

WOMEN

Page 8 The Guardian Friday, November 5, 1954

MARY HAWORTH'S MAIL

Wed to a Philanderer, Wife Asks How Accept Situation

DEAR MARY HAWORTH: At 29 I am still attractive, but my husband is unfaithful and life has lost its zest for me. I feel unloved, even unwanted, because even our children—who range in ages from one to 10 years—are more devoted to their father than to me. Harry has always been friends with me and always has been more or less pursued by women—even after our marriage. Apparently the temptation of women's coquetry is irresistible to him and, being the easy-going type, he has drifted into two affairs to my knowledge—and no doubt others of which I am unaware.

SHOULD SHE HAVE AFFAIR?

Should I too have an affair? Sometimes I think if I did, I would understand him better. And having adventure of my own, perhaps I could be kinder, and he might become more aware of my good points of which I have a few, I am sure. What is worse than being ignored? I feel so trapped, in a continual round of household duties and child care, with no time for reading or club work, and without the incentive of love which made the care of our firstborn a joy. Sometimes I think of running away, as they would be happy without me; I am valued only as cook and laundress. Knowing that I am unable to change my husband's character, how can I change my attitude towards him, so that life may seem brighter? Please suggest something. I am desperate. D. S.

MAN'S BEHAVIOR IS INDEFENSIBLE

DEAR D. S.: Harry may be a kind-hearted father, and it is nice of you to give the devil his due; but even so, he is a skunk in my book. He is taking a really low-down, double-crossing advantage of the situation in grandly ignoring your heart-breaking mood, meanwhile blithely pursuing his usual phony pace that causes the trouble. Back of his pokerface silence at home, he has a guilty conscience, of course; but I suppose he has led to his conscience so consistently that he can almost believe by now that black is white—and that he is long-suffering and you are impossible. The utterly despicable aspect of his misbehavior, as I see the picture, is his wooing of the children, so that they will like him better than they like you, in the event the marriage breaks up. Case of preparing his whitewash ahead. A good father needn't be bright; he hardly needs more than baton sense, to teach his children love and respect for their mother. And if your children end-shoulder you in favor of Harry, and he lets them do it, the shame is on him, not you. Anyway, it's a commonplace for mother and children to get on each other's nerves when they're always together in a glum atmosphere. So here's still another black mark against Harry—

DON'T FOLLOW BOOB'S EX-AMPLE

Should you have an affair? Don't be ridiculous. Stop downgrading yourself just because Harry is a juvenile delinquent in man's clothes is no reason why you should try to struggle backward to a moron level of sensibility-seeking.

To change your attitude towards Harry, get on the beam of creative thinking, as discussed in Glenn Clark's book "God's Reach" (Macalister Park); or Emmet Fox's classic "The Sermon on the Mount" (Harper & Brothers). And as a spiritual tonic in all seasons, follow "The Manual of Prayer," a monthly magazine distributed cost-free to all who need it, by the United Prayer Tower at 1571 Grand Avenue, St. Paul 5, Minnesota. "That which is given by the Spirit is for all, and is not for the personal advantage or profit of anyone," the magazine's interdenominational sponsors say.

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

Herman N. Bundesen, M. D.

Vitamins Are Not Medicine

AMERICANS are pretty vitamin-conscious these days. It has become almost as common for daily diets as it is to talk about the weather.

Almost every day, someone asks me whether additional vitamins in capsule or liquid form can help renew some of the energy which seems to be slipping away from us as we grow older.

Vitamins will help, of course. But they're not enough—unless you supplement them with certain essential minerals. Vitamins don't do the job alone!

Many people erroneously believe that vitamins and minerals are medicine. They're not. They're parts of foods. Fresh fruits and vegetables abound in them. I'll have more to say about the value of eating fruits and vegetables in seasons tomorrow.

As a rule, just about everyone nowadays will benefit from adding vitamins and minerals to his daily diet.

Need Varies The number of vitamins you need depends upon your age, weight, activities and other factors. If you're overweight, for example, you probably should not eat foods containing more than 2,000 calories each day.

Yet your body might require double that number to operate efficiently. You can build up a daily reserve on which your body can draw by taking prescribed vitamins and minerals. They should not be taken promiscuously. It is always essential to have proper professional advice.

And right here let me caution anyone who is overweight not to try to lose that excess poundage too quickly. Do not try any 1,000-calorie-a-day meals on your own. It took a long time to put on all

Honor Prince and Princess



The new issues of National Savings stamps in Great Britain have portraits of Prince Charles and Princess Anne. They will go on sale in British post offices and savings banks from Nov. 1 on.

