

WOMEN

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MARY HAWORTH'S MAIL

"Ideal" Young Wife Bemoans Husband's Unloverlike Attitude

DEAR MARY HAWORTH: I that you present him with a problem 24. He has been married four years and has a wonderful daughter, age 2. My husband is very intelligent and has a fine job and I am doing well in my profession. We have a beautiful home in a fashionable suburb, with a gardener and a maid.

We are college graduates, come of successful happy families, and work hard for what we have. On the surface it seems a good marriage but I am unhappy. If this is marriage, I don't want it. My husband is faithful, intelligent in money matters and says he loves me, but in the last two years our marriage has been almost sexless.

I am ardent and crave affection: John is cold. Before marriage I mistook his attentions for affection. Although he never put his arm around me, or showed any emotion except a temper in public, I thought he was shy and would be different in marriage. I don't want to be kissed as if I were his mother, nor shoved away and kidded for even putting an arm around him.

URNS TO AFFAIR, KNOWS IT'S WRONG

I dress nicely, keep myself attractive and do everything, business-wise and socially, to please him; yet I have to practically beg him for love. Mostly he just says he is tired, not in the mood, or irritable. I was faithful until six months ago, since then I am having an affair; and I know this is wrong, but I can't stand the emotional frustration of John's kind of marriage.

Should I get a divorce and look for someone else? I want to be married and will do all I can to make a go of it—but I can't get along without love. We both love our child and I don't want to hurt her. Please advise me soon. Am I wrong in wanting to be loved? John doesn't know the present state of my feelings. G. R.

HUSBAND ISN'T ALL TO BLAME

DEAR G. R.: In order to get at the truth of what's wrong, you'd first have to discard your air-tight theory that John is to blame for your infidelity. Assuming that he is a difficult fellow, unduly inhibited as regards interplay of love and affection, still I think

that you present him with a problem too—that tends to aggravate his possibly characteristic defensiveness.

It is an old saying that the heart has its reasons unknown to the mind, when individuals choose a life partner. And the drift of events suggests that you married John not for love (you weren't ready for that) but because his mild self-containment was made frustrating to you—and you were challenged to crack his armor somehow. You were victimized by your sexual egotism, I think—and by your misconception of what love is.

What you identify as your ardent temperament may be inordinate bodily self-engrossment on an infantile plane. Your driving hunger along this line may throw John on the defensive continually—indisposed to profess the feelings he otherwise might, if permitted sufficient margin of initiative.

SELF-ENGROSSMENT IS FRUSTRATING

This interpretation of your problem lies in with your perennial sense of frustration—which you've failed to see as a chronic condition. Yet you were frustrated in courtship, and also in marriage. And now you are frustrated in your affair, I take it, or you wouldn't be wretchedly asking what to do next.

The profound satisfactions of emotional rapport always elude the self-centered personality, for the reason that he (or she) is oblivious to the partner and, therefore, can't have a meaningful experience. And the partner, sensing the sham, usually retaliates with unconscious scorn, coldness, resentment, etc., so that the mutual effects of the alliance are bad for both.

Despite your avidity, you are probably frigid; and likely your rationale of the unhappy marriage didn't take form until after you were unfaithful. In any case, you definitely need psychiatric help, to clear up the smoke screen of self-justification. Read "Divorce Won't Help" (Harper & Brothers) by Dr. Edmund Bergler, for insight into your hedging. M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

After 13 Girls, There's A Boy In The Family



Lloyd Brooks smokes a cigar as he and his thirteen daughters gather at the bedside of Mrs. Brooks, 39, to see the first boy born to the family, Leslie Benjamin. Prior to Leslie's birth, Mr. Brooks of Pittsfield, Me., was said to have the largest all-girl family in the U. S. Papa Brooks said, "Now that I have a boy, I hope it will be the end." Children in the photo are: Eunice, 16; Alma, 15; Elaine, 14; Ervena, 13; Rosale, 11; Janet and Janice, twins, 10; Donna, 8; Hazel, 7; Rae Jean, 5;leanor, 4; Joyce, 3, and Lorraine, 18 months.

