

### ENJOYED SUN AT DAYTONA BEACH

Mr. and Mrs. T. Roy Cudmore who have been on holiday in Florida enjoyed relaxing on the "sun deck" of the Seminole Motel in the Daytona Beach Recreational Area. Mr. Cudmore is the senior member of the firm of Henderson and Cudmore.

The Cudmores spent their last week visiting friends in New Jersey.

Photo by S.A. Slaterwhite

### WE AND OUR NEIGHBOURS

#### A Master Humorist Sheds Some Light On Laughter

Ruhamah S. Frank

"Oh, for a good laugh!" said one of a group of friends who had been among neighbors and the tragedies in the latest news. "Funny" stories circulated but the laughter was more the result of good fellowship than the stories or the art of the tellers. But "funny" stories are seldom successful, says no less an authority than Stephen Leacock.

In a chapter on humor (in "How to Write") he states: "A few stories are so short, so excellent, so fool-proof — of such simple outline, such a plain setting, without details of place, description and character that there is no need to introduce extraneous matter, indeed little possibility of doing so. Of such nature are the little generalized 'tags' about 'Scotchmen' old darkies, 'Jews' commercial travellers and other people whose character supposedly is reduced to one word, and who live everywhere, always, thus:

"What is the difference between a Scotchman and a canoe? A canoe tips!"

### DAILY PATTERN



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Then, according to Leacock, there is the simple story turning on a phrase: "A London medical professor who had received a royal appointment put up a notice in his classroom: 'Professor Smith begs to inform his students that he has been appointed physician to the King.' A student wrote underneath it: 'God Save the King.'"

As the funny story gets more complicated, says Leacock, the dangers to the teller increase. Details are omitted, unnecessary ones put in — and the point is often forgotten! (Leacock furnishes examples — read and laugh.)

**HUMOR**  
Humor is broader and deeper than the funny story. Once, deforcinity, cruelty, insanity, physical mishaps were material for humor. Even now they sometimes arouse laughter. But in most of us humor is quite kindly. It is true we often laugh from a sense of superiority at the weak, the futile. But our laughter, at its best, is mixed with sympathy. Charlie Chaplin, in his comedies, inspired such laughter.

Many of you remember the central figure in these moving picture comedies: A little guy with an ineffectual sort of mustache, dressed in shabby over-size trousers and worn over-size shoes — obviously hand-me-downs. Solemn-faced he shuffles above his humble job of street cleaning or window-washing, intent on his work he yet manages to tangle with the important, the pompous. His broom trips them up, of his soap-filled pail deluges them (the contrast between their self-importance and their ludicrous appearance creates whole-hearted laughter).

Sometimes chased by all in sight, he escapes — until his next misadventure — but more often he runs in vain. Cornered, he faces his captors with a child-like pleading look flickering across his solemn face — but the huge hand of a policeman grabs him by the scruff of the neck and shakes him much as a cat does a mouse.

We laugh—both the high-brows and the low-brows, but there is a lump in the throat of many of the audience. We feel superior to this weak odd little creature, yet we see ourselves in him—our own struggles in his brave and unequal fight against odds.

### COOK'S CORNER

#### COCOANUT COOKIES

3/4 cup brown sugar  
3/4 cup shortening  
1 egg  
1/2 cup cocoanut  
1 cup flour  
1/4 cup cornstarch  
1/2 tsp. baking soda  
1/2 tsp. cream of tartar  
Little salt and vanilla  
Drop off spoon then press with fork. Cook at 375 deg. F. until brown.

#### MANY LAKES

Canada's freshwater areas cover more than six per cent of the total of 3,845,000 square miles.

# WOMEN

Lena Caroline McLure, Women's Editor. Phone 8308

Page 8 The Guardian Thursday, Mar. 28, 1957

## HAPPENINGS

"I just love hats" is an expression one frequently hears. Well, yesterday at the Talisman Tea was certainly the day to see them. After weeks of indecision the weather man finally gave a really lovely spring day. So every one turned out to the tea for many reasons, one of which could be the joyous opportunity to wear a new chapeau.

The hats were as gay as spring-time itself. All were pretty, every one at the tea had fun—and every one loved the new hats!

