



### MARY HAWORTH Jealous Of Her Sister, Needs Specialist Help

Dear Mary Haworth: I hope you can tell me what to do for my daughter Eve, who is now 15. She is five feet, five inches tall and weighs 120 pounds, and isn't bad looking, but she insists she is fat and ugly and won't try to look nice.

She won't go with me to shop for clothes, and when I buy things for her, she won't have them, regardless of beauty or quality. If I give her money to shop for herself, she is apt to buy fancy underthings, and then ignore them too. She is miserably jealous of her older sister—Ruth—I'll call her—who is 17, and not one bit prettier. I always help Ruth buy her clothes and she does look nice.

#### GIRL CONFUSED

Eve will make dates with boys, then get mad with them before she leaves the house and refuse to go. Or she makes them bring her home by nine o'clock; she cries for a while. When I try to talk to her, she says no one is interested in her.

Her father always has been very fond of his two girls but she despises him. She won't eat table with him, says her father smacks (in chewing) and gets on her nerves. She dashes out of the room and slams the door if anyone chews gum in her presence. One of us comes in from work and kicks off our shoes, she leaves the room in a huff. She will cry and once in a while she will cry and say she is so confused that she doesn't know what to do, and just wants to die. What would you advise us to do? I am at my wits' end, and our home is so unhappy that we are all about to have nervous breakdowns. C. Y.

#### EMOTIONALLY SICK

Dear C. Y.: It seems sensible to assume that Eve is emotionally ill, or drifting towards it. She is tensely anxious almost to the point of hysteria, as the usual thing, nowadays. And I feel she should have specialist help, and so should the family, in coping with her "crisis of nerves" in order to spare her a crack-up which could be serious. An ounce of prevention costs a pound of cure, the general tenor of Eve's distress indicates that she is wretchedly self-despising, with no conviction of lovability; and due to this unhappy slant, she is psychologically disintegrated, as it were. By this I mean, her personality isn't functioning as a unit. She is at war with herself, figuratively speaking—carrying on an inner dialogue of biting self-criticism and angry self-defense or self-justification.

Owing to this inner turmoil which keeps her on edge and engrosses her energies, she is more or less out of touch with people in her environment. Feeling sick and sore, emotionally, she is more allergic than receptive to social activity and human closeness. Also, involved in miserable imaginings, she tends to read "the worst" into other persons' reactions to her; and to infer that they are unfavorably disposed or totally indifferent, or trying to get her goat, etc.

#### NEEDS EXPERT

Eve designates her trouble with poignant accuracy in saying she is "so confused that she doesn't know what to do—she just wants to die." This type of suffering (and frightening from the patient's viewpoint), isn't uncommon to young people. Indeed, sensitive adolescents are rather especially susceptible to it.

Whether it has an emotional or a physical or a functional basis, I don't think anyone knows, precisely. However, a first-rate psychiatric specialist, or analyst, can give the patient tremendous relief, by helping him (or her) get a good grasp on the realities of the situation and develop right attitudes for coping with life "as is."

Thus I suggest you get guidance from experts on the staff of the Community Mental Hygiene Clinic, in the city through which you write. Also, you might read Dr. M. H. Abrams' book "Mind and Sugar" (Holt, publishers) to garner information about possible dietary causes of nervous distraction. M. H.

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

#### STURDY HORSES

A special Swedish breed of horses is used for short timber hauls in Sweden's forests.

#### "BACK ON SCHEDULE!"

"I've taken things for relief from constipation for years. Now, at 73, I'm back on schedule—regular as clock work thanks to Kellogg's All-Bran." Mr. J. W. Leithwaite, Toronto.

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# WOMEN

Page 8, The Guardian Wed., May 9, 1956

## HAPPENINGS

### CATHEDRAL W.A.

The senior branch of the St. Peter's Cathedral W.A. and the Evening branch jointly held a closing meeting on April 30 in St. Peter's Parish Hall.

The work of both branches was on display. Mrs. George Rogers, president of the senior branch, welcomed the members, especially the guests from St. Paul's W.A. Mrs. Rogers called on Canon Moffat, who spoke briefly on work, stressing that in giving we shone practice the Golden Rule.

Mrs. Harry MacPherson, president of Evensong branch, added her word of welcome. Mrs. E. Champion, President of the Diocesan Board gave a thought-provoking talk on future work. Mrs. Champion told about the two church meetings this autumn when hospitality will be needed for large groups of clergy and laity.

