

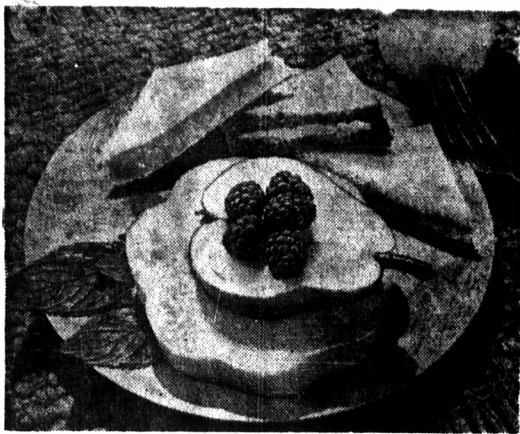
WOMEN

Page 8, The Guardian Friday, Nov. 18, 1955

LET'S EAT

Salad And Sandwiches For Good Sunday Supper

By Ida Bailey Allen



HAM AND CREAM CHEESE sandwiches accompany a Sunday supper.

Whether Sunday supper is served on trays when viewing television or whether it's a light meal at the table, salad and sandwiches are a perfect main course. And now is a good time to feature pears.

Pear Salad: Wash and peel Bartlett or winter pears. Cut in halves; remove the cores.

Slice a small honeydew melon crosswise and remove the seeds and rind. Escallop the edge of the melon slices if desired. Arrange salad greens slightly off-center on a salad plate. On them, arrange a melon slice. Top with a pear half, cut side up. Fill the core cavity with partly defrosted frozen berries of any kind or with seedless green grapes. Arrange accompanying sandwiches on the plate.

Pass sour cream dressing. **Sour Cream Fruit Salad Dressing:** Into ice commercial sour cream beat 1/2 tsp. lemon juice, 1 tsp. honey and a few grains salt.

"If the hostess prefers to serve at the table," observed the Chef, "I suggest a first course of hot soup, such as chicken bouillon or shrimp bisque with Melba toast. The pear salad and sandwiches would follow and dessert might be a fine chocolate feed cake, with coffee or tea."

MONDAY DINNER
Cream of Green Pea Soup
Celery
Radishes

Science Shrinks Piles New Way Without Surgery

Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or straining of any kind! The secret is a new healing substance (Bio-Dyne)—the discovery of a famous scientific institute.

Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H suppositories or ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

ANNE ADAMS PATTERNS

Only One Yard 54"

WEEK'S SEW-THRIFTY
Be smart, be thrifty—sew this stunning new skirt in a jiffy! ONE YARD 54-inch fabric is all you need—in ANY size given! Wonderful in wool or corduroy—with panel front, tabs for clever accent. Slim, classic lines—so flattering to every figure!

Pattern 4562: Misses' Waist Sizes 24, 26, 28, 30 inches. All sizes given: 1 yard 54-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send thirty FIVE CENTS (55 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front Street W., Toronto, Ont.

Science "tummy freshener" laxative for children

A child's constipation often repeats himself. That's why modern mothers give their children a new laxative. Children's Own Laxative Tablets. Children's Own Laxative Tablets. Children's Own Laxative Tablets.

4562 WAIST 24"-30"
by Anne Adams

MARY HAWORTH Young Matron Recognizes Need Of Outside Help

DEAR MARY HAWORTH: I am 24 and so is Mark—my husband. We have been married nearly five years and have two children one age 3, the other, 2... From the time the first baby was born (a cripple) until now, I have had violent temper tantrums that last anywhere from 30 minutes to two weeks. And I recall spells of depression, even then when all I could think of was committing suicide.

During the tempers, I hate everyone, scream at Mark and the children and have absolutely no patience with anyone or anything. I feel that even God is against me. The time between these spells is getting shorter—and often I think of killing myself, but I just don't have the nerve...

Things had been going smoothly for a few days, until yesterday... and after I calmed down I realized I can't wait any longer for help. I've often thought of going to a marriage counsellor or Family Service, such as you frequently recommend. But with no baby sitters, and no relatives close by, I just can't get away...