Miss Virginia Boutilier of Halifax, was the guest of honor recently at a dinner given by the parents of Simpsons-Sears at the Queen Hotel. Covers were laid for six. A lovely gift was presented to Miss Boutilier as a remembrance of this happy occasion.

Mrs. George Lea was hostess recently at a bridge given in aid of the Multiple Sclerosis Society. Eleven tables were in play. Prizes were won by Mrs. Gordon Senn, Mrs. J. Larrabee, Mrs. Julian Herring, Mrs. Frank Hansen, Mr. A. M. Clark and Mr. T. M. Brehaut.

Mrs. J. A. MacLeod, North Riv-

er Road, entertained at a birthday party Friday evening, March 22, in honor of Mrs. Elizabeth MacLeod. The hostess was assisted in serving by Miss Joyce MacSwain and Mrs. Edward White. Tea was poured by Mrs. J. J. MacLeod. After a pleasant evening all departed, wishing the guest of honor many happy returns of the day.

Mrs. John Nicholson, Glen Valley, spent the weekend visiting relatives and friends in the city.

Mrs. R. E. McGirr returned to Leamington, Ontario, this week. Mrs. McGirr had been visiting her parents, Lieutenant-Colonel F. B. Conrad and Mrs. Conrad.

Mr. John A. Fraser, C. C. Regina, Sask., left for Halifax by plane on Friday en route to Regina. Mr. Fraser had spent the past week in Charlottetown, the guest of his sister, Mrs. J. W. MacDonald, 104 Fitzroy Street.

Miss Margaret Joan Carruthers arrived in Summerside from Calgary, where she has been employed for the past 18 months. Miss Carruthers plans to remain in Summerside for the present.

### KEEP IN TRIM

#### How To Keep Your Man Happy While Reducing

By IDA JEAN KAIN

The wife who wrote "How do I get my husband to want to stay on a diet?" hit at the crux of a common problem. Perhaps the best way to answer this query is to share the story of how one wife applied positive slimming to keep her husband happy on low calorie fare.

The doctor had ordered the head of the house to take off 30

pounds, and gave these blunt instructions. "Don't eat fats, cut down on starches, eat little bread, leave off desserts . . . and come back in two weeks with some of that fat off!"

Men seem to be particularly averse to the very idea of diet, and this husband was no exception. He came home dejected, in a blue mood, feeling defeated be-

cause he is. You haven't yet developed the faculty of "togetherness." But perhaps you could develop it, if given psychiatric guidance and support, in trying to.

Owing to the psychological (or spiritual) deficiency in marriage, you are unduly dependent upon sex as the bond in common. In general, your attitude towards George is morbidly jealous and possessive, yes. It is a flattering destructive attachment; and George's adjustment to it is morbid, too. He draws on it to rally his sick ego—the very ailment that makes him involuntarily afraid of sharing!

**READING LIST**  
If George were maturely at peace with himself, he could be more quiet; and also more helpful in powerfully influencing you toward emotional health.

For perspective on the whole situation, you might read Dr. Edmund Bergler's book "Divorce Won't Help" (Harpers), and for spiritual lift, read "Stake Your Claim" (Harpers) by Emmet Fox—M.H.

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

There are fights, wisecracks, nagging, insults, even blows; and slammed doors, of course—with the result that five nights in seven, and on weekend days, I am left alone, weeping over my happiness escaping forever. Life without him would be impossible.

What is wrong with me, or with us? (Does George resent my financial independence. He is proud). He says I am making myself miserable over nothing; that his need of other company has nothing to do with his love of me, which is strong as ever, he claims. Sexually this seems to be true. Please help me as I am getting desperate . . .—S.S.

**SAME AS BEFORE**  
DEAR S.S.—As to what is wrong, the answer is—George and you. What you fail to realize is that your married affiliation with George is simply a continuation of the impasse that existed before—except that the situation has been legalized.

During 15 years' wretched waiting for George, you had supposed that if you could live with him in honor, you and he would be happily "at one,"—sharing everything in comfortable harmony.

But George's married behavior makes clear that he flees, automatically, the possibility of real inclusive intimacy with a spouse. His constant gadding is a flight from psychological involvement— from deeply knowing, and being known, in a meaningful "we"—relationship.

