Perky Spring Outfit

This spring ensemble is designed in pale, wheat-colored wool. The box jacket has three rows of buttons and is lined to match the navy-and-white, dotted silk, bow-tied blouse. The slim navy worsted skirt buttons onto the blouse. (CP Photo).

Mary Haworth

Woman Is Haunted By Awful Dread Of Losing Husband

DEAR MARY HAWORTH: Can you tell me what is the matter with me, and how to overcome it? I have been married seven years to Mike, who has never, in word or action, showed anything but complete love for me.

In the last month he has taken a very good job very far from here--a wonderful opportunity; something we've been working towards for a long time. I am to join him in six months; and meantime will see him once in that period.

As soon as Mike left, I began thinking maybe I never would hear from him again. I felt completely despondent and unloved. In two days I received a card mailed enroute; then a long letter pon his arrival; and two more long, detailed loving letters within a week. And, on our anniversary, a telegram sending love.

Mike is embarking upon new, time-consuming, arduous work; yet because I haven't had a letter this past week, I am completely despondent. I can just force myself through my work; and I am miserably unhappy and unable to enjoy anything. I have kept myself from telephoning him only by extreme self-control.

HORRIBLE FEAR

Many other times since we've been married I've had this horrible feeling. Once when we were seperated for three days--and sometimes when he is right with me. I feel that he will stop loving me and that I will lose him. The strange thing is that I did not love him when we married; I married him in a moment of despair. . .

Mike doesn't know these feelings I have. In fact, the assumption is that he couldn't get along without me. Yet I am the one who would be most thrown if anything happened to our marriage. . .My childhood was emotionally deprived, and later, in adolescence, I had trouble holding friends, although I learned to seem very attractive or, rather, I mean popular. How can I build up freedom from this horrible feeling that engulfs me for no reason? J.N.

HAS DEFICIENCY

DEAR J.N: The missing link, as it were, in your marriage--the elusive deficiency that haunts you with threat of desolation--is your lack of wifely real love for Mike. And back of this deficiency is the primary cause of it, namely: your ingrained unconscious assumption that you are nobody.

You have an intuitive sense of being utterly parasitical in the married relationship; of receiving Mike's all, without being organized or endowed psychologically to care for him significantly--in a meaningful, contributive, really personally-felt reciprocation of self-giving.

Thus, at times when Mike is physically absent, or when he is present but mentally preoccupied--not actively and wholeheartedly attentive to you--you are seized by desperate fear that his love will die (or has already died). And that once more you'll be cut off from any vital subjective contact with humankind.

TWOFOLD BASE

Your anxieties in respect to Mike are twofold. They issue from traumatic infantile dread of abandonment, carried over from early painful neglect and deprivation. And also they refer to your present inability to move towards life, that is, towards intimate interpersonal relationships--due to hang-over fear of being rejected if you disclose yourself to be a humble, hopeful candidate for shared love experience.

Although outwardly you are exquisitely gently, gracious and considerate, perhaps, inwardly you are frozen, defensive and unreachably remote, in your dealings with Mike. And that's why you feel so lost to him, as if the relationship were an illusion, when he's engrossed in other things. This figurative paralysis of your capacity to love also accounts for listless disinterest in work, your failure to enjoy useful activity.

For a scholarly guide to self-understanding, you might read Ashley Montagu's book "The Direction of Human Development" (Harpers). Or, to vitalize your love capacity, try "God's Reach" by Glenn Clark (Macalaster Park). M.H.

LET'S EAT

Foil-Baked Pot Roast Has Very Little Waste

By Ida Bailey Allen

Many homemakers have asked the Chef and me how to prepare a glamorous-looking beef pot roast that has little meat shrinkage, fine flavor and that needs little watching and does not necessitate a Dutch oven. Here is our answer, straight from the test-kitchen.

Foil-baked pot roast of beef and vegetables: Order a 4 to 5 lb. pot roast of beef.

Tear off enough heavy - duty aluminum foil to completely wrap up the roast and vegetables. Arrange on a low pan.

Rub the meat all over with a cut section of garlic. Then fold up the foil around it to form a "pan."