ELLEN'S DIARY

by an Island Farmer's Wife

Here then for the pleasure of the young people we were on our way to honor, sparkling the deep night-blue with star-dust was a host of them...

Only a few hours before this, the twain had launched their tug new craft into the intriguing matrimonial seas, in winds most favorable to the success of their journey. At the same time, we remembered out of the experience of our own wedded years it would be just as well to have even the odd star to wash upon.

For what then should we wish, if young as they, and given this sky-lit? Upon one, we should wish for continuing halowed affection on another for mutual trust and respect. And one—to observe religiously the rules of an honest partnership. One must be for health, one for courage and one for...

And how did they look, Ellen? That was one of James' questions when the night so pleasant had length brought us to our pillow snug beside his.

How else, it came to mind, do newly-weds appear other than exceedingly happy and well pleased with the new estate that is theirs? It seemed only a few years ago that this bride was a little girl with long sunny curls and wondering young eyes—a dimpling lass, though always older in her ways than her years. Now we saw her that weight, Take it off slowly.

A Good Investment Adding vitamins and minerals to your diet each day is like putting money in the bank. If you fail to bank many of these valuable vitamins and minerals regularly, you daily supply of reserve energy is not being replenished. You may be drawing heavily on the principal.

Some day your body might demand that extra reserve. If it is not there, the result might be ill health. That is just nature's way of saying "not sufficient funds."

QUESTION AND ANSWER Mrs. J. B. R.: Can chronic inflammation of the bladder be cured?

Answer: Whether or not complete cure of this condition can be effected depends on the cause. In most cases, the condition can be relieved by proper treatment, if not completely eliminated.

LET'S EAT

Garden Dinner Special

By IDA BAILEY ALLEN

THE city, sparkling with lights, lay below; the ceiling of the restaurant was studded with "stars" that reflected in the curved glass outer walls, glittering like lights in fairyland.

We found all this glamour in Cincinnati, where the Chef and I stopped over to see the fascinating baking of canned army bread and cake in cans, and finally dropped into this unique gourmet restaurant for a leisurely dinner.

Two Vegetable Dishes After an appetizer consisting of sliced pear with prosciutto ham, the Chef ordered a shrimp special. I chose two vegetable dishes that sounded interesting and proved so appetizing and unusual that we planned the following menu around them.

GARDEN DINNER Red Bean Soup Croutons Baked Stuffed Potatoes Green Lima O'Brien Vanilla Souffle Orange Cream Sauce Tea Milk Coffee Green Lima O'Brien: To 3 c. drained cooked fresh or frozen green lima, add 1 tbs. each minced green pepper and pimento, and 3 tbs. mushroom pieces and stems.



Cook's Corner

RAISIN CAKE 1 cup molasses 1 cup sugar 1 cup shortening 2 cups sour milk or buttermilk 2 heaping tsp. soda 1 tsp. salt 1/2 tsp. each nutmeg, cloves and cinnamon 3 2/3 cups flour 2 cups or 1 pkg. raisins Bake 1 1/2 hours in medium oven

—Mrs. James Campbell, Hampton W. I.

Date Balls

2 eggs, beaten 1 cup sugar 1 cup dates Vanilla and pinch of salt Butter frying pan. Add mixture and stir constantly until thick. Allow to cool. Add 2 cups rice krispies. Drop by spoonfuls in coconut and shape in balls. Keep in refrigerator.

Wife Preservers

Patricias of permanently plated teflon may be cleaned by washing them through lukewarm soapsuds and rinsing. Hang them up to drip dry, and they will come through as crisply plated as before washing.

Morning Smile

"Be like me and pay your taxes with a smile," advised Mrs. Wise. "I should love to," said Miss Sharp, "but they insist on cash."

Trick of the Chef

Add the contents 1 (2 1/2 oz.) can devilled ham when stuffing baked potatoes.

KEEP IN TRIAL

The Role Exercise Plays In Figure Fixing

By Ida Jean Kain

The role exercise plays in figure fixing appears to have Eve's daughters in a quandary. Many readers are honestly puzzled as to whether they should go on a diet or take a fling at exercise. The cue is to regard exercise as trimming and slimming, rather than reducing.

For example, many women who need to trim down are not actually overweight and should not go on a diet. Try this on for size. You like the feeling of being slim and sweet, waist willowy, hips trim. But you know you feel your best and have more zip at your present weight. Then you need exercise. With a daily stretch-bend-swing routine, you can look five to seven pounds slimmer than you actually weigh. And you'll feel young and willowy.

