

WOMEN

Page 8 The Guardian Wednesday, July 28, 1954

ELLEN'S DIARY

by an Island Farmer's Wife

Another day of unsettled weather, we have had—of odd silvery showers, yef of lengthened glimpses of the sunny blue back of the clouds; a day for having-folks to learn more of the virtue of patience and to set in order their houses in readiness for the more demanding days to come.

For Rob, choring past, it was his lot to make an excursion to town—he and his household—to collect those pieces necessary to make repairs to a mower which had in part come to grief at the mowing. . . . It was a nice outing if not extended, for the rest of us, to make our small business, to take the streets with the lads, and, of course, window-shop.

It was interesting to note the tourists, and visitors on holiday to our Island shores, make their selections of souvenirs to send or take with them to remembered ones back home. . . . choosing too, colorful cards of the beautiful Anne country and others of our engaging scenes, to share thus their vacation with absent loved ones and friends.

It was good too for us, for the sake of this tourist-minded Province, to see how graciously and with what understanding these were being served. We recall from our own wanderings that a smile or a few pleasant words spoken, have the power to draw over wide distances where other attractions of the place may fail to impress.

night or whose pleasure it is to remain to visit with us, to warm it may be the cookies of our hearts with the sincere appreciation of our excellent beaches, our pretty villages and towns, our nice old city, our ways of life, our people; or who on the contrary may irritate us with their complaints and concessions, let us for our Island's weal, never forget to be kind. So that going they shall take with them in memory, though we may not even suspect it, some of the intangible niceties of heart we Island dwellers know and enjoy so well.

Did we today buy a pen? No, for the time James' birthday gift of money to us lies in a second-best place of safe-keeping. And where is the best? An old and extremely knowing friend of our young years once advised us with a chuckle of apology over the shortcomings of humans. "If you ever have a love-letter, Ellen or some thing else precious you want to keep safely and in secret, just put it between the leaves of the Parlor Bible; it's not likely that any one will find it there!"

From Jeanie's garden to her table today came firstlings of peas, of beans and the ruby-red of July beets. Our boat was the new of Island potatoes straight from a bin in a city store. "And that," James commented "lazily" is the right farming!" Until tomorrow. . . . Diary

Island Women Select Favorite Salad Recipes

Salad Week begins Thursday and to mark the occasion, The Guardian has asked several prominent local women to select their favorite salad recipe. Beginning Thursday, this page will carry their favorite recipes for your use at home.

Island vegetables and fruit are excellent at this time of year, so homemakers will have little difficulty in finding the ingredients for these salads which will help you and your family to better health!

The Stars Say

By Estrellita

THE next two days give promise of lively activity shared with friends, relatives and business associates, so clear the decks of all essential items. You may then look ahead to a period of relaxation and stimulating diversion.

Where occupational matters are concerned, the vibrations are not particularly auspicious for the initiation of new enterprises but they do favor the completion of ventures already inaugurated. In this connection, a business associate could be of great assistance if you can overcome a resistance to taking advice.

If tomorrow is your birthday, you should now be at a turning point where realization of your ambitions is concerned—especially if you are engaged in creative work of any kind. The next six months favor all enterprises requiring courage, initiative and energy. This period also favors the health and promises a positive mental attitude.

While you may experience some tension around the middle of October, do not let it discourage or upset you. Control your motions, keep working toward your goals and

How Can I?

By Anne Ashley

Q How can I determine when the jelling point has been reached when making jelly?

A Put a little of the jelly on a cold plate and draw a path through it with the point of a spoon. If the path stays and the jelly does not run together, the jelling point has been reached.

Q How can I clean felt hats?

A Add enough cleaning fluid to a teacup of flour to make a paste. Rub this paste on with a brush, and allow it to dry. Then brush with a stiff brush.

Q How can I remove mildew?

A Mildew can be removed with sour milk, then placing the article in the sun.

Q What does the word "proposition" mean?

A What is a word beginning with sp that means "entranced; fascinated"?