Also your tragic, isolation in marriage, your reclusive routine, suggests why George has felt an affinity of sorts with you, why he has adjusted to your society. It is because you are essentially as rejecting as he is, emotionally. You aren't disposed to a real wholesome relatedness, any more

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AEROWAX

PASTE or LIQUID 39c

Food Editor Helen Gougeon is all for the afternoon tea party but she says keep it simple. In The Standard this week she gives hints on making such events a success. Also recipes for sandwiches, cakes and some tips on making good tea. Get The Standard—on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents.

## Afternoon Tea Party

ON SALE NOW

fore he even started. However his wife knew just what to do. She told him matter-of-factly, "While reducing you need foods that stick to the ribs. You must have plenty of lean meat and fish, eggs and cottage cheese, vegetables and fruits."

At this unexpected response, the husband looked pleased and said, "Why, those are all the foods I like!"

"That's just the point," his wife explained. "A diet today is good eating, with only the fatteners left out." With that fresh approach, she had little difficulty . . . and the husband lost one pound a week while enjoying good fare.

### CHANGE MEALS

So . . . if your husband has been ordered to reduce, change the character of the meals. Include

more protein and less fat, restrict starch and sugar. Broil the meats—don't fry. If the fat isn't left on the meat, he won't eat it. It will help to serve foods that automatically limit the portion, such as a medium sized baked potato, with a small pat of butter on the individual plate, or squash served on the half shell. Instead of cream sauce on the vegetables . . . cook them with a bouillon cube added to the water. This adds flavor without calories. Have the salad bowl particularly inviting, and use low calorie salad dressing.

If cake in his favorite dessert, make a delicious sponge cake or angel food cake—leave off the icing. Vary this dessert with a selection of his favorite fruits or the low calorie puddings, prepared with skim milk.

Turn your culinary skill to preparing tasty low calorie dishes. One thing is certain: you'll never get your man leaner if you continue cooking as usual but serving him meagre helpings. With a little ingenuity on the part of the cook, he won't notice too much difference in the menus—but he will in his weight.

### UNION RD. W.M.S.

The March meeting of Union Rd. W.M.S. met at the home of Mrs. Everett Lamont on Monday, March 11th. President, Miss Marjorie Lamont, opened the meeting by reading the "call to worship from missionary monthly".

Theme of meeting, "Who shall separate us". Oh God Our Help In Ages Past was sung. Scripture reading was taken from Romans chapter 8 verses 31-38. Lord's day

Turn your culinary skill to preparing tasty low calorie dishes. One thing is certain: you'll never get your man leaner if you continue cooking as usual but serving him meagre helpings. With a little ingenuity on the part of the cook, he won't notice too much difference in the menus—but he will in his weight.

of Prayer programme was followed several members taking part, followed by the singing of "What a Friend We Have In Jesus". Christian Stewardship reading by Mrs. Lamont. "The art of Patience."

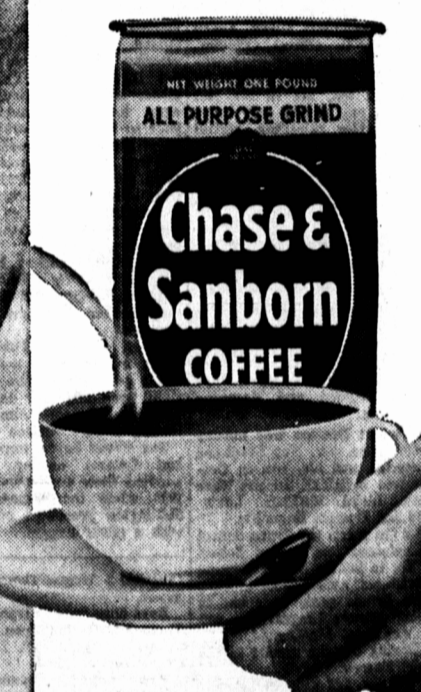
Roll call was answered by 4 members. Minutes were read and approved. During business period two thank you cards were read. For programme: Mrs. Lamont presented a reading "A Valentine for Martha". Mrs. Sterling Yeo a reading "His Appointments".

Programme committee for next meeting, Marjorie Lamont and Mrs. McArthur. Collection amounted to \$1.50. Fruit and flowers 60 cents. A special collection was taken for temperance, amounting to \$1.75. Next place of meeting Mrs. H. Yeo. Meeting closed by singing "Blest Be The Tie That Binds"



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