Spiced Devil's Food Cake

4 squares unsweetened chocolate.
1 cup sugar.
1 cup water.
2 1/3 cups sifted all-purpose flour.
1/2 tsp. salt.
1 tsp. double-acting baking powder.
1 cup softened butter.
1 cup sugar.
1 tsp. soda.
1/2 tsp. ground cinnamon.
1-8 tsp. ground cloves.
3 eggs, unbeaten.
1/2 cup sour milk.

Combine the first three ingredients in the top part of a double boiler. Cook over hot water until chocolate is melted. Cool.

Sift flour, salt, and baking powder together. Cream shortening, sugar, soda, and spices together until fluffy. Beat in eggs, one at a time. Stir in half a cup of the flour mixture. Blend in the cooled chocolate mixture. Add the remaining flour alternately with the milk. Beat the batter for half an hour.

Bake in 2 well-greased, lightly floured round 9-inch layer cake pans in a pre-heated 375-degree oven (about 30 minutes). Cool for 10 minutes before removing from the pan.

KEEP IN TRIM

Maintains Secret Of Dieting Is "No Exception to the Rule"

By Ida Jean Kain

In the minds of most overweighters, there is apt to be a splinter of worry that reducing will have aging effects. This success story of a courageous overweight who reduced 108 pounds and looks a good 20 years younger than when burdened with fat, should give all dieters a tremendous lift. And the fact that now, two and a half years later she is controlling her weight on 2000 calories a day, is proof of the effectiveness of nutrition science. To continue with her story begun in yesterday's column . . .

In 1952, this overweight tipped the scales at 266 pounds. After a visit to the doctor, she started dieting on 1300 calories a day—with 300 for breakfast, 300 for lunch and 600 for dinner. The menus included all the protective foods and were built around lean meats, eggs, skim milk, green and yellow vegetables, salads with low calorie dressing, fresh fruits and limited bread and butter. "On this diet I never felt weak or dizzy or even hungry after the first week on smaller meals. In fact, I felt better all the time as the burden of fat lightened," she reported.

The 1200 calorie plan was followed for six months, then the calories were lowered to 1000 a day. This was low, but the menus included all the protective materials needed daily. She checked with the doctor each month.

Her dieter continued: "After I began to diet, I would get on a

Tomato Mint Salad

One slice onion, 6 medium tomatoes, 2 tbs. finely chopped mint leaves, 3 tbs. salad oil, 1 tbs. vinegar, salt and pepper to taste, 1/2 tsp. sugar, 1/2 cup finely diced cucumber.

Rub salad bowl with slice of onion. Peel and slice tomatoes and place with chopped mint in the bowl. Mix oil, vinegar, seasonings and sugar well together. Add diced cucumber. Pour over tomatoes. Chill thoroughly to allow flavors to blend. Serve on crisp slices of head lettuce. Six servings.

Fruit Cup

1 cup white grapes
1 cup orange sections
1 cup pineapple diced
1/2 cup orange juice
1/2 cup pineapple syrup
sugar and few grains salt

Remove skins and seeds from white grapes, and membrane from orange sections. Mix fruit, orange juice and pineapple syrup or fresh pineapple juice, salt, sugar to sweeten.

Put in freezer. Pack in ice and salt and stir occasionally until juice begins to freeze. Serve in champagne glasses, garnished with maraschino cherries. Makes eight small or six large servings.

LET'S EAT

Sweets For Dieters

By IDA BAILEY ALLEN

"MADAME the lady eating dinner at that corner table has ordered a very interesting meal," said the Chef. "Just three foods, and all desserts—peanut pie, chocolate marshmallow layer cake, and a dish of peach ice cream."

A Reducer's Fling

"I'll wager she's reducing," I answered, "and couldn't take it any longer, so is out for a fling. She's eating about 800 calories."

"However, if she had only juice, a boiled egg, coffee and a slice of toast for breakfast, and cottage cheese, sliced tomato and lettuce for lunch, she'd still be within a possible daily 1200 calories."

"But, of course, she wouldn't be well nourished and couldn't reduce satisfactorily on such a daily diet, for the foods don't contain enough protein, and are too high in starch, fat and sugar."