ANSWERS

1. Say, "Many years experience is guiding him." "Experience" is the singular subject. 2. Accent first syllable, not the second. 3. Souless. 4. That which appeases, or conciliates. (Pronounce second syllable fish). "No words of proposition could influence him to relent." 5. Spell-bound.

the restrictive period will pass, leaving you in full control of both business and personal affairs. A child born on this day will be ambitious, self-reliant and endowed with the quality of getting along with persons in every walk of life.

Liquid Diet

First Aid and Home Nursing (St. John Ambulance)

What does a doctor mean when he says a patient should have a liquid—or a soft diet or a light diet.

The St. John Ambulance Home Nursing text explains that most physicians and hospital authorities use these terms when a modification of general diet is used during illness.

In the absence of more detailed instructions from the physician the following guide will be found helpful.

The liquid diet—sometimes referred to as a "fluid" diet—is the most easily digested of all. This diet includes light fluids such as broth, albumen drink, thin gruels, fruit juices and, in some cases, tea and coffee.

If a liquid diet with greater nutritive value is desired, milk is used as the basis. Plain and flavoured milk drinks and egg-nogs may be given.

There are no rigid rules as to exactly what foods this diet should contain or when they should be given, but generally speaking, when a patient is on a liquid diet nourishment is given in small quantities at frequent intervals. Usually the patient is fed every two or three hours and when he wakes during the night.

A soft diet contains little roughage or bulky food and is easily digested. It consists of liquids and semi-solid foods which, in addition to the foods in the fluid diet, are: lightly boiled, scrambled or poached eggs, bread and butter, toast, junket, custard, ice cream, jelly and stewed fruits. The doctor may also permit pureed vegetables, meat and fish, which are sometimes given in the form of prepared baby foods.

The chief differences between a light and regular diet lie in the method of preparation. Foods are plainly cooked for a light diet and pastry, fried foods and all other rich food is omitted.

Extra nourishment is given in mid-morning and mid-afternoon drinks. In addition to these diets for sick people, certain diseases require specific diet treatment. These will be prescribed by the attending physician.

DOROTHY DIX

Gratuitous Criticism

DEAR MISS DIX: Although I am happily married, with three fine grown sons, I am miserable about one situation in my life. I have three younger sisters, and for the past year none of them has spoken to me. The final break came as the culmination of years of bickering, with them constantly telling me how to run my home, husband and children, carrying untrue or exaggerated tales back and forth. My youngest sister is the prime offender. Although they live near enough to me for easy visiting, they never stop at the house. They all drive cars—I haven't one. Is there anything one can do to remedy a family situation like this? Mrs. W. E.

IGNORE SUCH CRITICS

ANSWER: The whole tone of your letter is one of complete martyrdom and persecution. You feel that all your life these sisters have picked on you, ignored you, or shown preference for almost anyone else. Probably you overdid the "oldest sister" routine while the family was growing up, and, at the first opportunity, the other girls began putting you in a subordinate position, to which, much to their amazement, you submitted meekly. There's no reason why anyone else should accept unwanted and unwarranted criticism from others, either family or friends. If the offender is told just two or three times that your way of doing things seems to be working out all right, the gratuitous advice may cease. However, when it's quite evident that these little alarms are reaching vulnerable spots, be assured they will continue and increase. Meet this type of fault-finding with indifference, not tears. Since you never had much pleasure in the association with your sisters, it's difficult to see why you want to see more of them, except that you prove the truth of the adage "blood is thicker than water."

Suppose you make the overtures to a closer relationship, instead of waiting for someone else to do it. It appears that you sit taking the initiative yourself. When you meet one of them, be as sisterly as you can, interested in their activities, the welfare of their families, doing no complaining yourself, and accepting any barbed remarks with a figurative shrug. Inspire respect and you'll get it.

DEAR MISS DIX: Do you know of any books I could read to help me along better with boys?

Blue Eyes

ANSWER: Science Research Associates, Inc., of 228 S. Wabash Ave., Chicago, Ill., publishes a fine line of booklets just for your purpose. They are 40 cents each and the ones I recommend particularly are: "Dating Days," "Growing Up Socially," and "Getting Along with Others."