Maybe if I went to church it would help, but I haven't any decent clothes—which wouldn't stop a good Christian, I know. Mark would buy me new clothes if he could; he's not stingy; but we are still paying on household machinery.

THOUGHTS OF INFIDELITY
Another problem on my troubled mind is that I am mentally unfaithful to my marriage. I find myself craving male attentions, and thinking I wouldn't get married if I had it even for a good time... I feel I am a hopeless case, but maybe with your help something can be done.

Do you know of any book or books that might help me? Or any other help to help me stay faithful? I think if we ever can join bills paid up, so that we get our different groups (like the Grange, etc.) and start going out, things will be better. But meantime I need help in changing my attitude toward life.

WANT N. R. A. D.
DEAR A.N.: You married with an enormous handicap, namely, the handicap of being emotionally infantile—as dependent, shortsighted, and unschooled in self-control as any babe-in-arm. You say: "My parents were easy on us all (nine children; six now married). Because they'd had such strict parents, they had promised each other to trust us to do what they taught us was right—a trust I betrayed many times. I am ashamed to admit..."

The effects upon your life, to date, of your parents' lenient policy, suggests that they fell down on their job as parents. Apparently they were lax in a well meaning way, as their parents were severe. Due to their overly strict upbringing, which kept them childish, they didn't know how to take hold of the reins, constructively, in managing their brood of nine. Rather, still in revolt against the memories of their past, they fondly let you all run wild—after telling you what, ideally, one should do.

As a result, you've grown up a bundle of impulses, good and bad, all mixed in with a stew of guilt feelings. The guilt sense is fed by various factors—chief of which is your unconscious self-fearing concern about the great gap between your secret concept of your "sinfulness," versus your parents' ideal standards. You also feel guilty at having cheated their trust. More recently you feel "punished" by life—rightly so, you think—for being such a no-good, etc.

CLOUD OF IGNORANCE
I haven't the space to recapitulate the inside story of your suffering, as I sense it. But briefly I'll say that you are a victim of ignorance, concerning the nature of human nature, and concerning the deficiencies in your rearing. You aren't accustomed to the practise of temperate self-control—a practise made possible only by sympathetic self-understanding.

Your customary expressiveness in family life is not steady consideration of the good of the whole, but, rather, a childish display of arrogance, in exploding whatever you happen to think of. You are a victim of longtime bad habit in this respect; and neglect to practise self-control finally leaves one without brakes. You are coasting into this danger—but you can still turn about, and become mature, if you make the effort.

Now for advice: You must have firsthand specialist help, to guide you in reorganizing your habits along wholesome lines. Books can't adequately meet the present emergency. Stop making excuses about no suitable clothes, no baby sitters, etc.—and get to the nearest Family Service branch office, without delay. Mark will rush you there, I am sure, if you impress upon him the gravity of your need.

M.H.
Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

HOUSEHOLD HINT
To make candles last longer, and to prevent them from smoking, coat with soapsuds by rolling them between well-lathered hands. But don't touch the wicks. Let the candles dry before lighting.

Wife Preservers
If slacks or any type of washable trousers are hung by the legs after washing, the wet weight of the garment removes many of the wrinkles, so that little pressing is needed.



HOME SWEET HOME
Mrs. L. B. Pearson, who accompanied her External Affairs Minister husband on his six-week trip to Russia and the Far East, takes time out for a cup of coffee after landing at Ottawa. (CP Photo)

ELLEN'S DIARY

By An Island Farmer's Wife

"Come quickly!" the children invaded the room where we rested in the late afternoon today. "You'll never know what's happening!" they smiled broadly. "It's the best thing yet! Come!" And they hurried away as if they could ill afford to linger.

And there from a window, between us and the firs and spruces on a hillside Old Man Winter was registering his coming in snowflakes! The first snow was drifting quietly down.

"Would you believe it!" granddaughter twinkled from the yard to us on the back verandah. "And isn't it lovely?" she said, lifting mitted hands and a young face to catch the wonder of the white flakes. On the small toboggan which Mack recalls "came last Christmas from the North" they were fashioning a snowman, a small squat fellow, nevertheless the very spirit of winter.

