

MARY HAWORTH

Long Years Of Stress Can Upset Glandular Balance

Deh: Mary Haworth: I am interested in the overworked young mother who seeks help in curbing her sharp impatience with her two babies less than two years of age.

I too suffered similar nervous and physical exhaustion following the birth of my two children, both of whom, like hers, had colic for several months.

Our pediatrician with the second child said the distress was due to an underdeveloped nervous system. I had emergency help from the Homekeeper Service (which you suggested to her) plus some psychological counselling from Family Service.

My but best help came from a fine doctor of internal medicine, who found, after careful examination, that long years of stress and strain had thrown my glandular functioning off stride.

By a complex program of therapy including corrective treatment for Vitamin-B deficiency, low blood sugar and hormone imbalance, he brought me around. Now I am doing fine.

So I urge this young mother to get a thorough physical check-up by a first-rate internist. Also I think she might profit by reading *Adelle Davis's* book: "Let's Eat Right to Keep Fit" and "Let's Have It a Day Children" (Harcourt Brace). I found much help in Dr. E.M. Abrahamson and A.W. Pezet's book "Body, Mind and Spirit" (Holt) which my doctor recommended.

In closing, I commend you personally for your many fine columns. I must say that you did give me a real job of interpreting the Homekeeper Service—which isn't an easy task because of the wide variety of programs and policy limitations of the various agencies involved.

Although we (in the National Capital area) are one of the more flexible agencies, more restrictions are necessary due to our financial limitations. We would like very much to be able to serve in cases of normal pregnancy and to provide live-in and long-term care. Perhaps some day this will be possible.

If you wish to refer future inquiries to a central place, the new national organization may be helpful. Its address is: National Council for Homekeeper Service, 174 Broadway, New York 19, N.Y. Still in its infancy, it should do a good job of handling such requests. Sincerely, P.G.

Dear Mary Haworth: Would you please let me know if there is a local unit of Homekeeper Service in or near Newburgh, N.Y.? I would greatly appreciate this information as soon as possible. Very truly yours, P.L.

Dear P.L.: I am including your query as a typical sample of the general outcry for exact information on the Homekeeper Service. Mail inquiries and telephone calls indicate an acute insufficiency of public education concerning the who, what, where, when, why and how of this fairly new venture in the field of health and welfare activity, designed to stabilize and strengthen family ties in times of crisis.

For precise data, write the national office of the Homekeeper Service, listed above.—M.H.

Dear Mary Haworth: Please let me know where I can purchase the book titled "Body, Mind and Spirit" by Abrahamson and Pezet. Also the price of same. Thank you.—R.R.

Dear R.R. Henry Holt and Company, New York City, publishes this book, which retailed for \$2.50 when first issued in 1951. Ask your local book store to special-order a copy for you.—M.H.

Dear Mary Haworth: Re-reading your reply to the tired young mother, I must say that you did give me a real job of interpreting the Homekeeper Service—which isn't an easy task because of the wide variety of programs and policy limitations of the various agencies involved.

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Women

The Guardian, Charlottetown, Thurs. Sept. 26, 1963.

Fashion Label Created For Canadian Garments

MONTREAL, Sept. 20—A unit whose 20,000 members produce most of the clothes worn by Canadian women has embarked on an unprecedented national campaign to place retail stores which feature made-in-Canada fashions with the Union Label.

Hundreds of stores this month will fall fair as early as possible in November.

Mrs. James Harris presided over the September meeting when encouraging financial reports were presented in regard to the West Point boat races and the Ploving Match banquet.

Since June, supplies have been turned in to the hospital from Dunfane, O'Leary, Caspucque, Woodstock, Univalve, Dolman, Alaska, Derby, Brae, Cape Wolfe, Howlan, West Point and Glenwood.

The roll call for next meeting will be answered with the donation of a face cloth.

The Union Label, symbolizing quality, hygienic manufacturing and decent labor standards, appears in the hem or seams of clothes made by I.L.G.W.U. craftsmen employed in some 500 fashion houses in Montreal, Toronto, Winnipeg, Edmonton and Vancouver.

The Hallmark of Fashion began displaying the Hallmark of Fashion trademark of the International Ladies' Garment Workers' Union. As the campaign gains momentum, the handsome blue decal is expected to appear in thousands of retail store windows.