DEAR MISS DIX: I'm a girl of 20. I have been corresponding with a boy for some time and we have grown very fond of each other. He has asked me to visit him at camp during the summer, but my parents don't approve. Do you?

ANSWER: I agree with your folks that it would be a mistake to visit someone you haven't met. If there's any visiting to be done, let the boy do it, when he has leave.

Canberra, the capital of Australia, is a planned city designed by a Chicago architect.

Wedding Solemnized in Bloomfield



Pictured above following their wedding on July 14 at St. Anthony's Church, Bloomfield, are Mr. and Mrs. J. Clarkin. The bride, Zeta Corcoran, is the daughter of Mr. and Mrs. John J. Corcoran, Plusville, and the groom, Joseph Clarkin, is the son of Mr. and Mrs. Louis Clarkin, Peakes Station. Left to right are best man, Gerald Clarkin; Mr. and Mrs. Clarkin; maid of honor, Kemmie MacGregor; bridesmaid, Arleen Corcoran; flower girl, Aletha Corcoran. — (Photo by Edwin Heckbert Studio)

Quiche Lorraine

A recipe from Europe steps into these pages and it's called "Quiche Lorraine." Use it as a main dish for luncheon.

PASTRY:

Sift — 1 cup sifted flour and 1/2 tsp. salt.
Cut in — 1/2 cup shortening
Sprinkle — 3 to 4 tbs. cold water over mixture, stirring with fork.
Form — into a ball and roll out on board.

FILLING:

Fry — 1/2 lb. bacon (12 slices) until crisp. Crumble into pastry-lined pan.
Arrange — 1/4 lb. Swiss or American cheese, shredding over bacon.
Beat — 3 eggs, 2 cups milk, 1 tsp. salt, 1/16 pepper or cayenne.
Blend — and pour over bacon and cheese in pan.
Bake — in moderately hot oven (400 F.) 35-45 minutes.
Do not overbake. Remove from oven while center still appears soft.
Cool 5 — 10 minutes before serving.

MacLeod-Sheppard Wedding

Rev. W. H. Brown officiated at a wedding ceremony at 7 p. m., on July 14 at Zion Presbyterian Church manse when Mrs. Muriel A. Sheppard and Mr. Elwood R. MacLeod exchanged marriage vows.

A Bahai marriage ceremony took place at 8 p. m. at 245 Queen street, conducted by Mr. Rowland Estall of Montreal, member of the National Spiritual Assembly of the Bahais of Canada.

A reception for relatives and friends was held at the home of Mr. and Mrs. Robert Donnelly. Mrs. MacLeod is on the staff of Sunter's Ladies' Wear and Mr. MacLeod is the local representative for Wear-Ever Aluminum Company.

The couple will make their home at 245 Queen street.

That Body of Yours

By James W. Barton, M. D.

WHAT WE DO NOT LIKE ABOUT NOISE

I write frequently about noise, especially unnecessary noise, not only because of its harmful effect upon hearing but also upon the whole nervous system. It has been known to cut down efficiency of office workers by as much as 30 per cent. Exposure to noises of extreme intensity may cause hearing of the skin, blurring of vision, apparent muscular weakness, and loss of hearing.

The problem of noise control has been approached from many angles. There are laws dealing with nuisance and from the legal standpoint, a noise is a nuisance if it is excessive, unreasonable, unnecessary, or injurious to health or if it can be cut down and is not. Most leases have clauses concerning noise, especially after 11:00 p. m. Persons employed in factories where noise cannot be eliminated are advised to wear ear plugs but even so few workers like to wear them.

On the other hand it has been found that most people can adjust themselves to noise of certain types. For example, the noise generated by an airplane motor seems to have little or no effect on mental function and other senses even when the persons concerned would prefer quiet surroundings and tend to become tired and irritable after exposure to this noise.