"It's great, isn't it!" Mack beamed adding an artistic touch to the face. "I was beginning to think that winter wasn't going to come this year. But," he gestured expressively with his hands, "here he is! Yes, there he was. And undeniably pretty, with the flakes spreading a clean white blanket over the drab damp of the yards and the fields... and yet... However, it came to mind, if we still had considerable plowing to do and James has been heard to declare all as leave it over until spring; the farmers had done fairly well in their work. The crop was saved, and James had the banking in place.

We looked toward the barnyard, near fields, and along the lane.

Experts Say Entire Meals May Be Cooked In Oven

By THE CANADIAN PRESS

It may not be wise to put all your irons in the same fire but a housewife may find it advantageous to cook an entire meal in the same oven, and even in the same dish.

Oven-cooked meals require little attention while cooking, and practically no last-minute preparations.

In addition, they retain their flavor, a decided advantage when the meal cannot be served as soon as planned, and make full use of the oven heat. A housewife with foresight may even slip in the next day's dessert or meat course.

TEMPERATURE A FACTOR
In planning such a meal, the

ALICE BROOKS DESIGNS

GAY KITCHEN AIDE
She's a wonderful helper when company comes—a gay "girl" apron to keep you neat and pretty! Easy, fun to make—use scraps!
Pattern 7210: Gay kitchen aide! Embroidery and applique transfers, easy directions for making

Send TWENTY-FIVE CENTS in coins for this (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front Street, W., Toronto, Ont. Print plainly NAME, ADDRESS.

PATTERN NUMBER
Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

Family Colds
Relieve Suffering with VICKS VAPORUB

Stretch For Good Posture

By Ida Jean Kahn

STRETCH FOR GOOD POSTURE
If your muscles are scarcely up to holding the figure in anything like good posture, tone in the brace of girde muscles will work wonders. But if you're in no shape to exercise and the idea leaves you limp, just stretch out on the floor and relax.

The most restful position is lying on your back, with knees bent, soles of feet flat on floor. To "rest" the back, pull up and in snugly with the lower girde muscles and press the small of your back flat against the floor.

A good big stretch helps take out the kinks. Stretch right leg straight down and right arm up and pull gently along that right side. (Left knee is kept bent). Make this a long, smooth stretch. Release and stretch slowly... continue about three times on the right side until you feel pleasantly stretched. Stretching is wonderful, for it brings a feeling of relaxation and increased well-being and all for no effort.

With right knee bent, stretch the left leg down, left arm up, and stretch along the left side. Smoothly. Stretching is a powerful circulation rouser, for the muscles act against each other.

In corrective exercise classes, the teacher often rolls up a big towel and slips it under the bend of the knees... this removes any strain. You might like to try this when you're stretching from a lying down position. Just slip the roll under the bend of the knee. Then stretch—pulling from tip to toe. Think of the measurement you are trying to streamline... the middle measure... and put the emphasis there, pulling both ends from the middle measurement.

Try a bias stretch. Cross right

WOMAN JUDGE



MRS. MARJORIE HAMILTON

The former mayor of Barrie, Ont. Mrs. Marjorie Hamilton, has been named as the first woman juvenile and family court judge in Canada. She replaces Magistrate Gordon Foster of Barrie.

At the same time as the potatoes. If sliced carrots, turnips or parsnips are on the same menu, they should be placed in a tightly covered casserole with a quarter cup of water and a sprinkling of salt. Raw, they will require an hour's cooking but canned vegetables will heat in 15 or 20 minutes at 325 Fahrenheit.

Many desserts will cook in an hour, including apple upside-down cake, custard, rice pudding, bread pudding, baked apples, gingerbread and meringues.