Under the sponsorship of Mrs. H.L. Pickard, the Dorcas secretary and Miss B. McKinnon the bazaar for Gordon Indian Residential School, Saskatchewan, contained complete seasonal outfits for an older girl, toilet articles, bedding, Christmas gifts and many small articles.

To the St. Faith's Mission at Swan River went an infant's layette, household articles, and knitted goods for older people.

A fifteen pound box of food stuffs donated by members was packed and shipped to an elderly clergyman in Scotland.

Assignments were completed for Local Red Cross work. At the social hour refreshments were served. Mrs. Rogers presided, assisted in serving by the members. Tuesday afternoon two large cartons of used clothing valued at \$3.00 were packed by St. Peter's Guild Room to be sent to Mrs. Martin, wife of Bishop Martin at Prince Albert for distribution. Gratitude is expressed for this to the Rogers Hardware for packaging and preparing the clothing for final shipment.

### OYSTER BED BRIDGE W.I.

Oyster Bed Bridge Women's Institute met in Wheatley school on May 3. Seven members answered the roll call by naming their first school teacher and where they are now. The minutes of previous meeting were read, approved and signed. One member paid membership fee and a donation was received.

Thanks were received for books, cards and fruit sent the sick. The treasurer reported buying pencil sharpener and flowers. Red Cross work was passed in. Remnants which were donated to Institute were passed out to members who are to make them into articles to sell.

Mrs. Philip Matheson gave a report on the District Officers Convention which she attended. There was a discussion on District Convention which is to be held in New Glasgow hall on June 13. It was decided that vice president and secretary attend the New Glasgow to make plans for District Convention. It was also decided to invite the members of Anglo Rustico's W.I. to a special meeting to be held at the home of Mrs. Philip Matheson to make plans for District Convention.

Correspondence consisted of "thank you" card from Chandler girls for flowers sent during their bereavement. A letter containing the Government Grant of \$2.50. Literature on Ceylon was passed.

out to be read. It was decided to send \$1.00 to C.A.C. for membership fee.

The June meeting is to be held at the home of Miss Leora and Hazel Matheson on first Tuesday of June if suitable if not suitable to be held in school on that night. Roll call is to be answered by collection.

### CORNWALL W. I.

Mrs. Gordon MacMillan was hostess for the April meeting of Cornwall W.I. Epic for April was "Spring Echoes."

The Ode and Collected by twenty three members with a flower slip. There were three visitors present. The treasurer reported twenty-six dollars made from sale of lunches at a concert.

Mrs. Gordon MacMillan moved that Mrs. Waldon Lovthorpe be invited to give reading at the concert of Music Festival numbers. This was seconded by Mrs. G. Bain. Mrs. Joseph Donahue consented to give reading at the concert. Ham or chicken sandwiches will be sold.

Mrs. Hazen Howard kindly invited the members to her home when the Handicraft Van visits Cornwall.

Hostess for May will be Mrs. Hector Scott when the roll call will be answered with a get-well card. The topic will be Agriculture. Six of the members will take part in a debate, viz. Resolved that women are more competent car drivers than men. Mrs. Hector Scott, Mrs. Haston Herlihy and Mrs. George MacMillan will uphold the lady drivers while Mrs. Jack Donahue, Mrs. G.R. Bain and Mrs. Earl Lovthorpe will take the part of the men.

Lunch committee for May will be Mrs. H. Howard, Mrs. Gordon Frizzell, Mrs. Norman Hyde and Mrs. Andrew Gass. An initial concert will be conducted by Mrs. W. Gregor. Collection amounted to \$1.35 meeting closed with The Queen. Lunch was served which included ice cream and a delicious anniversary cake made by Mrs. Jack MacMillan and was much enjoyed by all.

### ALEXANDER W.I.

The May meeting of the Alexander W.I. was held at the home of Mrs. Harold Beaton with an attendance of 11 members.

Meeting opened with Ode, followed by Mary Stewart Collect. Roll call was responded with "Exchange of Potted Plants." Minutes of last meeting were read and approved. Reports of committees were given. It was moved and seconded to renew membership with C.A.C. It was moved and seconded to have a cake sale in the near future and plans were made concerning same.

Articles of knitting were passed in for Red Cross Collection amounted to \$3.00.

