

WOMEN

Page 8 The Guardian Thursday, Nov. 4, 1951

MARY HAWORTH'S MAIL

Wife's Refusal to Live at Army Post Worries In-Law

DEAR MARY HAWORTH: May we have your advice on the following? When my son and his wife were married last May, she knew he intended to make the Army his career. He has been in the service 10 years and loves the life. Tom has provided a nice apartment for Elaine in this city, as the refuses to go to his Army base in the Northwest. She is past 30, the last of three sisters to marry, and we (Tom's parents) feel that her mother is to blame for this situation. She was most eager for Elaine to marry, but I think she is a bit of Elaine's decision to settle down here.

Now the mother has influenced Elaine to the extent that she won't even visit Tom's Army post, and she won't come to see him once. He is very unhappy and it looks as if the marriage will eventually hit the rocks. Everyone asks me why they aren't together. I am all over the situation, as you can well imagine, as Tom is my only child.

Is it not a wife's duty to accompany her husband? If she loves him, she will follow him, we contend to be at his side, no matter the distance or inconvenience. Isn't it stated in the Bible that a wife must leave her parents and cleave to her husband? Kindly reply through your column. P. E.

MOM'S CONCERN IS OVERZEALOUS

DEAR P. E.: What the Bible says about marriage is, "For this cause shall a man leave his father and mother and cleave to his wife; and they shall be one flesh" (Ephesians 5:31).

So if your son is complaining to you about his wife's behavior in any respect, he is failing, to that extent, to be a man in their relationship. However, there is nothing specific in your recital that puts the finger on Tom as a confidential critic of Elaine—that says he has been talking to you about her.

Thus it seems probable that you've been making a case against her in your own mind, compelling

evidence from what you can observe, concerning the state of their marriage. However, assuming the situation is more or less as you say, still your militant solicitude is overly protective and inappropriate. As a regular Army man who has been in the service some 10 years, Tom might be well schooled by now in coping with man-size problems, without his mother's supervisory help or partisan interference. And of all relationships known to man, marriage is one of the least benefited by maternal management from either side of the fence. Your suspicion that Elaine's mother could be a bit of a "mommy" may be a tip, all right, of "mommyism," a wary hostility towards all members of the camp into which Mom's child marries.

MAYBE THIS IS RIGHT FOR THEM

Your insistence that Elaine ought to follow her husband from pillar to post may reflect an unconscious wish to retain for yourself the role of stable homemaker in his scheme of things. If Tom and Elaine were youngsters, it might be more natural and more important for her to stay close to him in the first-married years, as close as could be. But in view of the fact that they are both of an age to be set in their ways, perhaps it's instinctively good sense on their part to minimize the throes of readjustment in their marriage.

In any case, Tom has married Elaine, and by that sacramental move, he dissolved his bonds of dependency upon parents to shape his future experience. My advice is to take this fact to heart; and if the marriage fathers, don't butt in. Read "The Christian's Secret of a Happy Life" (Revell) by Hannah Whitall Smith, to bring your worry under control.

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

ELLEN'S DIARY

by an Island Farmer's Wife

It was to a town house, to offer our congratulations and good wishes to a pair of newly-weds, that we came with Rob, and others of their friends and kin this evening. . . . The afterglow which lingered after the brilliance of the fiery sunset had faded by then, and now the twilight of a fall night lay cool and dim on the countryside through which we passed.

Now on the farms, day's work in the fields was ended and the lights which sent forth their friendly beams from the windows, had not long ago, it came to mind, gathered in their families to the evening meal. . . . Maybe even yet they loitered there, enjoying the well-earned moments of respite in pleasant companionship about the hearthstone before each one resumed his or her care—the farmers' lively going out into the night to attend to the items of choring.

The thought that rove hither and yonder, and pause, in the quiet of a ride through the shadows of a moonless fall night! . . . "Isn't it good to have the lights for the choring these nights and not dependent on lanterns as we used to be?" I commented to Rob. . . . But fast in mind, souvenir of these bygone years, lantern-light ever remains a symbol of the "melancholy" night of fall.

