

WOMEN

Page 8, The Guardian Monday, Sept. 19, 1955

LET'S EAT

Eat Oranges For Health

By Ida Bailey Allen

The lack of vitamin C in diets has been established by many national dietary studies. For example, the Pennsylvania mass studies in Human Nutrition found that less than half or approximately 4,750 children and adults observed, were receiving the daily amounts of vitamin C essential to good health.

TO MAINTAIN HEALTH

Vitamin C (ascorbic acid) is important in maintaining healthy mouth and gum conditions, supple joints, a rosy complexion and in building up resistance to infection. Coupled with the other essential vitamins, it combats irritability, restlessness and a general run-down feeling.

However, since it is not manufactured and stored in the body it must be replenished daily.

THE EASIEST WAY

Taking orange juice is the easiest way to supply plenty of vitamin C. It can be taken either in the form of fresh juice, the single strength fresh juice sold in cartons, reconstituted frozen orange juice concentrate or canned orange juice.

Eight ounces of orange juice a day is right for adults and from 4 to 6 ounces daily for children.

TOMORROW'S DINNER

Cole Slaw
Roast Green Pepper
Baked Halibut
Delmonico-Onion Potatoes
Peach Meringue Compote
Coffee Tea Milk
Delmonico-Onion-Potatoes: Small-size 8 peeled medium-sized

KEEP IN TRIM

Attains Normal Weight

By Ida Jean Kain

Many overweight people use the expression "I come by my weight naturally," meaning they have always been on the heavy side and that fat is a family trait. Today's inspiring letter from a successful dieter should be an eye-opener.

"For the past two years I have been a daily reader of your column, and I must tell you that I go along with your practical psychology—instead of the 'look beautiful quick' policy of the extremists. I have always been a 'heavyweight'. At the age of 13, I carried a good 141 pounds for my five feet, and ascended from there to 175½ pounds. I carried this weight for years, but I did add 3 inches in height. Then about 10 years ago, I lost 32 pounds on a faddy diet. However, I became dreadfully run down and easily tired, and in about 5 years time, I was

COOK'S CORNER



P. E. L. SALAD
1 cup flaked fresh lobster (or 6-ounce tin)
2 cups finely diced apple
1 cup diced celery
½ cup shredded raw carrot
2 hard cooked eggs, chopped
½ teaspoon salt
½ cup salad dressing
Toss ingredients together with a fork. Arrange on lettuce leaves and garnish with lemon wheels and lobster claws. Serves 6.

MORE SHARPSHOOTERS

Norway now has 1,500 rifle clubs with 130,000 members compared with fewer than 48,000 in 1938.

ALICE BROOKS DESIGNS

TWO FROM A YARD



One yard 35-inch fabric makes TWO smart aprons! Easiest sewing; iron on tulips in gay color! Pattern 7206: Two jiffy-aprons from one yard 35-inch! Tissue pattern, directions, washable iron-on color transfers in combination of red and green. Medium size. Send TWENTY-FIVE CENTS in coins for this pattern (stamps can not be accepted) to Charlottetown Guardian, Household Arts Dept. 60 Front St. West, Toronto, Ont. Print plainly NMAE, ADDRESS PATTERN NUMBER.
Order our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

Grand TO THE BOTTOM OF THE JAR
Barbour's
STABILIZED
PEANUT BUTTER
IRON-ON COLOR 7206
by Alice Brooks

MARY HAWORTH'S MAIL

Can't Understand Why Man Refuses To Marry Her

DEAR MARY HAWORTH: John is a student, 25, working for his degree at a large university here; he expects to finish next year. I am 22, a divorcee with a child, and I have been going with John for four years. I would try much like to marry him but unfortunately he doesn't reciprocate the feeling. In fairness I must say he hasn't encouraged me to hope.

When he made it plain that he didn't intend to marry me, I was deeply hurt and reluctantly broke off with him. John was sorry about this but said it was best, all things considered. Later I ran into a mutual friend who said John missed me, and talked of me often. Soon afterward John called me again and we resumed dating for about two months. Then he began to reiterate that "marriage would be impossible,"—using such excuses as "we are too much alike," etc.

Again we parted, very tearfully on his part this time. We agreed never to see each other again; but next morning he telephoned, obviously in misery. He asked to see me and I consented. I love him, so what else could I do? Everything we had discussed was forgotten; and again we are going strong. He calls me daily, sees me every weekend, and is just as affectionate as can be; but I am a nervous wreck.