Coffee and Desserts

"I think your idea for the dessert-loving ladies to give coffee and dessert luncheons is good. Madame. A choice of desserts can be offered, such as a fine fresh fruit cocktail, with or without nut macaroons, caramel custards and pineapple juice gel, with or without cream; perhaps an orange chiffon pie, and a choice of strawberry meringue cake or fruited Boston cream pie."

"They could be arranged to make a glamorous dessert buffet, Chef, and would offer a choice for reducers and non-reducers."

Strawberry Meringue Cake: Cover a single layer cake of plain or white cake with drained thawed frozen strawberries. Top with Mile-High-Meringue (recipe often given in this column). Brown 12 min. in a slow to moderate oven, 325-350 degrees F.

Serve with strawberry sauce made from the juice, slightly thickened with 1 tsp. cornstarch blended with 1/2 tbs. cold water.

LIFE was never such FUN before!

Thank Heavens—she found her weak blood trouble was iron! Now she's happy—invited—admired! What a difference from that pale, anemic, lonely girl. If you always feel tired, run-down, so your blood, too, is low—take Dr. Williams' Pink Pills. See if in 30 days, richer, redder blood doesn't make you a new person, with more energy, better color, new radiance. Start today! Get back in the pink with DR. WILLIAMS' PINK PILLS

Have Supplies on Hand For Illness

WHEN a youngster is ill or injured, it's his natural instinct to turn to his mother or father. Are you prepared to help him? You aren't unless you have adequate first aid supplies immediately available.

People frequently ask me just what type of equipment and materials they should have.

In addition to the items I listed yesterday for your medicine cabinet, your first aid equipment should include sterile gauze, adhesive tape, and a few small sticks or flat boards to serve as emergency splints. A pair of scissors should also be kept where they are always available, since those in everyday use might easily be misplaced.

Keep All Together

It would be best to place all the items in a box set aside for first aid use only.

It is just as important to be able to treat illnesses immediately as it is to soothe injuries.

So I think you also ought to have a clinical thermometer. The first indication of an illness frequently is a very sharp rise in temperature.

Versatile Item

An ice bag is sometimes needed to reduce swelling.

Since heat is often required in cases of infected muscles, injury and other instances, every home should have an electric heating pad or hot water bottle. Let me warn you, however, to apply heat carefully.

A syringe or enema bag usually provides the gentlest and safest way for cleaning the intestinal tract, if such action is indicated.

Electric Vaporizer

One more thing that might come in handy is an electric vaporizer. Inhaling steam containing tincture of benzoin or similar medication is one of the best methods of treating colds, bronchitis and other respiratory system infections.

QUESTION AND ANSWER

E. D.: Will you please explain what myasthenia gravis is? What are the symptoms, and is there any cure?

Answer: The cause of myasthenia gravis has not yet been discovered, nor has a cure for this condition been found. There is weakness of the muscles, which disappears usually after rest. Complete paralysis may develop.

Treatment with strychnine and potassium iodide may be helpful in some instances. Absolute rest is important, and muscular fatigue should be avoided.

Baked Fillets

1 lb. fish fillets
1/2 lemon (thinly sliced)
4 tomatoes, (sliced)
1/2 tsp. salt
1 small onion (grated)
2 tbs. butter
Chopped parsley.

Lay fish out flat in shallow baking dish. Make slits and partially insert lemon slices. Arrange tomato around edges. Sprinkle all with salt and onion. Dot with butter. Bake in moderately hot oven 375 degrees F. for about 25 minutes or until fish is done. Garnish with parsley.

Bringing Up Baby



Hints Collected by Mrs. Ann Carter (Mother of 5)

Is there a dog in your family circle? Getting the pup acquainted with baby is easier if you first introduce the pet while your child is in his crib. Baby feels safer behind the bars—can learn to love the puppy little by little—and vice versa. And such very happy loves are established between a boy (or a girl) and a dog.

Happy love of a baby for his meals can be established if you serve a variety of foods that look good as well as taste good. Easy, with Gerber's Strained Vegetable-Meat Foods. Over 33 varieties of good-tasting Fruits, Vegetables, Meats, Dinners and Desserts—all specially processed to preserve true-to-nature colors, naturally mouth-watering flavors, as well as a high retention of wholesome food values. All pureed to a wonderful smoothness that feels particularly pleasing to delicate tongues.