There are, however, certain types of noises which people definitely do not like and these factors that influence the effects of noise on man include:

- (1) The fact that the noise is of an unwanted character.
 - (2) Extremes of pitch or frequency.
 - (3) Extreme loudness.
 - (4) Unexpectedness. A loud unexpected noise may cause a rise in blood pressure and a decrease in the action of digestion.
 - (5) Uncertainty of the direction from which the sound comes.
 - (6) Unfamiliarity or inability to figure out what causes the noise.
 - (7) The state of health of the person exposed to the noise.
- Some authorities now conclude that most normal persons can adapt themselves to noise to a great extent and once they have become so adapted to the noise, it does not interfere with their efficiency to any great extent. This does not include, of course, the seven types of noise mentioned above.

Morning Smile

Some towns are small enough that if you see a pretty young woman dining with a man old enough to be her father, he is.

Modern Etiquette

By Roberta Lee

Q Is it good form to type a signature on a business letter?

A. Not unless it is supplemented by a pen signature. Sometimes this is advisable when a person's signature is very illegible.

Q If a man brings a gift when calling on a girl, should she open it immediately or lay it aside until he has gone?

A. She would most certainly show better manners and more appreciation if she opened it at once.

Q Must a bride-to-be address all the invitations personally or can her fiance or members of her family help her?

A. It is traditional for the handwriting (in black ink) on the envelopes of wedding invitations and announcements to be obviously feminine. For a large wedding, friends or relatives may be called on to help, but if more than one person does the addressing, the handwritings should be as similar as possible.

Q Is it considered proper to put R. S. V. P. on the left hand side of a wedding invitation. If not, how can one know how many to expect at the reception?

A. No R. S. V. P. (optional R. S. V. P.) is used where the invitation is for the church ceremony alone. The Reception Cards, if any, carry the R. S. V. P., even for a wedding tea if desired. An invitation to a house wedding carries the R. S. V. P. If the wedding, with its reception, takes place in a club or hotel, it is indicated that the R. S. V. P. be

Household Scrapbook

By Roberta Lee

Mud Stains

Mud stains on silk can be removed by rubbing the spots with a piece of flannel. If this does not give desired results, rub with a piece of linen dampened in alcohol.

Sewing Machine Needle

When the sewing machine needle has become blunt at the point, stitch an inch or two through a piece of sandpaper and the point will be sharp again.

Shoes

Rubbing the shoes with a little orange juice, or with the orange peel before it has dried, will freshen them wonderfully.

Shoulder and Hemline Changes Forecasted For Coming Season

By MURIEL PENN

LONDON, (Reuters) — Widened shoulders and an inch off the hemline 'to balance the silhouette' are the main features of the fashions for the fall and winter as seen in the first four collections displayed Monday by London fashion designers.

The fall silhouette is essentially slim and feminine, but in no case is the dress or skirt allowed to cling.

Day dresses and suits have fitted bodices, with marked waistlines and straight plain skirts and follow the figure rather than molding it. Evening dresses are full skirted with close-fitting bodices and have their own strapless built-in corset foundation.

NECKLINES UP

Necklines tend to be up at the front and down at the back with, in many cases, distinct shoulder "spread" which adds to the width of the shoulders.

Hardy Amies, who made many of the clothes which Queen Elizabeth wore on her recent Commonwealth tour, introduces a straight suit jacket alongside his impeccably tailored, "waisted" models.

Pockets are placed to emphasize the curved, looser line at the bust, as collars are in the main narrow.

BUTTONS IN EVIDENCE

Buttons are much in evidence as trimmings, and are found sometimes in unexpected places. One of Amies' suits with a wide box pleat at the back even had a button set at each edge of the pleat just below the seat.

With black the basic color, Amies introduces amber into the winter scene. Besides showing both day and after-five clothes in a rich amber color, Amies' models wore amber jewelry. With one outfit went a 10-strand amber bracelet.

Both Amies and Jo Matill used some bright reds in the rose range of shades, as well as vivid green—Matill calls one of his poison green—and deep green with sombre overtones.

BUTTERFLY LINE

John Cavanagh, one of the

Continued on page 9

Contract Bridge

By Josephine Culbertson

MATCH-POINT COMPARISONS

When playing match-point duplicate, the declarer and the defender in each deal must never lose sight of what will probably occur on that board at the other tables. Here is a case in point.

Winter Fabrics Are Printed

PARIS (Reuters) —New collections of autumn and winter fabrics indicate that the silhouette will be restrained to emphasize the variety of prints, and patterned and relief weaves.