I am sure John has his reasons for not marrying me—a difference in religion, my being a divorcee, having a child, etc. But are these strong reasons? Our backgrounds are similar and we do have fun together. He even admits that nobody understands him as I do. . . . I am a very good cook and like to think I would be a good wife and mother. Why don't he think so? What can I do? Please advise me.

DOWNGRADES SELF

DEAR C.P.: It is my impression that John is a very mixed-up young man, who isn't yet within hailing distance of emotional integrity. In relation to you, he is a house divided, obviously.

It seems there is a disturbing difference in his mind between the person he is (or feels himself to be) and the figure he hopes to cut in the world of "inner circles" some day. Thus he has a problem in which you have become involved, to your mutual dismay.

It appears that he has a bothered inferiority complex—a privately (maybe unconsciously) rejecting attitude towards himself, his background, origins, potentials, etc. But in your devoted company he finds peace and self-acceptance, as if you are two of a kind—"too much alike," as he sometimes says. But because he does identify himself with you, on the score of latent likeness and congeniality, yet aggressively intends to be somebody better and grander than this, he thinks it necessary to reject you too on the road of life, to arrive at the future he wants—or thinks he wants.

Such is my theory of the emotional conflicts that spark John's fervent pursuit of you and his contradictory conviction that he can't marry you. He feels he needs you much as he needs air (and he takes you almost as much for granted). But he hasn't the self-respect and self-confidence to forthrightly include you in his "real life" program, as he imagines or previews it.

HASN'T GRASPED TRUTH
John is lost between two worlds—being disoriented to the present, and having no tangible lease on the future. He seems not to realize that life is lived in the present tense; and that as we are today, so shall we ever be, period. A difference for the better must be wrought in oneself and one's here-and-now relationships, today and every day, if a better "future" is to emerge.

What can you do? Well, you made a brave try to do the sensible thing, when you broke off with John some months ago. And as has been said, "If at first you don't succeed, then try, try again." The fact that you love John doesn't mean that you have to drift downstream, taking the course of least resistance, as regards his double-mindedness. Force yourself into new patterns of interest and let him slide. At your age, 22, even a grave disappointment in love isn't catastrophic.

Wife Preservers

Use lukewarm water for washing clothes before ironing. It penetrates the fabric more evenly than cold water.

NOW... in the WRENS

A NAVY CAREER for Women

Interesting and rewarding careers are now open to capable, energetic young women, who can qualify, in the Regular Force of the Royal Canadian Navy!

Vacancies in the WRENS are limited; standards are high!

The young women selected will be fully trained for important duties in the Navy. There are openings in the Naval Aviation, Ordnance, Navigation, Communications, Seaward Defence, and Electrical branches, and in personnel work.

To qualify, you must be between 19 and 30 years of age, a Canadian citizen or other British subject, single, and have Grade 9 or 10 minimum education. Get the facts TODAY about the training, duties, pay and other benefits available to you in the R.C.N.'s Wrens. See, write or phone:

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Save Proudly... in the Regular Force WRENS!

ROYAL CANADIAN NAVY

Late August Ceremony



Mr. and Mrs. Frederick Mauric Weeks who were united in marriage in a double-ring ceremony on Saturday, Aug. 27, at 3 o'clock in Margate United Church. The bride is the former Miss Leah

Verena Pickering, Toronto, daughter of Mr. and Mrs. Wilfred Pickering, Clinton, P.E.I. The groom is the son of Mr. and Mrs. Roy Weeks, Fredericton, P.E.I. (Photo by Sears)

Baskets of white and pastel gladioli decorated Margate United Church on Aug. 27, 1955, when Leah Verena Pickering, Toronto daughter of Mr. and Mrs. W.L. Pickering, Clinton, became the bride of Mr. Frederick Mauric Weeks, Toronto, son of Mr. and Mrs. Roy Weeks, Fredericton, P.E.I. Rev. S.H. Haslam, assisted by Rev. Dr. William Briggs, performed the ceremony. Mrs. Lewis MacLeod was organist, and accompanied Miss Freda Mayhew who sang "The Wedding Prayer" and "O Perfect Love."

Given in marriage by her father the bride wore a floor-length gown of nylon tulle over a bouffant skirt of slipper satin. The bodice was fashioned of French lace and featured long sleeves coming to a point over her wrists. A fingertip veil of illusion fell from a matching circlet and she carried a cascade of cream Lister Hibbard roses.