Brown under the broiler; turn twice until browned on all sides.

Meantime, peel and add 6 small onions, 6 small whole carrots and ¼ lb. sliced cleaned fresh mushrooms. If used, canned mushrooms should be drained.

Remove the meat from the broiler. Pour over ½ c. canned tomato sauce. Dust on 2 tsp. salt, 1 tsp. monosodium glutamate, ¼ tsp. pepper and ½ tsp. basil or oregano.

Close the foil. Seal all edges with a tight double fold to form an air-tight package.

Bake 3 to 3½ hrs. in a slow oven, 300 degrees F.

When finished, transfer the meat and vegetables to a heated platter. Serve the remaining liquid "as is" for a sauce.

Sunday dinner: Grapefruit; baked pot roast of beef and vegetables; tossed cress-lettuce salad; steamed chocolate souffle; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6.

Steamed chocolate souffle de luxe: In a double boiler, combine 1 2-3 c. milk, 2 squares (oz.) cooking chocolate, ½ c. sugar and tsp. salt. Cook until the chocolate melts.

Meantime, blend ¼ c. butter or margarine and ¼ c. enriched flour in a saucepan.

Gradually, stir in the chocolate mixture; cook and stir over a low heat until it boils. Then cool.

Separate 3 eggs. Beat the whites stiff and the yolks until light.

Stir the egg yolks into the chocolate mixture. Fold in the egg whites.

Turn into a buttered qt. bowl. Cover with aluminum foil; place in a good-sized saucepan. Pour in water to a depth of 2 in; cover and steam 45 min.

Serve at once with sweetened whipped cream or fluffy hard sauce.

A GOOD APPETIZER

Tossed cabbage slaw, eaten plain or mixed with grated carrot, chopped cress, young onions or coarse-chopped roasted peanuts, is a good curtain-raiser for dinner.

Tomorrow's dinner: Sardine slaw saladettes; fish chowder; toasted rolls ;deep pumpkin pie; coffee, tea or milk.

Sardine slaw saladettes from the Chef:

Prepare 3 c. fine-shredded cabbage slaw, using both mayonnaise and French dressings.

Add 1 grated small carrot and 1 tbsp. minced green pepper or parsley. Chill.

Arrange in mounds on salad plates.

Top each with a chilled Maine sardine. Garnish of chicory or cress.

HOUSEHOLD HINT

Sponge cod liver oil stains with glycerine or carbon tetrachloride. Then launder.

WOMEN

Happenings

Miss Miriam Woolner recently graduated from the University of Pittsburgh with a Master of Science, degree in Biochemistry. She had received her Bacholer of Science degree in June 1953, from Carnegie Institute of Technology of the same city. She is now a research associate with Dr. K. Hofmann, head of the Department of Biochemistry, University of Pittsburgh. She is the daughter of Mr. and Mrs. B. C. Woolner, North Rustico.

Mrs. H. B. Willis entertained the Victoria group of the Charlottetown United Baptist Church on Tuesday at her beautiful new residence Grafton Street. A welcome visitor was a former active member Mrs. Garnet Godfrey from Mont Joli, Quebec. A buffet lucheon was served Assisting the hostess were Mrs. Earl Norrie, Mrs. Vic Runtz and Mrs. Russell Perry. Pleasant features of the evening were the technicolor moving pictures by Mrs. Godfrey showing her activities in Mont Joli, and the presentation of two brass wall placques — Bach and Handel — to Mrs. Willis to wish her happiness in her new home.

Mrs. G. B. Whiteside and Miss Susan Whiteside were guests for the weekend at Shirreff Hall, Halifax. They attended the performance of the Mikado by the Dramatic and Glee Club of Dalhousie University. This was an all-student production, the director being Mr. Graham Day, a law student. Miss Mary Whiteside, Miss Wilma Wood and Mr. Jim Carson w... in the chorus. Miss Mary Whiteside was also a member of the stage crew which designed and made the sets. These were highly commented upon by both critics and the audience

Miss Wilma Wood a student at Dalhousie University is also studying organ with Mr. Gates of Halifax. Miss Wood recently gave a fine performance in a Students' Recital at All Saints Cathedral Halifax.