Bright idea division. An inventive mother offers the helpful hint: soakers made of wool soon discolor and stiffen. So make them of terry cloth. Every bit as absorbent . . . and launder to lily-white and cloud-soft in the washing machine.

Contributors corner. Many of the hints in this column come from mothers just like you. If you have any tips you'd like to share, do send them to me: Mrs. Dan Gerber, Box 68, Toronto 18, Canada.

Midday magic. Soup for baby's lunch—delicious and nutritious—and easy to serve especially when you use Gerber's Strained Vegetable-Meat Dinners, by simply adding a small amount of milk or water. For these hearty dishes combine three important food groups: vegetables, meats and cereals. All carefully blended for a delightful variety of savory flavors. 5 Strained Dinners, 5 Junior dinners, for tots with a few teeth.

Fascinating Formal



BY TRACY ADRIAN

Beautiful for debutante balls, evenings at the opera, and formal nights of dining and dancing is this exquisite ballgown of breathtaking pale green silk shantung. The strapless bodice is of tulle, draped very effectively at the top, to emphasize the fitted princess lines of the waist. A band of seed pearls and brilliants divides the tulle from the dress fabric. The floor-length skirt is very full and elegant. A matching tulle stole completes this delightful picture.

Household Hint

If you are choosing new kitchen equipment, buy an opener for screw-topped containers. Since screw-top jars come in a variety of sizes, select an opener that will take care of all kinds from extract bottles to wide-mouthed fruit jars.

One type of opener has V-shaped jaws with teeth on one or both sides; the spread of the jaws adjusts to different sized caps. Other types have one or two movable grips with some means of holding them firmly against the cap.



LADY ROSE RELISH

Chop very finely—
2 1/2 qts. cucumber
2 qts. onions
4 qts. apples
3 red peppers
1 bunch celery
Bring to boil:
1 1/2 qts. vinegar
8 cups white sugar
2 oz. mustard seed
Add paste made of
1 cup flour
1 oz. turmeric
2 oz. mustard
Add vegetables, boil 20 minutes.

—Mrs. Amy Dunsford, Hampton W. I.

Morning Smile

He was going through Main Street and stopped at the traffic officer's signal. Another car tried to pass and bumped him. The traffic cop called him down.

"My goodness," said the tourist, "do you mean to tell me that I was to blame?"

"You certainly were," said the cop.

"Why?"

"Because the other man is a City Trustee, his father is Mayor, his brother is Chief of Police, and I go with his sister!"

Anne Adams Patterns

THREE-WAYS SMART!

Three to mix! Three to match! THREE to multiply your wardrobe! Blouse, skirt, jerkin—each easy as 1-2-3 to sew. Jerkin is open on the sides—so smart! Skirt has 4 gores—so flattering! Blouse buttons down front—so wearable!

Pattern No. 4777. Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 blouse, 1 1/2 yards 36-inch; skirt, 1 1/2 yards 54-inch; jerkin, 1/2 yard 54-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.



BABY'S COLDS

Help Nature To Fight Them Off. Medical Science denies there is any such thing as a cure for colds—only Nature herself can do it. So when baby's sniffles, or stuffy breathing warn you of a cold's presence—cooperate at once with Nature.

See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating matter that makes baby restless and feverish.

One Nova Scotia Mother says: "My baby of 20 months caught a nasty cold so I tried Baby's Own Tablets and also three this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on." Equally good for restlessness and nervousness resulting from irregularity at teething time, for constipation, digestive upsets and other minor infant troubles. Get a package today at drugstores.

SPECIALS WEDNESDAY

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Alice Brooks Designs

IT'S RICKRACK RICKRACK combined with crocheted, new chair-set we've seen. Quick crocheted! Rickrack is easy to work on. Make buffet set, too. Combine 2 colors.

Crochet pattern 7211: chair-back, 11 x 7; arm rest, 6 x 12 inches. Use No. 30 cotton, ray rickrack.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street, West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

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Wife Preservers

Port sausage patties served toasted buns make a hit with the young set after they have attended a football game. Pan-fry the patties until well browned and thoroughly cooked, and serve with sweet pickles, relishes and catsup on the side.