Mrs. Arthur Proffitt, sister of the bride, and Mrs. Dan Holden wore ballerina-length gowns of Queen's blue, styled with shirred basques and bouffant skirts of nylon over taffeta. They carried bouquets of pink Aristocrat roses. Miss Gail Pickering, niece of the bride, was flower girl and wore a frock of white net over taffeta trimmed with seed pearls, velvet bows and a pale blue sash. She carried a basket of yellow Queen Elizabeth roses.

The best man was Mr. Earl Weeks, brother of the groom, and the ushers were Mr. Ivan Pickering, brother of the bride, and Mr. Robert Weeks, brother of the groom.

A reception was held following the ceremony at Mulberry Lodge, Summerside, with 90 guests attending. The bride's table was centered with a three-tiered wedding cake topped with a miniature bride and groom. Cream roses in evergreen surrounded the cake which was flanked by pink candles. Rev. Bryer R. Jones proposed the toast to the bride. Miss Mary MacKay was in charge of the guest book.

Mrs. Pickering chose for her daughter's wedding, a dress-suit of navy with navy and white accessories and a corsage of pink Premier roses. The mother of the groom was attired in a frock of matelasse rayon crepe with navy

and white accessories and a corsage of pink Premier roses. The couple will reside in Toronto.

Out-of-town guests were Rev. Dr. and Mrs. William Briggs, Saint John; Master Billy Briggs, Saint John; Mr. and Mrs. Aubrey Buchanan, Toronto; Miss Karen Buchanan, Toronto; Mr. W. Woodside, Saint John; Mr. and Mrs. Gordon Stewart, Toronto; Miss Eldah Rosedale, Montreal; Mr. David Peacock, Pictou, and Mr. Eugene Korry, Whitehorse, Yukon.

"When the half gods go, the gods arrive," says Emerson. M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of the Charlottetown Guardian.

ELLEN'S DIARY

By An Island Farmer's Wife

We still have summer with us but all about on this island farm are the unmistakable signs of autumn: the smoky haze which on sunny days lingers about the rim of the valley, the sweet scent of ripening leaf and bracken and "dem colons a-creepin' in" all about.

Down the river whence comes the gulls of spring, the herons of summer, and which carries in its curving arms out to the Strait, the waste water from the millstream, amid the evergreens that mark for us its course, odd maples now flame.

Along the hedgerows and in woodsy spots about, Mother Nature with inimitable touch, tucks in here and there in gay splashes, the colors of her autumn hues. By the pond, pastel frocks the shade of the harvest-blue sky plantations of wild asters are having their day, complementing the pretty shades of the goldenrod there.

Wildings of apple trees flaunt their fruited loveliness now. Down snug among the spruces below the dam, up the slope amid the brown-bracken of hedgerow-theres too we find them, those mavericks of trees bearing their strange flavored nameless fruits.

We visited one with granddaughter this afternoon, up on the heights by the farm-line, she obviously intrigued by the magic which had placed it "without ever being planted" away from its kin in orchard-places below. Not long ago we had gathered sprays of its scented pink-edged blossoms and stopped there to watch the bees gather first tolls of sweets. An later in the drift of petals beneath saw the spring slip way. And now the summer goes as autumn spreads her bright colorings before.

Was this not the showery day which came to put aside any thoughts of the harvesting? To give the farmers a spell of added rest? On the contrary to provide the opportunity needed to catch up on deferred chores about, items left to just such a day as was this one.

One farmer surveying the gray veiled sky said, "Wouldn't this be the time to weigh those hogs in that first pen? We can ship them, if we don't get to work at the grain!"

And that was why there was neither "whip nor stitch" of a man about this afternoon, not even Mack who must with the others a-marketing go to the city.

But now from far cold shores to the north, over the fields comes the clean-washed wind of the clearing. Aware of it, James puts aside his reading. Off is turned the radio, stove-dampers are closed, the back door opened to allow a mother-cat to make her exit. Another day gone, the hours of it up and away!

Until tomorrow . . . Diary—Good-night.

Autumn Theme Is Featured At Community Tea

Maple leaves and a profusion of autumn flowers formed the setting for the autumn tea in the Community Center on Wednesday, Sept. 14, sponsored by Holy Redeemer sub-division C. W. L. The tea tables were adorned with handmade lace tablecloths and yellow and green tapers. Piano selections were rendered during the tea hour by Mr. Alex MacLean.

