GIFTS ARE WRAPPED FOR HOSPITAL PATIENTS

Shown above are Mrs. Frank MacIntyre and Mrs. Alvin Andrew with Urban McQuaid, executive director of the Canadian Mental Health Association, (P.E.I. Div.) as they gift-wrap Christmas presents which will be distributed to the patients at Riverside Hospital on Christmas morning. The response to the CMHA appeal has been very good thus far, but many more gifts are needed if all the patients are to be remembered.

Collection boxes where gifts may be left are located in the following Charlottetown stores: Eaton's, Holman's, Moore and McLeod's and Zellers; and in stores throughout the Island as follows: Co-operative, Tignish; Myrick's, Alberton; Lucky Dollar, O'Leary; Smallman's and Holman's, Summerside; Keir Clark and Sons, Kensington; Wightman's and Stewart and Beck, Montague; Larter's Pharmacy, Souris; and the Co-operative, Morell.

In order to allow time for gift wrapping, sorting, etc., the closing date for receiving gifts is December 21st.

MARY HAWORTH

Young Matron Is Upset By Deep Nervous Tension

Dear Mary Haworth: I am 31, married five years and the mother of a son, aged 3½ years.

My problem is bad nerves, for which I've been treated, without success, ever since my son was born. Now I am missing an average of two days a week from my job; and eventually I will be fired if this keeps up. And I am taking out my tensions on my family.

My doctor says he can give me pills to ease the stress somewhat, but that I will have to help myself in getting "these complex emotional problems" out of my head. He hasn't recommended psychiatry yet, but I am afraid that he will soon.

I cry constantly if I don't take the pills, yet it upsets me to go for them, as I feel stupid and humiliated. I take them only because my husband can't stand to see me suffer.

I don't know why I am like this, and I do feel I am a burden to him. We plan to buy a house next Spring but I'm not much help, financially. And to top it off, I worry about having too little money, though it's my fault that I am not working steady.

One thing I do know— I married too young. Now I am feeling the responsibility and there is no way out without hurting a lot of people for whom I care very much. If I were to leave and it proved to be wrong, who knows what might happen?

I am really confused and mixed- up about most everything, big and small problems. My husband even let me take a summer vacation, thinking that's what I needed.

He always listens to my problems but he doesn't understand and really doesn't know what to say. He is willing to pay for doctors, if that will help. One thing I am sure of—he loves me very much.

Whatever you suggest I will try to carry through. I am desperate.—E.B.

Dear E.B.: Some years ago Dr. John A. Schindler, then head of the Monroe (Wisconsin) Clinic, declared in a radio address, later published in Reader's Digest, that "50 percent of all the people going to doctors in the United States... are victims of one disease... known as psychosomatic illness."

Psychosomatic illness, he said, "is not a disease in which the patient just thnks he is sick. The pain is often just as severe as the pain from a gall-bladder colic."

This illness, he continued, "isn't produced by bacterium, or by a virus, or by a new growth. It is produced by the...cares, difficulties and troubles of daily living. Whenever one has such a thick, impenetrable layer of e.d.t. that he can't get above it into a realm of joy and pleasure occasionally, he gets a psychosomatic illness."

Dr Schinder's pioneering commentary is incorporated in to Chapter 8 (see page 192) of Dr. E.M. Abrahamson and A.W. Pezet's book "Body, Mind and Sugar" (Rinehearl, Holt), where the authors are expounding "the interrelationship" of blood sugar imbalance and the neuroses.

Doing medical research in a specialized field, Dr. Abrahamson already had determined that prolonged stress situations (the "e.d.t." to which Dr. Schindler alludes) may precipitate, or contribute to setting- up "the vicious circle of hyperinsulinism (blood sugar starvation)", which defies easy diagnosis, inasmuch as it masquerades under myriad symptoms, including the torment of "bad nerves" (or emotional depression) that you complain of.

It is my thought that the views of these respected medical minds (as set forth in the book aforementioned) may encourage you (and your husband) to go out and track down the comprehensive diagnostic help you need, to get at the roots of your nervous distress and maybe discover the deep remedy for it.

