

Farm Customs Change

"It's queer when you think of it, how much our way of life has changed in, say, the last ten years or so," James commented to a farmer who joined us at lunch tonight. "For instance" he smiled picking up a sandwich from the plate. "I remember when it was considered quite a treat to get a bit of bakery bread. Now it's a new taste to us, with more than one farmwife no longer making her bread."

"And I can mind" the visitor nodded "when we considered it a mistake in judgement for potato, or beef-farmers to buy their milk. That's nothing new on farms either these days!"

"And who butchers a beef or a pig now? Not too many" James answered his own question, "and that too was once the rule on farms."

"And who shakes soap from the saved odds and ends of grease with store-shelves heaped high with quick soaps and detergents?" we chuckled.

"And you'd be surprised at the number of farms that buy eggs and chickens now instead of producing their own" the visitor offered. "They're too busy some other time of farming to bother with fowls."

"No preserving eggs in a bed of coarse salt now or in water glass for winter use" we commented. "And how many churns are used these times? Not one, in our whole district," our company said. "Churns will be collectors' items shortly, like old vases, and butter bowls and candle-sticks and spinning wheels" he smiled.

"And who makes a shirt for her

man now — or clothing for the children? I heard a sewing-machine stitching the other day and honestly it took me a few seconds to place the sound, once so familiar," James said.

"And this is funny" the other broom? "I asked Mrs. . . . this morning, when I stopped to brush the chucked. "Where's your old sand from my shoes at their door, and she laughed and said 'My old broom! Man, I have neither old nor new at the moment. Will the mop do? Or the vacuum-cleaner?' 'Just think of that!'"

"No flour in hundred-weights home from the mill, nor oatmeal, this time of year" James' mind was off on another memory.

"No strings of dried apples for winter and Spring-plies. No big cheese in the round wooden cheese-box either" we laughed, "and no . . ."

"Half barrel of salt herring about" James smiled.

"No, on farms we seem to live by litters now" the visitor offered "out of tins and cartons and packages, instead of barrels, and crocks and demijohns. No more like the way the old folks lived than day is like night!"

"The old order of living has certainly changed" James agreed with a sigh "it's an altogether new way we have come to nowadays."

But still on farms, November days are short and shorter as in those "dear dead days" of the past, here is hark of Canada Geese on the wing and the rest of furrowed fields as gently the season takes the tired Old Year to its rest.

Until tomorrow — — —Diary — oodnight. . . .

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Thursday, Nov. 22, 1956
HAMPTON-DESABLE

Mrs. Windsor Bell was hostess to this Society for their November meeting. The President, Mrs. Lorne Ferguson presided and opened the meeting with call to worship followed by hymn. Mrs. Mack Dixon read the 23rd psalm and Mrs. John Dixon led in Prayer. All the members took part in Bible Study from Paul's letter to the Ephesians.

The Secretary then read the minutes of October meeting which were approved and signed. Roll call was responded to with script verses beginning with letter "P". The offering was received and mite boxes passed to treasurer. The different secretaries present, gave reports.

Mrs. Charman invited the members to the Manse for the December and Christmas meetings. Roll call was answered with a Christmas verse. Lunch committee will consist of Mrs. C. C. Ince, Mrs. Rowan Ferguson and Mrs. George Villett.

Prayer and benediction closed the meeting. Lunch was served by Mrs. Bell and committee in charge.

HAMPTON LADIES AID
Mrs. M. K. Charman entertained the Ladies Aid at the Manse on Wednesday evening, Nov. 14th. The president conducted the worship from Psalm 46.

Minutes of last meeting were read and approved and treasurer's report adopted as submitted. Plans were made for a supper to be held in Hall early in December and a committee appointed to prepare for same. Mrs. Windsor Bell will be in charge of Variety and Novelty table and Mrs. Best the Bazaar. Mrs. Merrill kindly invited members to her home for the December meeting. The Mizpah benediction closed the meeting. Lunch was served by hostess assisted by Mrs. Gordon Villett.

VANTAGE POINT
Seven English counties can be seen from the top of Castle Hill in Lancaster, capital of the English county of Lancashire.

KEEP IN TRIM

Psychological Reason For Being Overweight

By IDA JEAN KAIN

The overweight problem needs to be tackled from the psychological as well as the dietary standpoint for, until we understand and counteract the reasons back of the desire to overeat, diet attempts are likely to fail. The psychological angle was emphasized by Dr. C. Knight Aldrich of the department of psychiatry, University of Chicago Clinics, in a talk given before the American Dietetic Association.

To follow a diet requires a change in food habits and as everyone knows, habits are not easily changed. Still, we seem to be able to adjust to most changes. What then makes diet habits so difficult to change? To begin with, a diet means giving up something. Is it a matter of will power? Since many people show great strength of will in all areas of their lives except with respect to food, obviously something more than mere will power is involved.

At this point, Dr. Aldrich explained the mechanism of denial. "Most overweight people claim, 'I scarcely eat enough to keep bird alive.' They honestly believe this to be true. They use the mechanism of denial, of mentally shunting to the side their numerous trips to the refrigerator. By putting them out of mind, an overweight woman does not realize she eats more than she thinks she is eating."

REPRESENT SUBSTITUTE
Our authority affirmed that food often represents some kind of security which may date back to early childhood. "The dieters who run into difficulty are those for whom food represents a substitute for love, security and early affection. When trouble crops up, the old attitudes about food are revived and the overweight person turns to food for solace."

What can be done? Dr. Aldrich suggested this plan: Analyze under what circumstances you are alone and feel lonely? When you are in a group and feel left out? Think back to why you abandoned previous diets. Did you become discouraged when you leveled off in weight loss? Or, did you feel defiant and have a "No-body is going to tell me what to eat" attitude?

Overweight can stem from a combination of factors — eating habits established in childhood; cultural customs; or psychological factors. Recognition of the cause is the starting point in overcoming the cause. By being alert to the conditions under which you tend to overeat, the pattern can be traced.

Dr. Aldrich repeatedly emphasized the necessity for the dieter to accept adult responsibility for food intake. A willingness to ac-

cept this responsibility is a giant stride toward weight control.

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