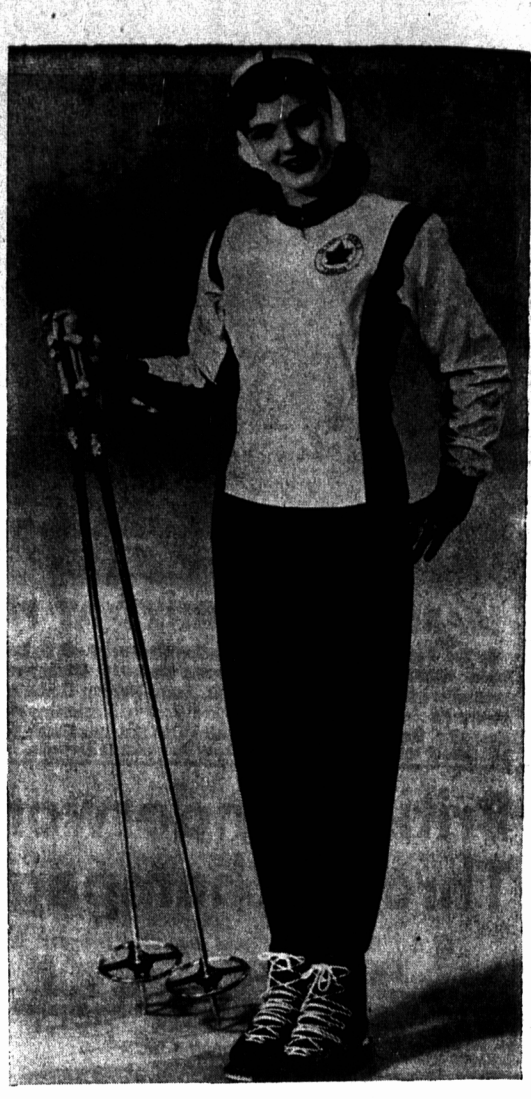
COMPLETE MEAL
The casserole provides a delightfully mixed-up affair with all ingredients in the same dish. It is nourishing, tempting and delicious.

The consumer section says there is no limit to the kinds of casserole meals. Besides different basic ingredients, sauces, seasonings and toppings may be varied, but it is important to combine foods and seasonings that go well together.

A macaroni and cheese dish is good made with milk, canned tomatoes or a cream or tomato sauce. Chopped onion, parsley, buttered crumbs or paprika may be sprinkled on top.

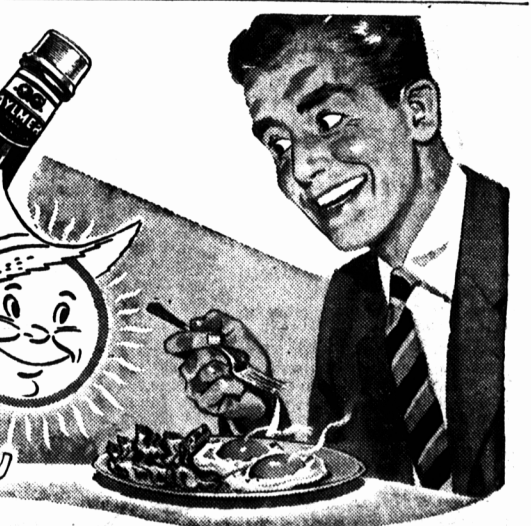
Words Of The Wise

Skillful pilots gain their reputation from storms and tempests. —(Epicurus)



OLYMPIC JACKET

This racing jacket in white terrylene will be worn by all members of Canada's team to the winter olympics at Cortina, Italy, in January. Navy blue elasticized cotton is featured on the side panels and in bands at neck and wrists. (CP Photo)



Wake up lazy appetites with Aylmer SUNSHINE flavor

"Wow! Watch him go for bacon and eggs with plenty of Aylmer Catsup!" says Mr. Sunshine, the Aylmer Hired Man. "Dad and the kids love its sunshine flavor... the richer goodness that comes only from prize-quality, red-ripe tomatoes specially grown for Aylmer. And you enjoy all that delicious flavor, because Aylmer makes these tomatoes into pure, rich Catsup within a few hours of picking. So try Aylmer—for sunshine flavor."

AYLMER Tomato Catsup

relax with tea

Sit down in an easy chair... kick off your shoes and relax. Then, as you sip the warming goodness of a refreshing cup of Tea, you'll feel your tiredness vanish... leaving you pleasantly relaxed. Tea is like that.

OVER 200 CUPS TO THE POUND