



CHARTER MEMBERS of the Springton Women's Institute are shown on the occasion of the organization's 25th anniversary which was fittingly cele-

Springton Charter Members Are Honored On Anniversary

SPRINGTON — Members and charter members of the Springton Women's Institute with their husbands and families assembled at the home of Mr. and Mrs. D. S. MacPhee on Nov. 20, to celebrate 25 years of Institute work.

brated. Pictured above are, left to right: Mrs. Hilda Lamont, Mrs. Jeannetta Martin, Mrs. James Bryenton and Mrs. Lawrence Anderson, charter members, with Mrs. Ralph Thompson, newly-elected president of the W.I.

A history of the Institute was read by Mrs. Dan MacPhee and an address to the charter members was read by Mrs. Robert Aiken. The president, Mrs. Ralph Thompson, presented Mrs. James Bryenton and Mrs. Hilda Lamont with life membership pins and certificates, while all charter members received corsages. Pictures were taken and a lively singsong followed with Mrs. Lamont as organist.

MARY HAWORTH

Wife Finds Living Difficult In Aura Of Constant Tension

Dear Mary Haworth: Until a few years ago I considered myself the most secure and fortunate woman in the world. Then I had a breakdown. I am still trying to figure how it happened.

Am I insane? Is it hereditary? I am depressed and just plain scared of everything; and so tired of trying to escape. I work on committees, attend church and PTA meetings, visit friends; and still have to face myself and the terror in my heart when I am alone.

My heart aches for my children; I pray they will have more courage than I. Perhaps my in-law problems wore me down; but others have in-law troubles too, and bear up well.

My husband is a very gentle person; I guess they killed any spirit he ever had. The only time he ever showed temper (he threatened to hit me) was when I called him a "mama's boy" and said he lacked nerve to defend us. He never has much to say and I feel we have no communication. Certainly I can't air any hurt I feel about his folks; and I have lost some respect for him.

I have no rapport with his fam-

ily, and they don't visit us, unless specifically invited—for which I should be grateful, perhaps. But it has hurt, especially when the children were small (and ignored by them). When my husband visits, then he comes home with nasty remarks they've made about me or my folks.

Now his mother says she expects us for Christmas dinner and I tremble at the thought. This atmosphere of tension has existed for 18 years and I shrink from them in dread and disgust.

I can't confide in my parents, who live nearby, as they have troubles enough of their own... and complain how awful it is to be aged. My sisters live thousands of miles away and I miss them very much. I too would like to move far away, but my husband says it's impractical.

I resolve to be of good cheer, and not worry; but the monstrous fear hangs over me. Would good psychiatric hypno-therapy help, if we could afford it? I know I should work on myself, but how? E. P.

LOCATE FINEST
Dear E. P.: No, you are not insane. You are sick; and vary-

possibly it is a chemical or glandular imbalance of some sort, that could be counteracted or cured by top quality modern medical care.

Probably the quickest way to get well is to put your good mind to work, tracking down the finest diagnostic help available, either in your home city; or in nearby Manhattan. Sooner or later, if you keep at it, you will find specialists who know ways of relieving your fear-feelings, while also treating the underlying distress that robs you of a sense of well being.

As a first step in your pitch for health, read Dr. E. M. Abrahamson and W. W. Pezet's book: Body, Mind and Sugar (Norton publishers).

LINES OF INQUIRY
It tells of medical research to show that many breakdowns are associated with hyperinsulinism, a little known condition—of glandular imbalance—in which the body produces an oversupply of insulin. This lowers the blood sugar supply, which in turn precipitates a host of stress symptoms, ranging from mild to fearsome, that in the past were often thought to indicate mental illness, primarily.

If the condition is accurately diagnosed, a simple remedy exists: namely, the so-called Dr. Seale Harris diet, detailed in the book—high in proteins and fats, low in starches and sugars. So do yourself the favor of exploring

this possibility, by reading the book and comparing notes with a first-rate diagnostician willing to give you an A-to-Z check-up. If it develops you aren't a blood sugar patient, the next step is to find a really good doctor, well versed in constructive use of tranquilizer medicine, who will know what to prescribe in your case, to give you respite from intolerable tension. Then, later, when feeling better, investigate hypno-therapy, if you like. M. H.