By way of beginning, read the book. Then follow through with the diagnostic check- outs it recommend, which of course will require your first- hand cooperation with first- rate medical specialists.—M.H.

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

Glen Valley WI Honor Elderly

Mrs. Ella Higgins, grand old lady of Glen Valley, was remembered with a gift on the occasion of her 100th birthday recently by the members of Glen Valley WI.

New residents were welcomed to district with a gift.

Two members: Mrs. Allen MacDowell and Mrs. Donald Dickieson, received the customary gift of cup and saucer for perfect attendance during 1964.

Treats for elderly folk and for school children are to be purchased for Christmas. Mrs. Alton MacLean volunteered to prepare staze curtains for the school closing. Fudge will be made for sale at closing.

The Institute remembered two former residents who recently moved to Charlottetown.

The regular business was carried out, the highlight being the annual exchange of Christmas presents.

New committees were appointed as follows: visitation, Mrs. Norman MacDonald and Mrs. Ivan Prizzell; school, the teacher; program, Mrs. Freeman MacLennan and Mrs. Allen MacDowell.

Next meeting will be hosted by Mrs. Allen MacDowell at which time members will bring money for the birthday box.

The meeting closed by the Queen. Lunch was served and a social chat enjoyed.

Members Help Halifax Mission

Fifteen members of North Wiltshire UCW answered the roll call with a verse of scripture containing the word "Joy" at the December meeting held at Mrs. Morrison MacLean's home.

One visitor was present.

Correspondence consisted of a Christmas letter from the Presbyterial president, a letter from Rev. John Stewart, ACTC; letters from the supply and citizenship secretary, a card of thanks and a Christmas card.

The members decided to send money to the ACTC.

The supply secreatary reported having sent 115 pounds of used clothes to the Brunswick Street Mission in Halifax. Eight pairs of mittens were passed in.

Calls were made to the sick and shut-ins, and they are to be remembered with treats at Christmas, it was reported by community friendship secretary. Cards were to be mailed to the sick by Mrs. Ralph Noy.

Cornwall rally was reported. The officers were thanked for their leadership.

A Christmas worship service with hymns, scripture reading, prayer and meditation was closed by the benediction.

Refreshments were served by the hostess assisted by the committee.

SOCIALS SOLICITED

PHONE 4-8506

Crisp December weather has arrived, inspiring the usual round of social events. News of coffee parties, afternoon teas, bridge parties or house- warming are only a few of the items The Guardian - Evening Patriot women's editor will be happy to publish free of charge. Do you have visitors? Perhaps a former Islander whom friends would like to contact.

If you are planning a holiday, giving a shower or entertaining your club, phone 4-8506 and help make the social column interesting.

Three Australians Evolve System To Beat 'Bandits'

SYDNEY, Australia (Reuters) — Ten young Sydney men have won a fortune during the last 12 months with a "foolproof" system that allows them to beat "one-arm bandits" at will, it was reported here.

The men can "pull" jackpots or any paying combination on the gambling machines at will. Police have said the system is perfectly legal.

The syndicate revealed some details of their play today but said the method that has made them rich will remain secret until a book they have written is published early in the new year.

The youthful combine, ranging in age from 21 to 33, claim their exploits could end the multi-million - pound enterprise of registered gambling clubs in New South Wales.

Sydney newspapers published the story today and said the syndicate members, who declined to reveal their surnames, all "live like kings."

The young gamblers said they have been barred from almost all of the clubs in New South Wales

REPORTER WATCHES

They would not disclose specific details of their winnings, but a reporter who watched them in action said wins of £200 Australian ($448) and more in three hours were commonplace.

One night they won £650.

The secret is the pull. The players hold the handle near the base and, apparently by varying the pull, can suspend the action of any reel on the machine until there is a winning lineup.

"George," 28, married with one child, discovered the secret in January 1964. He had never seen a one-arm bandit before but he read about a German deported from Monaco for winning on the machines.

"I thought about this and decided that every mechanical device has a basic principle and also a contra-principle," he said.

