

MARY HOWARTH

Judges Of Neighbours Are Greater Sinners

Dear Mary Howarth: Thank you very much for your burning rebuke of AA, who was so volubly happy to have broken into print with a letter publicly exposing an office romance between a foolish girl and her married boss.

Your consistently challenging advice isn't always comports of the grubby realities of human nature, I sometimes think. But this time you sure hit the nail on the head!

I would say that in the event AA's first published letter has shattered the office romance, as she crows in her second letter, then it wouldn't have lasted anyway. It would have flickered out in the course of time.

Those who act in judgment, self-righteously, are guilty of a worse sin than the man's to date; and my advice to the lady's wife is, don't let the gossip break up your marriage.

Dear Mary Howarth: Please discuss nervous facial tics in an adult. Although this is a constant worry for me. Thank you very much.

Dear C.I.: As I understand, facial tics are somewhat akin to compulsive nervous gestures of any sort. The assumption is that they have an emotional origin. Thus I feel you should have expert help in getting down to brass tacks, and to help your distress of mind and body.

Short-term intensive psychotherapy might do the job; but any sort of medication is required, or even possibly minor surgery. I would suggest you consult for a first-visit physician.

Dear Mary Howarth: Recently your wife at grips with your worries, confessed her difficulty in losing weight. You suggested (among other things) that she read "Body, Mind and Sugar" (Holt) by Abramson and Pevet.

This book worked a miracle for my friend. It was mentioned in your column the day before I took it from the library and I got the last of 16 copies. The librarian said you've practically put it on the bestseller list.

Back to the young wife's weight problem: She might also join a chapter of TOPS (Tales Of Pounds Sensible), a national self-help endeavor organized along the lines of Alcoholics Anonymous.

The national headquarters address is TOPS Club, Inc., 3130 South 27th street, Milwaukee 15, Wisconsin. There are 34 chapters in my state, and more are forming.

Through discussion and suggestion, we members gain insights and incentives that produce results. Within 10 to 12 months, I had lost 30 pounds without special diets, pills or exercise. With love and interest and kindness of fellow members. Thanks for a wonderful suggestion.

Dear Mary Howarth: You say I frequently about hypertension. I have had it for 10 years since I read the book! It treats the condition in physiological terms exclusively, assumes the so-called Harells diet will correct the imbalance.

My experience is that the sugar imbalance follows quickly upon anxiety states. Thus the basic solution consists in correcting the "anxiety-overwork-fatigue" complex.

Unrelieved tension will perpetuate the sugar imbalance, even if one stays on the diet. Cordially, R.T.

Dear R.T.: Seriously, have you read the book? Or perhaps only read about it? In any case, it plainly reports that unrelieved life situations may contribute to set-up and -or- perpetuating hypertension.

Basic Ingredient It is perfect as a basic ingredient for cookies, pies, cakes, graham and pudding, for sweetening hot and cold milk beverages; for topping sweet or cooked fruits; for making fresh rolls or rolled yeast breads; for topping pies and fruit desserts.

Granulated brown sugar is bulkier than former brown sugars. So in following brown sugar recipes, consult directions on the box.

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ANN DAVIES DOUGLAS ADAMS WEDDING PLANNED

The Reverend John R. and Mrs. Davies of Charlottetown announce the engagement of their daughter, Ann Winifred, to Douglas E. Adams of Halifax, son of Mr. Adams and the late Dr. Joseph Adams of Whitefield, New Hampshire, U.S.A. The marriage will take place in King's College Chapel at noon, Friday, July 3. Both Miss Davies and her fiancé are graduates in Arts of King's College. Miss Davies also holds a Bachelor of Education degree from Dalhousie.

(Photographs by Frances Davies, ARPS.)

Spare Silhouette Shown By Dior

NEW YORK (AP)—Until the model stepped into the Christian Dior showroom in a costume hunched at midriff, the audience previewing the fall collection was relaxed and gay. Then the buyers here for fashion market week stiffened to attention.

Yet this length, reminiscent of the old new look length, was not meant for daytime wear and there were only a scattered few in the large collection.

Designers Pauline Trigère and Vera Maxwell are proponents of gored jauntily at the knee.