But, accustomed now to the convenience of "the lights" had we already forgotten, we wondered, the knack of cleaning a lantern-glass? Of trimming the wick and pouring in oil to the vessel? Or had we too, as Jamie said recently, of lighting a lamp. "Quite forgotten the feel of it!" We smiled in the dimness, if we had lost that

art in the march of progress, the remembrance of "holding light" on occasion for James' choring, had not faded from mind.

Back the sight came to us: two folks of the farm held from all the darkness about, within that small circle of lantern-light. And James reminding us with admirable patience as he drove a nail, clean, ed a trough or manger, or attended to some other night-care of his household. "Can you see what I'm doing Ellen? Then if you can't, remember, neither then can I!"

Our going out a lovely swath of light in the dark of the road-way ahead. And above in the deep blue of sky, we pecked out the stars. "Folks should never worry or despair, no matter what the day may bring, so long as they still have left them a sky-ful of stars to wish upon!" we recalled a girlish voice of an old summer, say with a happy chuckle. We were walking along a farm-lane at that time, one dewy, but scented with the fragrance of a thousand blossoms, and above the perfect night, the heavens were spangled with stars. Here were these then for the pleasure of the young couple we were now on the way to honor. . . .

But James is stirring in the bed in the room across the hall. "So you're home Ellen? Then hadn't you better get to your rest? The morning will be here before we know it!" There then is an answer to a query directed to us in the course of tonight by one of "mine and" sex: "your husband. . . . is he living?" Much alive, bless him, and already concerned with the duties of his tomorrow, he appears at the moment!

Until tomorrow ——— Diary
— Good night

SPECIAL Perfection ICE CREAM
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LET'S EAT

Pan-Roasted Pumpkin, An Australian Treat

By IDA BAILEY ALLEN

A FEW seasons ago, while on a personal appearance tour of Australia, the Chef and I dropped into the auditorium of a large department store in Sydney to watch a cooking demonstration. The young home economist was pretty as a picture, delft and interesting as she finished preparing a dinner dish new to me, baked stuffed pumpkin.

Stuffed Pumpkin
A medium-sized pumpkin, top removed, strings and seeds scraped out, had been filled with a stuffing of chopped raw beef, crumbs, an egg, and herbs to season, and slow-baked 2 to 3 hours, much as we stuff and bake small acorn squash. On top, she added swirls of mashed potato, with a pastry tube, browned this in the oven, arranged the pumpkin on a big shining tinned aluminum tray, and we applauded it with rapturous and spontaneous applause of her audience.

Anticipated Prominence
She was Del Cartwright, later appointed as our stage assistant throughout the tour. Last spring, the Chef and I were delighted to receive a cable "telling us that Del and her young husband, Ken Parry, were starting out to eat their way around the world."

Australian Menu
"Plan our Sunday dinner, Del," I invited, when I saw her after her arrival in this country. "One of your favorites in Australia is pumpkin, rather than pumpkin as one of the 'vegetables,'" she laughed. "We wouldn't serve a joint, or roast, without it. Just remove the seeds and strings, and cut the pumpkin in serving-sized pieces, remove the rind and paranoist it and the potatoes along with the meat."

DEL CARTWRIGHT'S SUNDAY DINNER
Fruit Cocktail with Passion Fruit Juice
Roast Beef Gravy
Pan-Roast Potatoes and Pumpkin
Brussels Sprouts
Lemon-Filled Sponge Cake
Coffee Tea Milk

"Often we serve a small 'savory' after the desert, such as anchovies on toast, Welsh rabbit or stuffed oysters in their shells," added Del. "It seems to be a good top-off for the meal."
Herman N. Bundesen, M. D.

Eat Food Slowly

WHILE your eating manners may be perfect, your eating habits are probably terrible.

I tell you this bluntly, as a physician who has seen the results of these eating habits, and as a man who has observed countless friends and acquaintances across the dinner table.

The average person is adjusted to the fast pace of modern life. And he carries that speedy pace with him to dinner and lunch and probably breakfast, too.

Improper Eating Habits
Few persons chew their food properly. They gulp. If you would only stop to think that you by-pass natural digestive processes by gulping food, you might realize what a tremendous task you assign to your stomach.

Digestion begins in the mouth. You prevent much of this digestive action when you take a gulp of coffee, tea, milk or other beverage to help a mouthful of food slide down your throat more easily before it is properly chewed.

