



ALLOCCASION SHOE

For cool comfort plus top styling there is nothing like the mesh shoe during the summer months. It not only will go with daytime dresses but will be perfect for afternoon and evening wear.

KEEP IN TRIM

While On A Diet, Make Sure You Stick To It

By IDA JEAN KAIN

Take the initiative to find out the role your mind plays in helping you to eat for normal weight. This enlightenment will pay slimming dividends.

PSYCHOLOGICAL PRINCIPLE

It is true that we tend to get what we expect. To carry this further, if you expect to be hungry while dieting, you will be.

Many overweights write that they start a diet course grimly determined to stay with it, and they do for a time.

PRINTED PATTERN



Just an afternoon of easy sewing - and see what a lovely dress you'll make with this PRINTED Pattern! Simple, cool for summer - no waist seams, no fitting worries (just cinch with the belt!).

MARY HAWORTH

Girl Misses Her Beau

DEAR MARY HAWORTH: I am 18, and engaged to be married to Mike, who is 20. Mike has been transferred to Vancouver by the firm he works for.

We want to buy our furniture and have it paid for before we get married. We had planned to be married in July, but are putting off the wedding until he returns in the fall.

My problem is—should I go out with other guys while he is away? If I did, it would be only to pass the time more quickly, since I miss him very much, especially on weekends.

Lonely on Weekends My work keeps me very busy during the week and I am tired and ready to go to bed early in the evening.

I know Mike would say "Go ahead and have some fun." And some of my friends say I should go out and have a good time; while others say I really love Mike and will be content to stay home and wait.

If I were to go out with other boys should I wear my engagement ring? I know I could never love anyone else but Mike, and would be going out only to have a bit of fun. I would appreciate your thoughts on this.

NOT A GOOD RISK DEAR C.S.: It seems to me that you simply don't foresee what marriage is, and that you aren't nearly prepared to commit yourself wholeheartedly to the married way of life.

If you can't occupy yourself in Mike's absence for a few months at this time, without ringing substitute "guy" into your social routine, you are not ready for a bit of fun. I would appreciate your thoughts on this.

You are still too green, too undeveloped, to be a man's real helpmate, his moral example, and his mainstay in family partnership.

You'd be looking to him to hold your interest, keep you happy and provide conditions that would keep you satisfied—instead of recognizing your obligation to be a self-reliant responsible contributing member of the going concern.

VERY ADOLESCENT Your disposition towards the question of weekend dating, in Mike's absence, is very revealing.

It shows that you don't know what you have habituated to react expect, spend it pleasantly which, to you, means escaping yourself or your daily round.

There was plowing. And in consequence, bedraggled farmers hurrying down the farm-lane to home, to turn attention presently to all those little and larger duties of choring put by in the busyness of the cropping for just such a day as was this one - to wean and weigh, and graduate accordingly, litters in the piggeries and plan of them, this we shall do or that, on into the months ahead.

And gray mists of June crowned the hills and showers fell intermittently to refresh the earth. And we said, "Maybe this is the sheep-storm?" But James shook his head and remembered "There's something else we'll have to do one of these times: the shearing is ahead."

"We've had a nice spell of weather for croppin' - we can't complain," the black cat offered, swallowing daintily a last bite before proceeding to sit up and chat - there on the "erandah." "Yes the showers are needed for the fields and meadows - and to settle the dust on the road and make driving safer."

The rain gushed from an eaves' head."

My suggestion is: Don't date others until and after you have read Dr. Alexander F. Magoun's book "Love and Marriage" (Harpers)—which splendidly offers enlightenment.

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

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LET'S EAT

If You Travel By Car, Watch Those Calories!

By IDA BAILEY ALLEN "Vacation time starts this month and thousands of persons will be taking to the road. Many of them are more or less overweight," I said.

"Which is not helped by riding immobile for hours in a car," added the Chef. "These people should eat a light but satisfying luncheon, out, Madame!"

"Yes, Chef," I replied. "Lunch should include plenty of bulk, such as a big mixed salad bowl, for appetite appeal and to help along sluggish intestinal action due to sitting so long. With the salad, have open sandwiches made with protein, rye or whole wheat bread, spread with plenty of cottage cheese, to supply protein. For a beverage, hot or iced tea or coffee with a twist of lemon rind. Fresh fruit for dessert."

"The menu of almost any restaurant or hotel lists these foods. After all, just because one is motoring while on vacation is no excuse for piling on pounds of unwanted weight."

Low Calorie Salad Bowl: about 100 Calories Per Person) Mix together 1 1/2 c. each crisp cabbage, raw tender spinach, sliced unpeeled cucumber, and 3 peeled medium tomatoes cut into 8 wedges. Arrange on lettuce. Serve in individual bowls.

Sprinkle with 3 tsp. fresh lemon juice and 1 tsp. salad oil mixed with 1/2 tsp. salt and 1/4 tsp. ground black pepper.

Vegetable Open Sandwiches: Mix together 1 c. creamy cottage cheese, 1/2 c. fine shredded carrots, 3 tsp. each minced chives and radishes and a scant 1/2 tsp. salt. Spread on 5 slices praline bread. Cut for easy eating. Sprinkle with shredded carrots.