Dark stockings or lacquered patterned silk ones, low-heeled walking shoes as well as stonied and byzantine-trusted dome hats that made hairdos abominably unnecessary, were part of the day-time wear.

Two-faced suits at up to \$1,000 each could be turned inside out to be worn again in a different color.

H. BENNETT CARR Insurance Counselling District Supervisor Sun Life of Canada Phone 4-8817 - 4-5445 Charlottetown, P.E.I.

GERTRUDE GODFREY ENGAGEMENT ANNOUNCED

Mrs. Francis Godfrey of Moncton N.B. wishes to announce the engagement of her daughter, Gertrude Anne Godfrey RN, P.N., to David Edward Ward BSc (Agr.) of Charlottetown, P.E.I., son of

of this intermediate size, length for theatre and at-home wear.

But one buyer shivered, saying: "I'd hate for that to happen again."

RAISES MEMORIES Obviously a dropped hemline in a Dior collection still has a traumatic effect, even in New York by a protégé of the late Dior, Gaston Baretel, many years after his drastic fashion change made wardrobes obsolete overnight.

The news at the preview was a diversified and sophisticated collection focused around a silhouette sparse at the shoulders, eased or loosely belted at the waist, slim over the hips and

pleated or gored jauntily at the knee.

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Andrea Bullishield, 2, a member of the Blood Indian band from the Carleton Place, Ontario, is shown in a portrait. She is wearing a traditional Indian headdress and holding a bow and arrow. The photo is credited to Rev. Joseph Joly.

ELLEN'S DIARY

Dampish This Day Was, And An Edged Wind Blew

It was not a strong wind, nevertheless an edged one, which blew this family work day.

"What are you doing these times?" we inquired of the other day.

"Oh" she replied, "just the same old things: the cleaning... and doesn't the class get indoors now! And there are the meals to prepare and the children to get off to school, and the other day - by day turns."

"I'm busy" she smiled a bit ruefully; though not getting, it would seem, much done! The soil of the cropping does get tending, the plants to be watered, and its dust is a seasonal annoyance to the housewife. Yet not with present brooms do we sweep now, nor are ours, those pioneer floors. And if we can not get the labor, we can stop by a window, what loveliness to see: fields being cultivated - good fields that will be spread presently with the green of new grain, or the pictured greens of other crops.

Or maybe seed is being sown. And there is no scene more engaging about a farm, because upon this our livelihood depends. This moment then, as you stop there by a window is a convenient time for devotion to "Bless the Law" for favors of circumstance and season received, and to wish a wish that this seedtime may

be especially blessed; that sun and shower may be ours, that the seed may germinate and grow healthy, and give increase, so that, come the harvest, granary and bin will at least be adequately filled.

So we went to our rounds - each one. Following the same paths as yesterday? By and large, yes, as to duties. At the same time, on a farm, no two days are alike. Always there is some new happening, a new interest. It was today, not yesterday, "that better" in a far pasture found and welcomed with a motherly tongue her new-born calf.

"But you can't take that kitten home with you!" Peter said the other day with some uneasiness to a little girl, who during her visit at Alderlea, had loved it, carrying it about as a doll wrapped in her best white sweater. There was a silence. Obviously there was no give or take.

"Don't you see?" Peter reasoned earnestly, "Stripper found those kittens just for us! They're ours!"

Dampish this day was. Conspicuously there could be no further cultivating or sowing in "We could," the younger farmer suggested, "clean a new garden to have that, couldn't we?"

So a pen was cleaned, and a pasture to be dressed. Today blossoms filled on the bleaching hen in pink and white. An old-time penny were round fat buds.

"I hope" James offers from the old armchair, "the sun will shine tomorrow. That last snow we made is aint covered you."

But whether or not the sun shines or rests behind the June clouds, we know that another day, interestingly different will come to us with the new dawn. Good-night - Diary -

Wanted: Female Ideas For Design

TORONTO (CP)—Home economist Margaret Laws of Toronto believes appliance manufacturers should put a woman with experience on their executive staffs to correct what she calls the obvious sins of male engineers in appliance design.

She attacked the design of the industry at the annual meeting in Thursday of the Canadian Council of Appliance Manufacturers.

