west was fading to the delicate rose and silver of the edge of night to bring our farmers home, they carried to a verandah the canvases to be returned to the closet by the eaves which keeps them there. The binder was gone again to storage, the work of the reaping done. Not that this ends our harvesting. There is left still, on and off these farms, more threshing and incidental baling of straw

Until tomorrow—Diary—Good-night

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Tempting Egg Recipes

By Ida Bailey Allen

TEMPTING EGG RECIPES

Occasionally, a main dish based on eggs is a welcome change for dinner, especially when eggs are not served at breakfast.

Usually for dinner, eggs are substituted by scrambling them with a cooked vegetable. Sometimes it's nice to add crisp, plain or cheese croutons.

Fluffy Flakes
In any case, I like them best scrambled according to an old New England method that produces big fluffy flakes. When properly cooked, they do not stick to the frying pan, leaving it easy to clean!

New England Scrambled Eggs: Break 6 large fresh eggs into a bowl. Add 1 tsp. salt, 1/4 tsp. each monosodium glutamate and pepper, and 1-3 c. milk. Beat until frothy. Melt 2 tbsp. butter or margarine in a smooth frying pan. Do not let it brown. Turn the pan to coat with the butter.

before the crickets can play their lament to us for days that are no more.

Meanwhile, with the farmers in far fields, how do these houses keep? Sometimes very quietly, at others happenings thrust themselves into our tranquility to bring us always something interesting and different and many a chuckle. It may be a vendor of this or that calls, bound we think to get the last nickel from the old coffee-mill on the mantel, smiling when the housewives buy but not always so affable when the thought strikes us "If you don't need it, it's dear at any price" and we decline to make a purchase.

The store on wheels comes, the owner to tell of the progress he is making in this new world he now conquers, so far removed in every way from the vineyards and olive groves of the old. He has a fine philosophy to go by. "If one is willing to work... and honest, he gets along. If not," with an expressive shrug, "no good!"

And then with a broad smile, "It's nice to have a wife, a baby and a home of our own! Do you know what? I sometimes think it's just a dream I have—you know what I mean? That I'll wake up and find this—what you call it? my good fortune, is gone!"

Our good fortune? We must reckon it in so many ways. Pleasant days, sunshine, rain, bread, laughter—yes, and tears; the love of one's ain folk, the confidence of those who trust us... the little things that make life great. And the starlight of now, over the roof that is home!

Until tomorrow—Diary—Good-night

Four in the eggs. Cook over a low heat 30 sec., or enough to lightly firm the eggs. With a spoon scrape into big flakes; continue until all is cooked but still loose in texture.

Scrambled Eggs with Mushrooms: Wash and slice 1/4 lb. fresh mushrooms. Sauté in the frying pan to be used in scrambling, but use 4 tsp. butter. Add the egg mixture; finish as for a plain scramble.

Scrambled Eggs with Zucchini: Prepare as for scrambled eggs with mushrooms, substituting thin-sliced young zucchini.

"For our menu," suggested the Chef, "I would be honored to contribute a new scrambled egg recipe of my own."

Scrambled Eggs with Green Peppers and Corn: Remove the seeds and chop 1 small, sweet green pepper; add 1 diced, small-skinned tomato. Sauté in 3 tbsp. butter or margarine until softened. Add 1 c. fresh or drained canned corn kernels.

Beat 4 eggs until frothy with 1 tsp. salt and 1/4 tsp. each pepper and monosodium glutamate. Pour into the vegetables and slowly cook. Scrape up with a spoon to make flakes.

Heap on a large heated platter. Pile French fries around and garnish with crisp bacon and sliced tomato.

TOMORROW'S DINNER

French Onion Soup
Cheese Croutons
Scrambled Eggs with Green Peppers and Corn
French Fries Crisp Bacon
Summer Squash
Sliced Tomatoes
Stewed Plum Sauce Cake
Coffee Tea Milk

TRICK OF THE CHEF

Add a little tarragon vinegar and plenty of fresh-ground black pepper to sliced tomatoes.

Bringing Up Baby

Hints Collected by Mrs. Ann Coker (Mother of 5)

Visiting with baby often presents the problem of how to keep him amused in strange surroundings. One mother's happy solution: she makes up a special toy kit strictly for visiting. Nothing familiar goes into it. Secret is to choose things baby hasn't seen for awhile. In the fun of rediscovery baby keeps absorbed, forgets to demand attention.

Refreshing afternoon snack or appetizer of real treat that's hard to beat... Gerber Strained Fruit Dessert!

Here's a delectable combination of three popular and most popular fruits—orange, apricot and pineapple—carefully blended to tickle both the tongue and tummy. Serve at room temperature for older ones. Chill slightly for a little child.

Snack-begging toddlers will be more than satisfied with a smidgen of ginger-bread, topped with Gerber Fruit Dessert.

Teeth coming through... aching gums bothering baby? Gerber Teething Biscuits can be a real comfort to your little one. Smooth-surfaced and ever so hard, they provide soothing relief for tender gums, give baby the chewing and biting exercise he wants and needs.

Gerber Teething Biscuits are made of wholesome ingredients enriched with minerals and vitamins—mildly but pleasantly flavored. Won't dull the appetite for regular meals, either. 10 to a box—each individually wrapped in cellophane to preserve freshness—make them easy to tote when you're traveling with baby.

A goodly store of mealtime surprises for your lot can be found in Gerber's "Recipes for Toddlers". For your free copy, just drop a line to Gerber-Ogilvie Baby Foods Limited, Dept. "B", Box 68, Toronto 18, Ont.

HELEN STEWART of the Queen's Kitchen says

let's bake a crispy coconut crust

PASTRY
Add 1 cup desiccated coconut to one portion of a Shriff's Pie Crust Mix and make according to package directions. Bake with the crust. Add 1/2 cup coconut to the pie with the coconut baked right in!

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SHIRRIFF'S Pie Crust Mix

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Send order to ANNE ADAMS, care of The Guardian, Toronto Dept., 60 Front St. West, Toronto, Ont.

HOUSEHOLD HINT

Silver, brass, copper and chrome will stay sparkling longer when waxed. Corrosion and tarnish will be greatly retarded.

MORNING SMILE

Tomkins had asked Jenkins to dine with him, and Jenkins didn't turn up. A few days later the men met and Tomkins said, "Do you know I asked you to dinner the other night?" "Oh yes," said Jenkins. "Then why didn't you come?" "Let me think," replied Jenkins. "Oh I remember; I wasn't hungry."