The guests were received by Mrs. J. Steele and Mrs. Allan MacDonald and they were ushered to the tables by Mrs. Jules Gaudet and Mrs. Gerald Nantes.

Pouring were Mrs. Martin Kenny, Mrs. Katherine Creamer, Mrs. J. A. MacMillan, Mrs. Parnell Mahon, Mrs. Ralph Arsenault, Mrs. F. A. MacMillan, Mrs. R. J. Rossiter and Mrs. Emmett MacDonald. Super-

ANNE ADAMS PATTERNS

FOR HALF-SIZERS

Especially for the shorter, fuller figure — this slimming step-in accented by a new and dramatic collar detail. Picture this in crepe, faille, or cotton — you'll gather compliments galore wherever you go! Proportioned to fit—you won't have a single alteration worry!

Pattern 4629: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 39-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. West, Toronto, Ont.

vising tables were Mrs. Robert Gallant, Mrs. Peter Walsh, Mrs. Harry Toombs, Mrs. Ivan Berrigan, Mrs. Jack Walsh and Mrs. Eugene Lewis. Replenishing were Mrs. Arthur Lawlor, Mrs. Alex MacLean, Mrs. Stephen Connolly, Mrs. Giles Cantwell, Mrs. Guy Sullivan, Mrs. Joseph Costello, Mrs. Mark Arsenault and Mrs. William MacInnis.

The candy booth was in charge of Mrs. Dave Lecky assisted by Mrs. Thomas McAvinn and Mrs. Fred Egan, and the fancy work booth was in charge of Mrs. Stephen Trainor and Miss Margaret Francis.

A lottery of a chicken dinner was in charge of Mrs. Gregory Lewis and Miss Judy Lewis, the winner being Miss Judy Dowling. The convener of tickets for the tea was Mrs. Charles Smith.



4629 14½-24½
by Anne Adams

BACKACHE

For quick comforting help for Backache, Rheumatic Pains, Getting Up Nights, strong cloudy urine, irritating passages, Leg Pains and loss of energy due to KIDNEY and Bladder troubles, try OXYCEL. Quick, complete satisfaction or money back. Don't suffer another day without asking your druggist for OXYCEL.

Words Of The Wise

The nearest way to glory is to strive to be what you wish to be thought to be. —(Socrates)

We interviewed Canadian homeowners and found out . . .



... what most people want to know about wallpaper!

You may well get some new decorating ideas from these questions and answers!

QUESTION
"I've read a lot recently, in newspapers and magazines, about a swing back to wallpaper . . . what is the reason for this?"

ANSWER
One important reason is that Canadians are tired of dull plain walls . . . tired of that uninteresting, painted look. And they are finding that the smart new wallpaper patterns let them express their own personality in their home decor.

QUESTION
"Is it true that today's new wallpapers are washable? I mean really washable, so that you can get off dirt and children's finger marks?"

ANSWER
Yes, if you look for the Sunworthy Washable papers! With them, you can remove ordinary dirt and finger marks easily, with a sponge and soapy water. It doesn't harm the paper at all . . . your rooms will look freshly decorated for years!

QUESTION
"I've heard people say that wallpapering need cost no more than any other type of wall decoration. Can this really be true?"

ANSWER
It's quite true, for wallpapers are available at very low prices. Many of the smart new Sunworthy washable patterns cost as little as 59¢ a roll! Remember, too, that wallpaper hides wall cracks and plaster defects . . . and that you only need one "coat" of wallpaper—and the job's done!

QUESTION
"What's all this fuss about pre-pasted wallpapers . . . are they really so simple to use that I can now do-it-myself?"

ANSWER
Indeed you can! For all you need do is to wet these new Sunworthy Pre-pasted papers—and apply them to the wall. They've plenty of "wet strength" so that you can forget about tearing. They're inexpensive, too . . . you can decorate a 10' x 10' room for as little as \$8.90.

QUESTION
"We see a young couple with a modern home, furnished with a few inexpensive pieces. Will wallpaper help set the furniture off . . . make more of it?"

ANSWER
Yes, for you know, it really is amazing how much warmth and richness carefully chosen wallpaper can add to your home. There's no need to buy expensive drapes, either . . . the wallpaper brings out the beauty of simple furniture. Will give your home a distinctive, quality air.