SOMETHING A LITTLE SPECIAL in the way of food should be planned for those cool fall days which will soon be here. Tea Council of Canada suggests Suzie Wong sandwiches accompanied by steaming mugs of hot tea lemonade. Here are the recipes: Hot Tea Lemonade—To make 8-12 servings of this delicious brew, you start out by making a simple syrup which can be prepared in advance. To do this, combine ¾ cup cold water and ¾ cup of granulated sugar in a saucepan. Bring to a boil and immediately reduce heat and simmer 10 minutes. This can now be put aside ready for your use when you want it. When the time comes for you to serve the hot tea lemonade, you prepare tea by bringing two quarts of freshly drawn cold water to a full rolling boil. Immediately pour it over 3 tablespoons of loose tea, or 9 tea bags. Use a large saucepan to brew the tea 3 to 5 minutes. Strain the liquid into a teapot, add simple syrup, 12 whole cloves and ½ cup of lemon juice. To serve, pour into mugs and garnish with a slice of lemon. Suzie Wong Sandwich—Cut four slices lengthwise from a loaf of bread, about half an inch thick, and trim off the crusts. Wrap the slices in a clean moist cloth until pliable. Place a slice of ham on one half of the slice of bread and a thin slice of white turkey meat on the other half. Roll the bread gently and fasten with a tooth-pick. Wrap the rolls in a clean moist cloth and refrigerate for two to three hours or freeze until ready to use. Heat fat to 375 degrees Fahrenheit. Combine one lightly beaten egg with a half cup of milk. Dip rolls in this mixture. Fry in deep fat until golden brown. This will make four sandwiches. Serve each roll sliced on the bias, and garnish with mustard and pickles.

Psychiatrists use new approach in research on retarded children

LONDON, Ont. (CP) — Behind the walls of an old building in suburban Byron, victory over one of man's afflictions has paved the way for an all-out fight against another.

Here is housed the Children's Psychiatric Research Centre, Canada's first institute for research on retarded children where a new approach to the problem is being tried.

"The big thing we are doing is changing attitudes so that the parents are not ashamed of their children," says Dr. Donald Zarfas, superintendent.

"We are beginning to treat the child and the family as a unit. The child is not just a problem unto itself."

Investigating the causes of mental retardation and seeking treatment is "a new science," says Dr. S. J. Koegler, clinical director. "It's also a tough one."

"It's been down at the bottom of the barrel and science ignored it because it's so tough."

The London centre was opened only 16 months ago in a 22-year-old building made vacant at the Beck Memorial Sanatorium by advances in the fight against tuberculosis.

UNIVERSITY LINK

The work here is allied closely with research at the University of Western Ontario's medical school, where Dr. M. L. Barr and Dr. David H. Carr are studying chromosomes, the segments of the human cell which carry genetic material.

The centre's main duties lie in diagnosis, preparation and parent guidance and counselling.

"We are of more service to the parents," said Dr. Koegler. "Research is a by-product."

One of the statistics the centre lives with is that there are 540,000 mentally retarded persons in Canada, 160,000 of them children. There is no cure. In some rare instances, where a disorder is diagnosed early enough, special foods can ward off mental retardation by arresting the affliction which might damage the brain.

"This is not one of those things you can push back like polio," Dr. Koegler said.

He believes the child can best be helped at present by good home care during the first five or six years and aid in the development of good emotional equipment.

"There's nothing that will replace a loving mother and father to help the child to a useful life later."

PRINTED PATTERN
by Richard Cole

FRESH FROM RICHARD COLE'S exciting summer collection comes the dashing, scarf-tied middy—a neckline with both current and future fashion significance. The Original of Pattern A660 is a study in cool contrasts—a curve of snowy white collar and vestee underscored by stem sheath of coral cotton. Its crisp, non-wilting air is one you'll appreciate most on days when the temperature climbs and climbs. Make your exclusive version in linen, surah, shantung to wear everywhere from a trip to town to a vacation tour in faraway places.

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Cuban women's federation supports Castro regime

Jack Best, Canadian Press staff writer just back in Canada after three months in Cuba, in this story tells of the position of women under the Castro regime.

By JACK BEST
Canadian Press Staff Writer

Organized womanhood is one of the bulwarks of the Cuban revolution.