It is probably the first time in trade union history that a labor organization has appealed so directly to consumers in an effort to sway their buying habits. The campaign is designed to make Canadian women conscious of the I.L.G.W.U. label, now being sewn into most dresses, coats, suits, swimwear, sportswear and other women's clothes made in this country.

The Hallmark of Fashion is a trademark registered in the United States and Canada. It is a symbol of quality, sanitary manufacturing and recent labor standards for Union Label fashions available here.

I.L.G.W.U. Vice President Bernard Shane said retail stores which display the trademark carry fashions in all price ranges.

"Stores which display the Hallmark of Fashion trademark are informing consumers that they believe in selling garments made by Canadians who enjoy decent living standards."

"Most ready-to-wear manufacturers in this country now recognize their duty to their employees by paying them decent wages and offering them a fair measure of security. This creates vast purchasing power for these workers and their families, reflected in increased retail sales."

"A few manufacturers, however, tend to behave as if we were still in the sweatshop era. They refuse to give their employees the right to join a union. Most skilled workers, of course, will not accept sub-standard wages, and these non-union employers frequently hire a preponderance of beginners. The final result is that the women of Canada often discover that the 'bargain item they bought is

poorly made and, in fact, a bargain at all."

The Hallmark of Fashion trademark was conceived to help the consumer to distinguish between union-made and non-union apparel," Shane said.

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BORDEN

Mrs. William Trowdale, Borden, Mrs. Annie Hutchison, Ebersville, and Mrs. Jens Hansen, Cape Travers have returned from a trip to Auburn, Me., where they visited their sister, Mrs. William Yve who is seriously ill.

Mrs. and Mrs. Roland Ramsay of Borden are spending their holidays with their daughter, Mrs. Wallace Palmer and Mr. Palmer at Toronto, Ont.

Mrs. Fred Rananah of Borden has returned to her home here after undergoing surgery in the Prince County Hospital.

Mrs. and Mrs. Gordon Burch of Moncton are spending a few weeks in Borden with his brother George and Mrs. Burch. They also visited relatives at St. Eustace and Summerside.

Mr. and Mrs. A. G. Chappell of Borden are visiting their daughter, Mrs. Kenneth Condon, at Bowman, Manitoba.

Gerard Sexton of Borden has returned home after being a patient in the Prince County Hospital, Summerside.

Mr. and Mrs. John E. Reid were visitors to Halifax on Tuesday, guests of their sister-in-law Mrs. C. J. Embree.

Mr. and Mrs. A. E. Jay, Borden are spending their holidays with their cousin L.A.C. Norman Jay and Mrs. Jay at Falcon Bridge, Ont.

Mr. and Mrs. Harold Kiggins and sons Peter and Kenneth of Borden are spending their holidays with their cousin L.A.C. Norman Jay and Mrs. Jay at Falcon Bridge, Ont.

Miss Mary Chaisson R.N. left on return to Montreal after spending her vacation at the home of Mr. and Mrs. John E. Chaisson, Rollo Bay.

Miss Nova Chaisson, Lower Rollo Bay has returned home after being a patient at the Charlottetown Hospital.

Mr. and Mrs. John S. MacDonaid, Stollstown, N.S., spent the weekend, Mr. and Mrs. Borden with their daughter and son-in-law, Mr. and Mrs. Robert MacMillan, Mr. and Mrs. Russell White of Borden had as their guests over the weekend, Mr. and Mrs. Messrs. Darrell White and Chem Fraser of Murray Harbour.

Mrs. Everett MacKenna, Borden has returned home after a week with Mr. and Mrs. Vernon Clough at Halifax, N.S.

Mr. and Mrs. Clifford MacDonald, London, Ont., Roma MacDonald and Don Malara of Montreal, left on return Thursday, after a pleasant vacation with their relatives at Rollo Bay.

Miss Georgina Deagle, Charlottetown was a recent visitor at the home of Mr. and Mrs. John E. Chaisson, Rollo Bay.

Miss Elizabeth Chaisson nurse-in-training at the Charlottetown Hospital spent the weekend at her home in Rollo Bay.

George Christian and Joseph Christian were recent visitors to St. Georges.

Mr. and Mrs. Alton Perry, left by plane on Monday for their home in California after a pleasant vacation with relatives at Souris West and Rollo Bay.

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ENGAGEMENT ANNOUNCED

Mr. and Mrs. A. Reginald Coates, Saint John, N.B., announce the engagement of their only daughter, Carol Leigh to Wallace Owen Donald, son of Mr. and Mrs. Wallace Donald, Alma, P.E.I.