Viewing calisthenics in this light makes them seem well worth the doing. So turn on the music and do a 1-2-3-4-5-6-7-8-9-10.

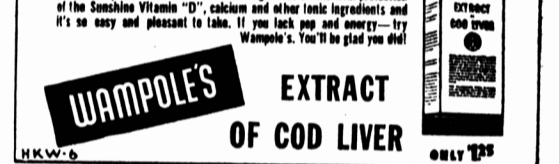
On the other hand, if your weight is considerably above normal, it is folly to try to reduce poundage with exercise alone. It is far easier to lose weight by leaving 700 calories a day out of the daily menu than it is to try to burn up the fat with exercise.

Then, too, exercise can help you to keep streamlined, since well-toned muscles resist fat. However, exercise is no match for overeating.

After reading your letters for many years, I've concluded that too many women diet and not enough take streamlining measures.

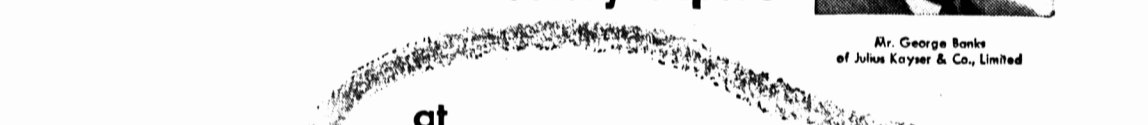
Household Hint

Basements are still the best storerooms for canned fruits and vegetables. If you have the space, construct a separate food closet that will have a temperature of 40 degrees or lower by partitioning a corner of the basement as far as possible from the heating plant and enclosing the sides with concrete block. Uprights of two-by-fours, and a one-by-four strip around them, make a good storage rack.



a favourite with our family! We've proved, as you can, that for a year-round family tonic, nothing beats Wampole's Extract of Cod Liver. It gives you all the vital protection of the Sunshine Vitamin "D", calcium and other tonic ingredients and it's so easy and pleasant to take. If you lack pep and energy—try Wampole's. You'll be glad you did!

meet KAYSER'S hosiery expert



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Mr. Banks will be in our hosiery department on Friday & Saturday, Nov. 5 and 6, to help you choose the fashion-right Kayser hosiery to suit you best... and to show you what Kayser can do for you. Kayser makes your legs look lovelier... because only Kayser is "Custom-Fit"—perfectly proportioned for you, whether you're tall, tiny or just between... slender, average or amply proportioned. And you're sure of perfect grooming all day long... with Kayser's exclusive "Strait-On" Heel—the magic little pucker that keeps seams from twisting no matter what! You'll love Kayser's lovely Fall shades... their flattering soft muted finish... and the slenderizing new hairline seams.

STYLON, walking sheers, 51 gauge—30 denier. Shorts, Mids, Talls. 1.50 pr. FIT-ALL TOPS, walking sheers, 30 denier, stretch-top. Mids, Talls, Extra Talls. 1.50 pr. FULLER-FIT, walking sheers, 30 denier. For the more ample woman. 1.75 pr. NO. 17, dress sheers, 51 gauge—15 denier. Shorts, Mids, Talls. 1.35 pr. EVELON, evening sheers, 60 gauge—15 denier. Mids, Talls. 1.50 pr. NIMBLE-NEE, dress sheers, elasticized welt, in measured lengths. 1.75 pr. NO. 46, heavier weight for extra service, 60 denier in measured lengths. 1.65 pr. LACEON, truly rainproof hosiery. 30 denier. 1.65 pr.

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Quick

by RICHARD HUDNUT

With the lanolized waving lotion that takes in only 10 minutes!



I'm for lanolin! Why risk that dry, dull, lifeless look when there's lanolin in QUICK's waving lotion to help protect your hair from damage... keep it healthy! My QUICK curls are soft and shiny and perfect lambs to manage.

You think a pin curl's fast? It's the over-all timing that counts! QUICK's waving lotion takes in only 10 minutes; with my short hair I can give myself a QUICK in just 1 hour. That includes winding, waving, neutralizing!

QUICK'S easy as pie! Just three things to do. Wind, wave and neutralize. And what a neutralizer! It's actually a Wave Vitalizer, and you dab it on your curls just once, quick-as-a-wink. Makes them last longer...lots livelier!

Pick the QUICK that's right for you



Pick QUICK if you want a longer lasting, livelier wave that you can't tell from naturally curly hair!

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