Gallant Wedding Solemnized At St. Paul's In Summerside

A pretty wedding was solemnized in St. Paul's Church, Summerside, on Nov. 10, when Mary Alice, daughter of Mrs. Cecil Gallant and the late Mr. Gallant, Summerside, became the bride of Joseph T. Gallant, son of Mr. and Mrs. Theodore Gallant, Egmont Bay. Rev. J.P.E.

O'Hanley performed the ceremony. The bride was gowned in white lace and net over taffeta, ballerina length, with a strapless fitted bodice featuring a long sleeved matching lace jacket. Her shoulder length veil fell from a sequin and pearl trimmed crown.

She wore a corsage of pink carnations. Miss Shirley Gallant, sister of the bride, as bridesmaid, was similarly gowned in blue, with matching headress and a corsage of pink carnations. Mr. Peter Gallant, brother of the groom, was best man. A wedding breakfast was served at the home of the bride's parents and a wedding supper at the home of the groom's parents in the evening.

BLOOMFIELD STATION SCHOOL

Following is the Bloomfield Station School report for November:

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| Grade X: 1. L. Garey Foley, 2. Wendell Shaw, 3. Vance Smith. | Grade VI: 1. Louis Jones, 2. Barry Smith, 3. Goldie Hardy. |
| Grade IX: 1. Faye Hardy, 2. Mary Hardy. | Grade V: 1. Arthur O'Malley, 2. Donna Hardy. |
| Grade VIII: 1. Sheila Jones, 2. Sylvia Foley. | Grade IV: 1. Judy MacKay, 2. Isabel MacDougall, 3. Shelton Dymont. |
| Grade VII: 1. Dianne Veno, 2. Eddison Dymont, 3. Laura Cal-Garey Jones, 3. Garnet Dymont. | Grade III: 1. Allan Shaw, 2. Billy Arsenault, 3. Stella Maria Jones. |
| | Grade II: 1. Delores Arsenault, 2. Eddison Dymont, 3. Laura Cal-laghan. |

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| <p>India Aubusson Beige, Size 8'8" x 9'7" ... each 147.50</p> <p>India Aubusson Turquoise, Size 8'11" x 5' ... each 176.85</p> <p>India Aubusson Ivory, Size 8'10" x 5'9" ... each 150.50</p> <p>India Aubusson Rose, Size 10' x 7'9" ... each 235.65</p> <p>India Nuttra Beige, Size 9'10" x 7'10" ... each 228.00</p> <p>India Nuttra Rose, Size 9'9" x 7'10" ... each 226.05</p> <p>India Aubusson Rose, Size 14'8" x 8'10" ... each 392.95</p> <p>India Aubusson Vell, Size 11'9" x 8'9" ... each 312.55</p> <p>India Nuttra Cinnamon, Size 11' x 8'9" ... each 304.35</p> <p>India Aubusson Ivory, Size 13'9" x 9'9" ... each 396.95</p> <p>India Aubusson Green, Size 13'9" x 9'9" ... each 482.65</p> <p>India Nuttra Green, Size 13'7" x 9'10" ... each 406.25</p> <p>India Nuttra Turquoise, Size 14'10" x 8'10" ... each 384.95</p> <p>India Aubusson Vell, Size 11'9" x 8'10" ... each 373.65</p> | <p>India Aubusson Rose, Size 14'10" x 8'11" ... each 478.95</p> <p>India Aubusson Cream, Size 11'10" x 9' ... each 443.35</p> <p>India Aubusson Blue, Size 11'9" x 8'10" ... each 373.65</p> <p>India Aubusson Green, Size 11'9" x 8'10" ... each 373.65</p> <p>India Aubusson Beige, Size 13'9" x 9'10" ... each 486.75</p> <p>Imperial India Beige, Size 13'9" x 9'9" ... each 536.25</p> <p>Algerian Sofi White, Size 6' x 4' ... each 96.00</p> <p>Algerian Sofi White, Size 6' x 4' ... each 96.00</p> <p>Algerian Timgad White, Size 4' x 4' round ... each 76.95</p> <p>Algerian Timgad White, Size 10' 8" ... each 384.50</p> <p>Hand-Tufted Needlepoint, Green, Rose, Blue, Size 4' x 4' ... each 44.95</p> <p>Hand-Tufted Aristocrat Embroidered, Green, Beige, Maritini, White, Gold colour, Size 6' x 4' ... each 71.50</p> <p>Size 4' x 2' ... each 23.50</p> |
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