He spent an hour and a half operating one by pulling the handle differently each time "and suddenly the machine had a different feel to it.

"Jackpots started to fall into place."

He said he taught it to a friend in 10 minutes. Later he showed eight other friends and business associates the trick.

All are prosperous, self-employed businessmen. They refused to allow their surnames to be published for fear it would harm their businesses.

Sugar Price Reduced Again

MONTREAL (CP) — Three major Montral sugar refineries have reduced the wholesale price for a 100-pound bag of sugar by 20 cents to $7.35.

The refineries, Canada and Dominion, Atlantic and St. Lawrence Sugar, reduced the price to $7.55 from $7.70 on Dec. 7.

The price has changed 68 times this year, 54 decreases and 15 increases. Last year the price changed 97 times, 25 decreases and 72 increases.

A spokesman for a food chain said the retail price for a 10-pound bag of sugar dropped to 83 cents from 93 cents. The cost of a five-pound bag has remained at 49 cents despite the last three price cuts by the wholesalers.

The spokesman said that the present price of a 10-pound bag is tentative.

"It will probably settle at 89 cents," he said.

HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8506

Mr. and Mrs. Joseph Fogarty of Cardigan returned to their home recently following a honeymoon trip through the New England States.

Friends and neighbors gathered at the home of Mr. and Mrs. William Farrell, Sturgeon, in honor of Roy Kearney, son of Mr. and Mrs. Joe Kearney, who left recently for Banff, Alberta. Roy was presented with a gift of money on behalf of those present. The remainder of the evening was spent in dancing. Music was supplied by Alex MacDonald, Joe Kearney and Gerard Murphy. Refreshments were served.

Mr. and Mrs. Samuel Garret, Dundas Centre, left recently for Montreal Que. where they will spend the winter months with members of their family.

Robbie Beck, Halifax, spent the weekend in Montague at the home of his parents Mr. and Mrs. Ralph Beck.

Mr. and Mrs. J. W. Taylor, Strathcona left recently for Toronto and the U.S.A. where they will visit with relatives and friends. They were accompanied by Mr. and Mrs. Samuel Garrett of Strathcona who will spend the winter months in Montreal with their daughter, Laura. Mr. and Mrs. Taylor plan to return early in the New Year.

Mr. and Mrs. Lester Champion, Kensington, left on Tuesday by rail for the Canadian West. They plan to visit their son - in - law and daughter, Mr. and Mrs. Jack Dean at Edmonton as well as relatives and friends at Kimberley and Edgewater, B.C., and expect to take a trip to Vancouver before returning home.

Mr. and Mrs. John Duggan, Kensington, left by rail on Tuesday for Edmonton where they will visit their granddaughter, Mrs. Don MacEachern, and Mrs. Duggan's sister, Mrs. Annie Oyler. They will also visit another sister, Mrs. Mary Knight at Calgary, and a brother Mr. Lee MacKay at Ponoka, Alta. Another brother, Mr. Artemas MacKay, plans to come east from Vancouver to visit with his sister Mrs. Duggan whom he has not seen for 45 years. Mr. and Mrs. Duggan and Mrs. Duggan's two sisters and two brothers plan to spend Christmas together at the home of Mr. Lee MacKay, Ponoka.

Clayton Mill, Clermont was a recent visitor to Halifax. Mr. Mill was accompanied on return by his mother, Mrs. Ernest Mill who spent the past month in that city where she was receiving treatment, and Mrs. David Caseley of Kensington who was her companion.

Mrs. Charles Dunn, Elmsdale, is a guest of her son and daughter - in - law, Mr. and Mrs. Frank Dunn, Summerside.

Christmas Star Topic Of Study

Mrs. John Hickox, Springfield was the hostess for the Breadalbane Christian Church Women's Missionary Society recently.

The members read a Bible verse containing the word gifts in response to the roll call. Mrs. Allan Hickox, devotional leader, chose the second chapter of Matthen for Bible reading, followed by the reading of a sermon composed by Billy Graham, entitled "The Light of the Star". This message represented "The Christmas Star" as having three distinct beams of light radiating from it, i.e., the light pointing upward which represents the ray of purposefulness; the light of the ray pointing outward which represents sharing, and the downward beam, the ray of humility.