She listed these design faults as ideas of male engineers who had not tested the products properly:

1. Heavy ranges and refrigerators that can't be moved for cleaning.

2. Electric kettles that can't be washed to avoid scales and mineral water deposits.

3. Electric clothes-wringers without setting controls for synthetic fabrics and with openings so small you have to tread in a blanket.

4. Toasters that won't toast whole wheat bread without putting the slices in for another try.

5. Critical eye-levels so shallow they won't hold a head of lettuce.

6. Egg storage shelves for seven, nine or 14 eggs.

7. Broilers that don't produce enough wattage to broil a steak properly.

Miss Laws said it is important to provide eye-levels and reactions with appliances because more than half of today's breaders are younger than 25.

Women

The Guardian, Charlottetown, Fri. June 12, 1964.

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8596

Mrs. Edward Jay and Alton Jay left Sunday morning for Cambridge, Mass., to attend the funeral of Mrs. Edward Jay's brother-in-law, Oswald MacNeill.

Mrs. Harold Jay and Mrs. P. Jay were hostesses to the ladies of the Royal East Women's Institute recently. Mrs. Alton Jay won a contest which was conducted by Mrs. Bruce Jay.

Rev. and Mrs. M. Smith of Kingsboro are visiting Mrs. King, N.B.

Chester McNeill of Red Point spent a few days recently with relatives and friends in N.O. & Scotia.

Mrs. Edgar Rose was hostess to the members of the Red Point Women's Institute for the June meeting.

Sid Kitson of Halifax was a recent visitor of his brother Roddie Kitson and Mrs. Kitson of Red Point.

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IDA BAILEY ALLEN

Instant Menu For Two Ready In 15 Minutes

EARLY one evening, the Chef and I returned to the test-kitchen after a day at the New York World's Fair and I had literally spent hours in "taste-testings," which means a little bit of this and that goodly or gourmet food - a new kind of sausage, a surprise ice cream or new soft drink. Yet we were both really hungry.

"I regret I did not go to the market this morning before we left, Madam," the Chef observed.

DINNER SUGGESTION "We have plenty of canned foods on our Hospitality Shelf let's get a quick dinner." I suggested.

From the shelf came a can of grapefruit sections; a 1 lb. can of ham; a can of creamed macaroni and cheese; a can of corn kernels; one wild blueberry; slices 22-34; 96-38 incl.

Here is our menu ready in 15 minutes:

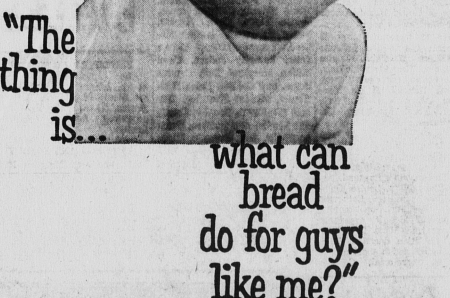
The macaroni and corn kernel salad is most unusual. It can be served hot or crisp chilled iceberg lettuce, presenting an interesting study in food temperature contrasts.

TOMORROW'S DINNER Grapefruit Sections Broiled Rolls Tenderized Ham Macaroni - Cheese - Corn Kernel Salad on Iceberg Lettuce Blueberry Biscuit Pudding Hot or Cold

Hot or Cold Coffee or Tea, Milk Note: The pudding finished baking while we enjoyed the main part of the meal.

MACARONI-CHEESE, CORN KERNEL SALAD 3 (1 lb.) cans creamed macaroni and cheese 1/2 c. milk 1/2 c. diced Cheddar cheese 1 (1 lb.) can corn kernels Mexican

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"The thing is... what can bread do for guys like me?"

Frankly, bread can't do a darned thing for babies... real milk-drinking, shoulder-burping babies!

But, once they become active - start burning up energy - get their first wee lick of grow-up foods... then bread can do plenty!

Ben's Buttermilk Bread; soft, white, sliced - carefully made from enriched flour - can play an important part in diets designed to replace youngsters' burned up energy.

Of course, we don't have to tell you grow-ups that!

COLISEUM 7:30 TONIGHT Special Musical Program PUBLIC IS WELCOME

CRUSADE FOR CHRIST The building is heated.

THE FASHION SHOPPE The best bread each morning...and all day too!