TRICK OF THE CHEF Combine cooked green peas, diced carrots or new turnips with cooked diced asparagus to make dish go further.

LARGEST CONVENTION TORONTO (CP) - The largest single convention of its type ever to meet in Canada is booked here for November, 1958. Some 7,000 delegates of the National Association of Real Estate Boards are expected here for the five-day meeting.

Women

Lena Caroline McLure, Women's Editor. Phone 8508

Page 8 The Guardian Friday, June 14, 1957

HAPPENINGS

Mrs. Kenneth A. Parker entertained at the tea hour, Thursday afternoon at her residence, Euston Street. Miss Ruth Boswell was the guest of honor.

A Vancouver paper carries a remarkably fine picture of the Foley family. It portrays five generations. With John A. Foley, who is 101 years old, are Mrs. Maradee Olney, his great-granddaughter, and Shelaugh Anne Olney, his great-great-granddaughter.

Mrs. J. S. Taylor and Mrs. Leigh Warren returned recently from a motor trip to Toronto, where they enjoyed an extended visit with members of their family while away they spent some time in Oshawa, Buffalo and Niagara Falls. They were fortunate in being in Toronto during the tour of the Metropolitan Opera Company and attended the thrilling performance of Bizet's Carmen-Rise Stevens was in the title role.

Mr. and Mrs. Frank Hamm, Mr. Herbert announce the engagement of their daughter, Barbara Isabel to Mr. Samuel Robert Hackett, son of Mrs. Nina Hackett, and the late William Hackett of Halifax, N.S. The wedding will take place in July at the home of the bride.

ELLEN'S DIARY

June Showers Halt Work But Will Bring Growth

Tulips keened for the sunlight today and the buds of the peonies round and full, wimple dumpy. But we seeing the June showers descend offering refreshment to the land said, "This will bring the growth!"

"With some heat now we turned to the indoors. "Oh hake a little, and mend James work-socks, and . . ."

"Read?" he whispered. "Read," we smiled.

And the day, continuing gray as the down of the silver pigeon's wing, spent itself pleasantly for the folks at Alderlea and goes now off into the night, riding on a bright wind of clearing.

Until tomorrow - - - - - Diary - Goodnight. . . .

spout at the house-corner and running down the slope at once sought return to its rain-cloud "Heavy, eh?" he chuckled in a flash of white teeth. "It should bring the roses." he nodded. . . . "What are you aiming to do?" he queried as we turned to the indoors.

"No cropping today - unless he other scanned the sky. "Between showers we might plow a bit of that root-land."

"Do you hear them!" the furry black cat twinkled, looking up at his breakfast dish of oatmeal. "Do you know what they'll do?"

"Yes" we giggled, "get a good waiting that's all!" "Certainly," he grinned. "Because as I read the signs this ain't a goin' to be a day to work in the fields. Hear those bluejays! Ah ha!" he nodded "they're never too far astray in their forecasts."

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BARBARA HAMM



S. R. HACKETT

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EDNA TODD



JOHN TOWSDALE

ENGAGEMENT ANNOUNCED

Mr. and Mrs. Albert Todd, announce the engagement of their eldest daughter Edna Anne to Lac. Joan Arthur Trowsdale, son of Mrs. Trowsdale and the late Mr. Edward H. Trowsdale. Marriage to take place June 26th in St. Joan.

THE EXPERTS SAY

Can Accept Consequences Of Behaviour From Beginning

By CAROLYN WILLET Canadian Press Staff Writer OTTAWA (CP) - Dr. William Blatz, child psychologist for more than 30 years, says he's often stumped about what children are thinking.

But the director of the University of Toronto's Institute of Child Study isn't stumped when it comes to crying babies.

"All children cry if they're going to survive," Dr. Blatz told a women's group here. "And they'll always stop because they get bored."

He said if a parent decides a child is not crying for anything that is the parent's responsibility, "sit and listen . . . let them cry it out."

Some parents, he added, find this idea "unsporting."

CHILD RESPONSIBLE Dr. Blatz, himself a parent, said a child can accept consequences for his behaviour "right from the beginning."

"Parents should rear children so they could accept responsibility for their own decisions and actions. Parental consistency was important to child rearing. It was also very difficult. But consistency could develop a child's faith, trust and confidence."

"Mothers should behave so the child never doubts that he's wanted," said Dr. Blatz.

Exasperated mothers, for instance, should never threaten to give a misbehaving child to the milkman.

Such a threat might be aimed at a husband. "He's willing to accept the risk," said the psychologist.

DESTROYER, LINER BRUSH

QUEBEC (CP)—The destroyer HMS Micmac brushed against the liner Arossa Sun while docking in Quebec harbor Wednesday. There was no visible damage to either vessel and no injuries were reported.

Teachers must take some responsibility for a child's development. The church and community must be accessories to the home and school for child rearing. But it's emancipation that hurts parents most, although emancipation starts almost at birth he added.

MARVEN'S SODAS PURITY AND QUALITY

Just watch these yummy BANANA CAKELETS disappear! Includes recipe for banana cakelets and a can of Magic Baking Powder.

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