Never before have winter materials presented such a kaleidoscope of design and mixed textures. Every type of chine, jacquard and cloque fabric is available for daytime, with faconnes, brocades, cut velvets and warp prints for formal wear.

Surface interest is paramount in coatings, with soft polished textures under long-haired finishes. Rodier features new coatings with a shiny and dull texture contrast, worked in broad stripes. Jacquard weaves stars in heavy woollens, fabrics with animal hairs used to produce an effect of fur markings.

Every house like velvet finishes, in mottled, two-toned coatings. A new treatment, seen in every type of textile, features thick yarn threaded through the basic fabric in a broken line stripe.

North's second-round leap to four spades was really an "anticipatory sacrifice." East could scarcely make an aggressive bid at the five-level so he doubled.

West got off to an auspicious start by leading his singleton club South won with the king so as to lead a trump toward dummy. If West had ducked, declarer undoubtedly would have put up the king and led a second round, dropping the queen and ace together, but West was having none of that! He went right in with the ace and after some thought, shifted to the king of diamonds. East put up the ace, and when that card held he naturally returned a club.

After ruffing this trick West had to apply some match-point arithmetic. It was evident that he could have made four hearts, his way, for 620 points; consequently, if he defeated four spades only 500 points, he would not do well in the match-point column. It would not be enough to collect the heart and diamond aces, nor even to get a third diamond trick—something West was vitally necessary.

That settled. West now underled his heart ace! East took the trick and returned a diamond. West collected the jack and ace, then led his fourth diamond, and East's spade queen was automatically promoted to a trick even though it was now blank. Thus, West collected the 700 points for which he had fought so hard.



STRAWBERRY PRESERVE

For 1 lb. berries, use 1 1/4 cups of sugar.

Pour boiling water over berries and let stand for 5 minutes. Pour off. Add sugar, bring to a boil then set back on stove for 20 minutes.

Take off stove and seal in sterilized jars in the morning.

Stir before serving.

—Mrs. William Alyward
Morell W. I.

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Anne Adams Patterns

WEEK'S SEW-THRIFTY!

Almost a complete wardrobe of separates for your little sunlover! No hard-to-iron frills on halter-bra, shirt-jacket, shorts or skirt. They'll mix 'n match for an eternity! Use remnants! Choose seersucker, nylon, cotton.

Pattern 4897: Childrens Sizes 2, 4, 6, 8, 10. Size 6 entire ensemble 3 yards 36-inch checked fabric; 1 yard plain contrast.

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.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street, West, Toronto.



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Try recipes below . . . and then, for endless variety, make up your own combinations of meat, fish, fruit, vegetables.

VEGETABLE TUNA SOUFFLE SALAD

- 1 package Lime Jell-O
- 1 cup hot water
- 1/2 cup cold water
- 4 teaspoons vinegar
- 4 tsp mayonnaise
- 1/4 teaspoon salt
- Dash of pepper
- 1 cup shredded carrots
- 1 cup shredded cabbage
- 1/2 cup drained, finely diced cucumber
- 1 tablespoon finely chopped onion
- 1 can (7 ounces) tuna fish, drained

Dissolve Jell-O in hot water. Add cold water, vinegar, mayonnaise, salt, pepper. Blend with rotary beater. Turn into freezing tray. Chill in freezing unit (without changing control) for 15 to 20 minutes, or until mixture is firm about 1 inch from edge but soft in centre. Turn into bowl; whip with rotary beater until fluffy and smooth. Fold in vegetables. Turn into mould. Chill until firm (not in freezing unit). Unmould. Serve on salad greens with tuna fish and mayonnaise. Serves 4 to 6.

FRUIT SOUFFLE SALAD

Make Soufflé Salad using Strawberry Jell-O, and lemon juice instead of vinegar (omit pepper). Instead of vegetables, add 1 cup sliced bananas, 1 cup diced peaches, and 1/4 cup diced orange sections.



Serve Soufflé Salads as appetizer, side dish, main dish, or as a dessert-type salad, according to your own fancy.

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