In keeping with the Christmas theme, the hymns "Silent Night" and "While Shepherds Watched Their Flocks" were sung, with Mrs. Eldon Hickox, the organist.

Mr. John Hickox read a letter from "The Rempels", Kalpahar, India and Mrs. James Craig read a leaflet, entitled "Bibles for Russia." Mrs. Tommy Murray led the study period.

When the visiting committee, Mrs. Kenneth Graham, and Mrs. Hickox had reported on several home and hospital calls, it was decided to pack boxes for some sick and elderly folk.

Mrs. Gaylor Matheson invited the members to her home for the January meeting. Refreshments were served by the hostess.

Lepers' Mission Sends Thanks

Devotions were led by Mrs. Russel Mills assisted by Mrs. Arthur Wood at Fortune UCW held at the home of Mrs. Charles Campbell.

The study of the first chapter of the new book "Meeting of Faiths" was in the form of questions asked by Mrs. Mildred Morrow and answered by Mrs. George Campbell.

A thank - you letter from "Mission to Lepers" for nine pounds of stamps received was read by supply secretary, Mrs. Charles Aitken who also solicited clothing for Toronto Depot and Halifax Mission.

It was decided that five dollars be donated to Maritime Home for girls.

The December meeting will be held at the home of Mrs. Mildred Morrow when gifts are to be exchanged and hostess assistants are to be Miss Bea Johnston, Mrs. Earle Johnston and Mrs. Frank MacCumpha.

PROBLEM WEDDINGS

Sociologist Margaret Neequay says Canada has probably 40,000 marriages a year in which the bride i spregnant.

PATTERSON'S
For
WATCHES

CWL Members Assist Students

A demonstration of how to make an advent wreath, the story of its origin and its' significance was ably presented by Mrs. Reg MacAdam as a programme for the December meeting of the Little Flower CWL which took place in the Sacristy.

The meeting was opened by the President Mrs. E. MacDonald. The treasurer and social action convener gave reports.

It was decided the church would be cleaned and flowers bought for the altar for Christmas.

As in former years a treat will be given to the aged and shut - ins of the parish. Cards be sent to former parisioners.

The CWL plan a sale of chocolates to assist in the education of students from underdeveloped countries.

Fr. Butler gave a brief talk after which the meeting was closed with prayer.

Furs the gift supreme!

The luxury of mink, a fashion appeal no woman can resist. The Christmas gift rated high above all others. Come in today and see the beautiful selection.

Choose from mink, muskrat, kolinsky and sable for the woman in your life who appreciates elegance

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GOLDEN WEDDING CELEBRANTS

Mr. and Mrs. Harry G. Reid of Murray Harbor North celebrated their Golden Wedding Anniversary on Wednesday, December 9. Their family held a banquet in their honor at the Kingsway Motel, and that evening they were "at home" to a host of relatives and friends who offered best wishes to this popular couple.

Mr. and Mrs. Reid were married by the Rev. Archibald Sutherland at the home of the bride in Murray Harbour North.

BREADALBANE

Mr. and Mrs. Allan Hickox recently visited their son Allan (Jr.) a student at Mt. Allison University Sackville.

Mrs. Frank Deacon, Charlottetown, was a weekend guest of her son-in-law and daughter Mr. and Mrs. John Hickox, Springfield.

Mrs. Malcolm Buchanan who had been a patient in the Prince Edward Island Hospital, Charlottetown, because of injuries sustained in a fall in her home, has recovered sufficiently to return to her home in Breadalbane.

Mrs. Stephen Ackland who visited in Breadalbane for several weeks has returned to the home of her daughter, Mrs. S.W. Willis, Charlottetown.

Mrs. Robert Burns, and her son, Ralph, Bedeque, visited friends in Breadalbane during a recent weekend.