Mrs. Aubrey Bamble invited members to her home for June meeting when roll call will be "Something about Ceylon." Lunch committee will be Mrs. Wallace Brehaut, Mrs. Bruce Judson and Mrs. George MacLennan.

An interesting paper on "Rural Education of Ceylon" was read by Mrs. Benjamin Wood. Meeting adjourned and lunch was served by hostess and committee in charge.

## KEEP IN TRIM

### Slimming Clubs Help Stimulate Weight Loss

By Ida Jean Kain

Reducing together in clubs is not only more stimulating, but has proved to be an effective way to lose excess pounds. Some groups are comprised of career women who have their meetings in the evening, others of homemakers who meet at neighborhood homes or at the local "Y." Today's enthusiastic report is about a newly formed group in Maine.

"You have helped us so much, but this reducing club has got a little beyond my control. We started with six overweight, but at the very second meeting, thirteen came! Of course they are welcome to join us, and it is so much fun. We do have a retired woman doctor who attends our meetings and helps keep us on the right track.

"Some of our members are so much overweight they prefer no one to know exactly how much they weigh. So our doctor weighs everybody in and keeps the weight confidential. Last week six of us lost a total of 22½ pounds on our Scientific Wonder Diet. The new members have asked me to obtain copies of this diet and the Take Your Choice Diet. They would also like to have the Ideal Weight Chart.

"We're mostly in our early thirties, and all housewives. Two of our members need to lose only 15 to 20 pounds, so we thought it might be fun to give them a graduation week. They reach their goal and keep the weight off for a few weeks. Another suggestion is that at the start, members pay for every overweight pound... and earn a little back each week as they lose. There are so many ideas we haven't decided what to do yet. We'll keep you posted. And I will write you after our graduation."

#### CUTS RESISTANCE

It certainly doesn't sound as though reducing is boring in this group, does it? There is something about the camaraderie of tackling a project together that takes away the resistance to cutting down on fattening foods.

Weighing in every week is an important part of the reducing plan. Not only do the reducers desire to keep pace with other dieters, but there is an urge to "pull-your-own-weight" in the group. Some clubs have a Blacksliding Committee to bolster the morale of the poor losers and keep them on the beam.

It's a good plan for one member to take charge of weighing and keeping the record; and another to head the Measurement Committee. Measurements should be taken every third week.

If other clubs have ideas that have proved effective—write in so they can be shared through the column.

## MacInnis - Grant

A quiet but pretty wedding was solemnized in St. Ninian's Cathedral, Antigonish, N.S. Monday, April 30th, when Sheila Ann, daughter of Mr. and Mrs. J.P. MacInnis, Antigonish, became the bride of Kenneth, son of Dr. and Mrs. Roy Grant, Summerside, P.E.I.

The bride, given in marriage by her father, was lovely in an afternoon dress of powder blue with a small floral design. Her halo-effect hat was of white straw and she carried a bouquet of lilies of the Valley and forget-me-nots. Her only jewelry was a single strand of pearls, gift of the groom.

Rt. Rev. W.J. Gallivan performed the ceremony. She was attended by her sister, Miss Joan MacInnis. The groom was supported by his brother, Mr. Roy Grant, Jr.

Following the ceremony a reception was held at the Royal George Hotel, Antigonish, at which the immediate relatives were present.

After a short motor trip the couple will reside in Halifax where the groom will begin his internship and the bride will continue her post-graduate studies in chemistry at Dalhousie University.

Many inhabitants live on rafts in the marshy area around Palembang in Sumatra, Indonesia.

## COOK'S CORNER



### ECONOMY PASTRY

6 cups all purpose flour  
1 pound lard  
1 tbs. baking powder  
1 teaspoon salt  
1 egg  
1 teaspoon vinegar  
water  
Sift flour, baking powder and salt. Blend in lard. Beat egg slightly, add vinegar and enough water to make a cup of liquid. Add liquids to dry ingredients blending with fork or pastry blender. Store in refrigerator and use as needed.

### LEMON TARTS

Four into unbaked shells.  
1 cup sugar (white)  
1 tbs. butter  
Makes 1 dozen.

## ENGAGEMENT IS ANNOUNCED

Mr. and Mrs. A. Leonard Bowles of North Wiltshire have announced the engagement of their daughter, June Kathleen, to Douglas Irving, son of Mr. and Mrs. Fred MacEachern of Trenton, N.S. Marriage to take place in Hunter River United Church on May 19, 1956.