In the Federation of Cuban Women the revolutionary government has a supporter as staunch and militant as any organization it has behind it.

The federation, headed by Vilma Espin, wife of Armed Forces Minister Raul Castro, claims a membership of 100,000. Its leaders credit the revolution with, in effect, emancipating Cuban women.

"The Cuban woman has seen a great change," says Mrs. Esther Noriega, foreign relations secretary of the federation. "She has been freed, liberated. She is no longer discriminated against."

Rights guaranteeed women under the 1940 constitution were often denied them in practice before the revolution triumphed some 2½ years ago, said Mrs. Noriega.

NO EQUAL PAY

There was no equal pay for equal work, she claimed, and women were largely barred from holding high positions in business or public life.

Other women in Cuba, opponents of the present government, deny that discrimination was widespread under former regimes. They argue that the chief avenues of endeavor opened to women under the present system are in such unfeminine lines as soldiering, farm toil and skilled labor.

Mrs. Noriega said women have come to have "a very high concept of their role in society."

There has been no change in the basic structure of family life, she stated. However, "because women now participate with men in defence of the fatherland and in production," a new family unity had been produced.

Peasant women, she said, used to have to mind the home and feed the children while their husbands worked on land that belonged to someone else. Today's peasant women worked side by side with their men on co-op farms, while the children attended schools that would not have been available to them under the former regime.

Miller Bay Tidbits

By STEVIE STEPHENSON

On Tuesday afternoon Dr. G. W. J. Fiddes on behalf of the staff presented Mrs. Sarah Graham with a going away gift. Mrs. Graham has been on the teaching staff at the hospital for several years. She will leave for Toronto in the near future.

✦ ✦ ✦

Mr. and Mrs. W. C. Krutz and family who have been visiting the hospital for the past week left Wednesday for Vancouver. Mr. Krutz is regional anitary inspector.

✦ ✦ ✦

Miss L. M. Whiteside, RN, public health nurse from Telegraph Creek spent several days at the hospital. She left Saturday by plane for Vancouver to take the bus to visit in San Francisco and southern states before returning to Telegraph Creek.

✦ ✦ ✦

Mr. and Mrs. Louis Langlois enjoyed a visit to the hospital while on holidays from Duncan.

SHARE PROBLEMS

WINNIPEG (CP)—Farm problems are not solely a man's domain, said a woman delegate to the recent National Farmers' Union convention here. "Economic problems of our livelihood are just as important to women as men," said Mrs. R. J. Aitken of Glenella, Man., president of the women's branch of the Manitoba section.

PIONEER SCHOOL

The first training school for nurses in Canada opened at the General Hospital in St. Catharines, Ont., in 1874.

Baby wears heirloom gown for christening

A six - week - old baby was christened last Friday evening wearing a 75 - year - old family heirloom christening gown.

Bradley Michael Grindler, son of Mr. and Mrs. Michael R. Grindler, wore the gown made by hand by his paternal great-great grandmother.

Rev. Father M. C. Murray officiated at the service which was held at the Church of the Annunciation.

Mr. and Mrs. Gillis Lucier of 1360 Piggott Avenue were chosen as godparents of the baby.

A quiet gathering of relatives followed at the home of Mr. and Mrs. L. J. Smith of 1315 First Overlook, parents of Mrs. Grindler.

In traditional style the top layer of Mr. and Mrs. Grindler's wedding cake was used as a christening cake and served to the guests.

Premier wants socialist state for Ceylon

COLOMBO (Reuters) — The tea - and - rubber - rich island of Ceylon is moving gradually towards a Socialist system of society, with a republican form of government as its ultimate aim.

Mrs. Sirimavo Bandaranaike, Ceylon's prime minister, says that she wants a "Socialist Ceylon in the near future."

Since she won power in July, 1960, to become the world's only woman prime minister, Mrs. Bandaranaike has aimed steadily at increasing state control.

Policies now being drafted for the future indicate the drive towards socialism is likely to be intensified. And this probably will lead to further conflict between the ruling Freedom Party and the right-wing opposition.

Political analysts here also predict trouble inside the ruling party, which includes a solid core of Buddhist traditionalists and right-wingers as well as Marxists and middle-of-the-road Socialists.