Mr. and Mrs. Sutherland MacKay, Springfield, have sold their property in that district and have taken up residence in Margate. Previous to their departure from Springfield they were given a farewell party by their neigbors and some other friends.

Mr. and Mrs. James Craig, Breadalbane, have had as their guests the former's parents Mr. and Mrs. Craig (Sr.) formerly of Charlottetown, who have since moved to Toronto.

During the recent severe windstorm the chimney of the Breadalbane Library was completely demolished. This is a double loss to the community as a new top had been built on early in the summer.

HOUSEHOLD HINTS

To eliminate the need of ironing doilies and lace handkerchiefs, spread them on the enamel surface of a washer or dryer to dry.

Strengthen brittle nails with an application of white or colorless iodine.

Don't carry your two safe deposit box keys on the same ring. Keep the spare separate, because if you should lose both keys, the lock will have to be filed open and a new lock installed at your expense.

Studies Planned For Next Year

Christmas dinners for needy families of the Kinkora Parish are to be distributed by the members of CWL it was decided at the last council meeting.

Presided over by Mrs. Austin Roberts the meeting has 124 paid-up members.

Plans for the future include a study of the liturgy of the Mass, and card parties to be held after Christmas.

Meeting closed with prayer.

MAYOR IN CAST

MONTREAL (CP) — When Mayor Dreapeau thumps his desk these days he's in danger of chipping it. His right wrist is in a cast. The mayor sprained a ligament in his wrist in a fall at Quebec Tuesday.

H. BENNETT CARR
Insurance Counselling
District Supervisor
Charlottetown, P.E.I.
Sun Life of Canada
Phone 4-3817 - 4-5435

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Shiffer-Hillman Suits

Top of the line suits are yours when you buy Shiffer-Hillman. Quality material, excellent workmanship and correct styling are yours with Shiffer-Hillman.

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Canada's finest slacks, real quality in slack pants.

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Quality TOPCOATS

Quality Topcoats in assorted shades and sizes. Real warmth and style.

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Est. 1946 Hooley's MEN'S WEAR

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GRAND PRIZE
..... MOVIE CAMERA . . . .

ZAKEMS

LAST BIG WEEK CONTEST LUCKY SHOPPERS

Just come in, get a lucky number and check it against the winning board Monday, Tuesday or Wednesday each week till Christmas. All numbers are eligible for grand prize. Lucky numbers will not be given over phone.

Every Week Free Turkey

WIN A TURKEY

Long playing Don Messer Records each week.

Grade B Quality Oven Ready Frozen, 16-20 lbs.
TURKEYS 43c

Grade B up to 16 lb. 47c LB
Grade A 18 lb. & up 49c LB
Grade A up to 16 lb. 53c LB

400 MESH QUALITY
NYLONS 3 pr. 1.00
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Christmas Candy now on sale. Wide selection of produce and Christmas poultry.

Merry Christmas To All From All Of Us

SEE OUR TWO PAGE LUCKY DOLLAR SPECIALS FOR THE BEST FOR CHRISTMAS.

Young Matron Is Upset By Deep Nervous Tension

by Anne Adams

WE SALUTE the tasteful, ageless shirtwaist! Note new wider collar, dash of dolman sleeves. Have yours in jersey, suiting, linen.

Printed Pattern 4962: Misses' 10, 12, 14, 16, 18, 20. Size 16 requires 3¾ yards 45-inch fabric.

THIRTY CENTS (40 cents) in coins (no stamps, please) for this pattern. Ontario residents add 5 cent sales tax. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Guardian - Patriot Pattern Dept. 60 Front St. W. Toronto 1, Ont.

by Alice Brooks

Whip us an alluring shift of cotton, linen, wool whih embroidery in cotton or wool.

Embroider flowers on choice of day, evening length shift. Pattern 7487: transfer, printed pattern sizes 10, 12, 14, 16, 18, 20. State size.

Thirty - five cents (coins) for this pattern (no stamps please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept. 60 Front St. W Toronto 1, Ont. Ontario residents add 5 cent sales tax. Print plainly PATTERN NUMBER, NAME, ADDRESS.