ELLEN'S DIARY

Plum Preserve Is Stored For Winter-Meals Ahead

"I like school and flowers, and singing. And Alex reflected a moment there on the front veranda where we visited together this afternoon, "every animal, especially cattle. And I was asked by a young smile looking about to its familiar fields, "my home."

A little truck was coming down from the fields then. We could hear presently that sound of a going which declares that rain is being lifted mechanically, "augured up" from the machine to a granite floor, once more given the sunshine and breeze of this afternoon, progress was being made at the harvest.

Until tomorrow — "Diary — Good-night...."

POPE TURNS 66
VATICAN CITY (AP)—Pope Paul VI turned 66 today, his first birthday as ruler of the Roman Catholic Church. The anniversary falls just three days before he reconvenes the Ecumenical Council he inherited from Pope John.

Because fruits and vegetables are now in abundant and varied supply, the housewife is being advised to can and preserve, to pickle and freeze, as many varieties as is possible to have them to help out in her menus through the lean months ahead. We added canned plums, the white, and the blue, today to our winter store. And for current use, and in this season of their pie-making, we made jars of the spiced apple relish, James checked so much with certain meats.

And once this evening we caught, with Peter behind me, enjoying too the outing, a ride in a little truck, with Jamie, then ferrying the grain home from the harvest. Up the rise, we came to the rented field, where the combining was being done. Kept on three sides by woodlands, the green of spruce and fir, and the hardwoods into which the autumnal colors now so faultlessly creep, this grainland I indeed a snug, enchanted spot.

"And what of the crops?" I asked beside the other machine. "It's fair, I would say," Jamie replied.

In any event, there was the increase pouring into the truck—and all about us was autumn's fragrance of the season.

Night keeps us now. In the quiet, a cricket's tune comes in from the lawn.

Before long, the thought comes, the frosts will put an end to the year's tunes. But today was pleasant, the afternoon one gives to farmers to get on with the affairs of their harvest.

Until tomorrow — "Diary — Good-night...."

BOING! BOING!

Teem!

*Gerald McBoing-Boing's way of saying: "Try Teem!"

EATON'S expert buyers went to Europe, and spent months in intensive selection, to offer you what they consider to be the most popular paintings.

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SPECIAL, Each

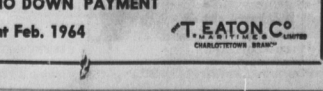
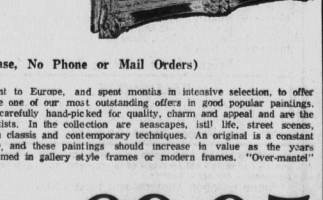
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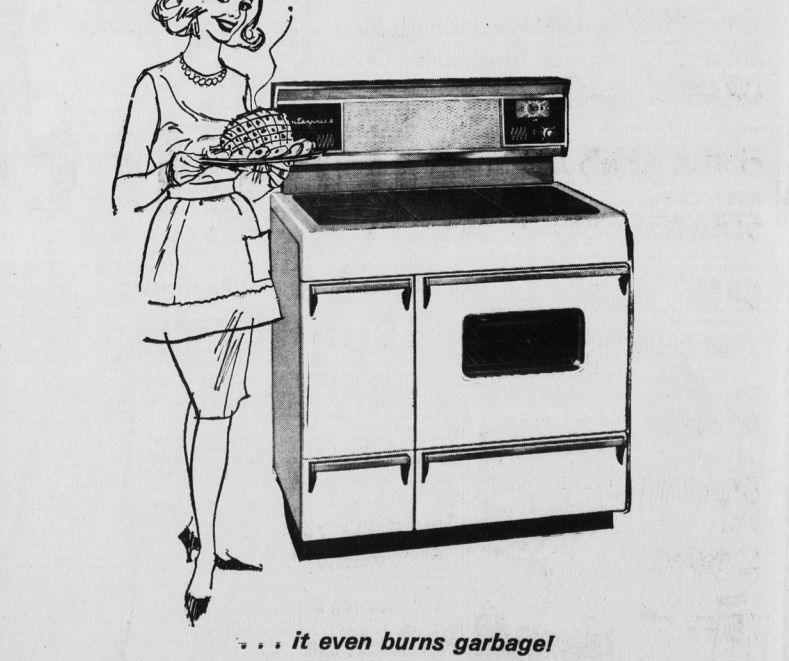
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GET MORE FUN OUT OF COOKING!

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