## ELLEN'S DIARY

### Not Just The Price

In the pleasant sunshine of to-day, we found "memory" peonies showing pinkly in the leafy mould of the flower-border, they having been kept warmly by the heated drifts of the winter. Found a white crocus too, petals as fragile as a butterfly's wings—and overheard more than one intriguing conversation and song in the yard about "Lands' sakes, aren't you the funniest one!" the young matron of grackle perched near the edge of the garage-roof laughed to her husband, her assistant at the building. "How do you expect to get that load of twigs through our small doorway? You can't do it. Unless," she said with an appraising glance, "you turn them sideways. You may squeeze them in that way. Try it anyway. There! Easy now...so you did" she smiled.

"I'm not as simple as I look, my dear," he chuckled landing somewhat breathlessly beside her. "Not simple at all," she commented fondly, "but you will admit you're...well, naturally, we both are, a little excited."

He nodded, smiled, a young shy smile. "It's quite a responsibility this getting a new home shaped up, isn't it? Takes a lot of planning..."

"And a lot of work!" she supplied. "If it would stop with building it," he said, squinting at the sun. His words reminded us of James when some new machine has been bought or an improvement made within house or barn. "It's not only the cost of it!" James will say. "If it would just stop at that. But now, do you know what we have to do? We have to pay and

pay, buy gas and oils and extras or pay service charges to wear it out! Yes, if it would stop with the cost of it!"

"But folks can't rear a family these times without work" Papa-Grackle continued, "better to wear out than rust out isn't it?"

"Yes," she agreed, "And won't it be fun!" she chuckled, a dream in her eyes.

"We'll get along—I just know we will, but not sitting here idly, letting a nice afternoon pass over our heads! Let's bring in some of that wool you were telling me about—on a fence, is it? Whereabouts?"

"This way, my dear," he said leading off smartly on sun-burnished wings.

Fencing. That was the farmers' "pastime" this afternoon, away at "the other farm" beyond and beside Rob's, leaving this place as usual at such times, strangely quiet and alone; leaving "roving" commissions for the housewives in their absence—if the day turns colder, run and close the stable-door. And just cast your eyes along to see that none are loose—they get mighty restless this time of year. And, you might slip up to the pasture now and again, in the event that there might be a ewe strayed from the rest. Oh, we're not expecting any lambs this afternoon, but then we never know—and it's fairly cool for new-born lambs yet, out of doors."

Full the hours for the housewives at Alderlea? Aye, with never a languishing minute. May-hours—they fly so smartly away. Until tomorrow — — — Diary Goodnight...



## HAPPY FOOTWEAR

This new style is called the "Fandango" because it's as lively and gay as the dance, yet a comfortable as an old shoe. And the metallic trim gives the banded mule a very dressy look.

A medium wedge heel, sored in-step, buckle heel strap and soft blended sole add to its comfort. Shoes come in medium and narrow widths in licorice, wild apple, toasted almond and wild olive shades.

## ALICE BROOKS DESIGNS



Pattern 7186: Children's sizes 2, 4, 6, 8 included. Pattern, embroidery transfer, directions. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front Street, W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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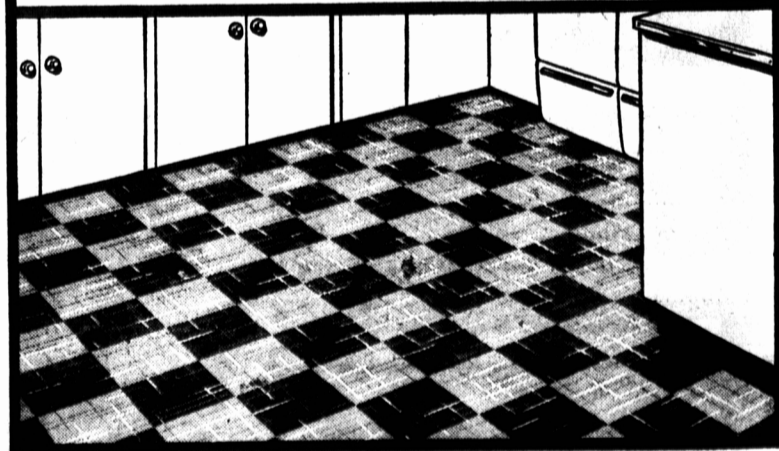


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