PROMISES ELECTION

Sooner or later, Mrs. Bandaranaike is expected to declare Ceylon a republic. This was one of her election promises. The new status would end the island's allegiance to the Crown, but, as do India, Pakistan and Ghana, Ceylon probably would remain a member of the Commonwealth.

The trend of thinking inside the government party suggests the 45-year-old Mrs. Bandaranaike may become Ceylon's first president. She would replace Sir Oliver Goonetilleke, who has been governor - general since 1954.

A newcomer to Ceylon's boisterous political scene, the widow prime minister, an ordinary housewife until last year, has faced successive crisis since she led the SRI Lanka party to a landslide victory.

Mrs. Bandaranaike's policies have brought her into clashes with the right wing, the press, business interests, the Roman Catholic Church and the powerful, vocal Tamil minority.

But her personal prestige remains high with the majority of the Sinhalese masses, mostly poor Buddhist villagers.

Her supporters say her political philosophy is based on raising standards for the lowest section of the population — the peasants.

NEW GENERAL MANAGER of the B.C. Automobile Association is F. Walker Blake, of Edmonton, formerly provincial secretary of the Alberta Motor Association. The appointment was announced by BCAA President Clarke Simpkins, who said that during Mr. Blake's 11 years with the AMA it had grown into North America's most successful auto club in comparison with car registrations. His previous background was in radio work, where he had been one of the pioneers in Western Canada. Mr. Blake is a member of the national touring board of the American Automobile Association and chairman of the travel committee of the Canadian Automobile Association. He was also secretary of the Edmonton Automobile and Good Roads Association, chairman of the downtown parking advisory committee and a member of the special committee on Alberta school bus operations. For several years he was Northern Alberta chairman of the Canadian Red Cross campaign. One of the original directors of the Edmonton Eskimo Football Club, Mr. Blake intends to maintain a keen interest in the sport.

A piping hot seafood Newburg is just the thing for cold weather dinners and for the meatless days of Lent. You can economize as well as save precious time by making a batch and freezing it in individual foil containers.

Season with Tabasco, the liquid red pepper that was meant for seafood and egg dishes. Its spark will remain during freezing and be present when the Newburg is heated for serving.

Seafood Newburg

4 tablespoons butter
½ cup all-purpose flour
6 cups homogenized milk
1½ teaspoons salt
½ teaspoon Ac'cent
½ teaspoon paprika
4 egg yolks
½ teaspoon Tabasco
4 cups canned or cooked seafood (shelled shrimp, lobster, crabmeat or tuna, cut in pieces)

Melt butter; add flour and stir to a paste. Gradually add milk and cook, stirring constantly, until mixture thickens and comes to a boil. Add salt, Ac'cent and paprika. Quickly stir a small amount of the hot mixture into slightly beaten egg yolks; return to remaining sauce and cook 3 minutes longer. Remove from heat; stir in Tabasco. Beat thoroughly with a rotary beater. Stir in sea food. Cool quickly. Spoon into individual aluminum foilware containers leaving ½-inch headroom. Seal tightly with aluminum foil. Freeze. To serve, thaw slightly to release from sides of container. Place in top of double boiler over boiling water to heat. If desired, just before serving, stir in 1 tablespoon sherry. Serve on toast points. Yield: 8 servings.

NOTE: Do not keep in freezer longer than one month.

PERSONALS

Camping at Roosevelt Park for the past week were Mr. and Mrs. Raymond Schmidt and their three children all of Vancouver. While in the city they were guests of Assistant Fire Chief and Mrs. W. H. Hill of 528 Eighth Avenue West. Mr. Schmidt is a member of the Vancouver Fire Department.

The family left this morning by car for home.

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PERSONALS

Harold L. Fletcher of 349 Fourth Avenue East has recently completed and passed his primary examinations from the Institute of Chartered Accountants. He plans to continue his studies and hopes to become a full-fledged Chartered Accountant. He will write his final exams after five years of study. Mr. Fletcher is an employee of A. L. Bell, Chartered Accountants and is the son of Mr. and Mrs. Alfred L. Fletcher also of 349 Fourth Avenue East.

Announcements

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