Thorough chewing is not only essential for good digestion; it is also exercise for your gums.
Aids Calorie Counters
For those of you who are watching your weight, remember: chew twice as long, and you'll probably eat half as much. I think you will also enjoy the flavor of the foods more, because you will really get a chance to taste them.

This gulping of food is merely a habit, and one that should be broken. You should relax while eating. A good way of aiding relaxation, as many restaurant owners have discovered, is to listen to soft, soothing music as you dine.

Most of you have radios or phonographs in your home. Try listening to some music at dinner tonight.

QUESTION AND ANSWER
J. G.: Will you please tell me if gas can cause appendicitis?
Answer: No, this does not occur.

Wed in Montreal



Mr. and Mrs. Gabriel Kays (Photo by D and F. Montreal)

The marriage of Violet Blanche, daughter of Mr. and Mrs. Humphrey Moore of Abney Lot 64, P. E. I., to Gabriel Kays, son of Mr. and Mrs. E. N. Kays of Charlottetown, took place in the St. Nicholas Syrian Orthodox Church in Montreal, Que., Oct. 29. The Very Rev. Father Michael Zarbatany officiated.

The bride was given in marriage by Mr. Shaffick Farhood, cousin of the groom. The bride's gown was of white net and lace over satin and the collar was trimmed with little pearls. Her fingertip veil fell from a small crown of seed pearls and she carried a bouquet of red and white carnations trimmed with fern and white streamers.

The bridesmaid was Miss Gladys Kays, sister of the groom. She wore yellow net and lace over satin with matching cap and mits. Her bouquet was of white mums and yellow carnations.

The groom was attended by his uncle, John George of Montreal. After the wedding a reception was held at the home of Mr. and

KEEP IN TRIM Your Mind Plays Lead Role In Slimming Program

By Ida Jean Kain

Take the initiative to find out the role your mind plays in helping you to eat for normal weight. This enlightenment will pay slimming dividends.

Psychologists explain there is such a thing as "mind set." That is, you tend to regard a situation in terms of what is already in mind. Your attitude at the beginning of a reducing venture largely determines the outcome.

For example, you start a reducing diet seriously doubting you'll lose many pounds, since you never have been able to stay on a diet. Doubt is negative and brings more doubts.

Or, as with the overweight who wrote recently, "I'll give diet just one more try, and if I do not lose this time, I'll never diet again. This is part desperation and part defiance. But in this frame of mind, she is quite likely to fail. Why? Her mind is set for failure, and will find new ways to fail. Although she is not aware of it, subconsciously she wants to prove she cannot weigh less. This will leave her free to overeat on fattening foods.

Many overweights write that they start a diet course grimly determined to stay with it, and they do for a time. Then, even though they are losing weight, after a certain number of days, say 5 or 10 they cannot keep from overeating! The explanation: Expecting to fail, they concentrate on failing at that particular time.

It is true that we tend to get what we expect. To carry this further, if you expect to be hungry while dieting, you will be, for your mind will dwell on forbidden foods. Under certain conditions, your mind will react exactly as you have habituated it to react. Ponder this psychological principle, for it is an important clue to mind conditioning.

How do you change your mind?

Morning Smile

The dealer met his bandaged customer. Dealer—How could you have had an accident with that used car I sold you? Bandaged Customer—I couldn't put my hand out while I was pushing the car around the corner.

Household Hint

When laundering sheer curtains, always pick them up from underneath. Never lift separate parts of the material, since the weight of the wet fabric can cause tearing. Rinse in three waters: do not wring. Smooth out and let drip-dry.



DUTCH BISCUITS
1 cup brown sugar
1/2 cup shortening
2 eggs
1 cup sour milk
1 tsp. soda, dissolved in milk
1 tsp. baking powder
1 tsp. cinnamon
1 tsp. salt
1 cup seeded raisins
3 cups flour.

Method:
Mix sugar, shortening, eggs together, then add sour milk and soda. Then take 3 cups flour, add cinnamon, raisins, baking powder salt.
Bake 1/2 hour medium heat.
—Mrs. Earle Calbeck, Hampton W. I.

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Wife Preservers

A floor lamp by the piano should have a shade that lets light through, and a diffusing bowl to prevent sharp reflections from the piano. Place the lamp to the rear of the player so the bright shade cannot be seen.

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