Lieutenant Colonel F. B. Conrad and Mrs. Conrad are leaving this week on a motor trip to Florida.

Among the names of new life members listed in the Presbyterian Message for March is that of Miss Marion Hardy of Charlottetown. Miss Hardy was presented by Zion Church. Mission Guild, and also received a gold pin.

A Toronto paper of recent date has a full page advertisement and picture of Mr. R. D. "Don" Scott, manager of Anderson Pontica-GMC Limited the second largest agency in Toronto. There is a resume of Mr. Scott's career highlighting his extensive twenty-six years of automotive experience in the Maritimes and Ontario. During the war Mr. Scott served with the rank of Captain in the Armoured Corps. Mr. Scott is married to the former Miss Marjorie Roop, a daughter of Mr. and Mrs. J. M. Roop. Mr. and Mrs. Scott have two sons Donald and Stuart.

SOUTH MILTON W.I.

The February meeting of South Milton W.I. was held at the school on the evening of the 13th. The meeting was opened with the creed in unison. Roll call was answered by fourteen members, one new member was welcomed.

Reports were given by the various committees. New committees were appointed as follows: Sick, Mrs. Percy MacIntyre and Mrs. Stanley Curtis; School, Mrs. Stanley Curtis and Miss Leah Moore. Mrs. A.E. Piercey Red Cross convenor, arranged for the Red Cross canvass of the district and volunteer helpers are: Miss Leah Moore, Mrs. Stanley Curtis and Mrs. Dan MacLean. Eleven subscriptions were taken for the W.I. News. Several notes of appreciation were read.

The March meeting will be held at the home of Mrs. Cyrus MacNeill, linch committee will be: Mrs. W.L. Coles, Mrs. John Poole, Mrs. A. Piercey and Mrs. Stanley Proude. Program convenors: Mrs. Russell Coles and Mrs. Fulton Willis. Roll call will be answered by an Irish Joke or a fact about Ireland. There will also be a grab bag of articles at 25 cents each.

Following the meeting members were joined by their families and a delightful evening was spent in musical games, contests, crokinole and cards. Lunch and social chat brought the evening to a close.

ELLEN'S DIARY

A Nice Bright March Day

There was-it is so nice to remember! a bright March sun and light breeze of month along the farmlands today. And in the afternoon, that desolate air about the house across the lane which tells one that the hearthfire is dead. Picking up the children from school on their way, that household was off to town James too was missing. He was away along the fields to feed the sheep at the far barn, intending then to continue on to spend a "kaley" at Rob's.

"Ah ha, woman, yo' is lef' now to yo-sef! How yo-all like dat?" Our especial sparrow-friend hailed us from the rosebush just beyond the kitchen-panes. "Yo' like date Rob'son Crusoe fellow now-all alone on dat dese't islan', eh?" he laughed in the bright of the sunshine. "Der's dis to it anyway-yo' ce'tainly is now 'lo'd of de fowls and de brutes!" Ya-as ma'-am, so yo' is!"

"Nice, eh? Nothin' to bothah yo', none-time to heah yo'sef think? But..what yo' a-goin' to do-heah all by yo'sef-if some drovah-man comes by? Can yo' sell a cow? What yo' gonna do if some fahmah comes a-wantin' to buy a little pig? What yo' gonna do, "he ginned broadly," s'posin' dat animal dey pu'chased de odder day breaks loose from his stahle to de ya'd, an' paws de groun' so-fashion, an' den go to run away? An' no 'whip no' stitch' of a man about heath to cathc him? What yo'all a-goin' to do den, I asks?"

"Hook the kitchen-door", we giggled, though with some unease at such a prospect," and let him run!"

"Ain't dat what yo' man say 'bout yo'!" he chuckled. "I know he say dis bery mawnin' 'dat woman ob mine, she am a-gettin dat lazy, she not mobe he'sef outten he' own tracks, no mattah what happens-not eben," he twinkled "if dat 'dacious heifah, he break loose an' go to run hissef' away!" "Oh Solitude where are the charms that sages have seen in thy face?" we quoted with a chuckle.

"Ain't dat de truth!" our friend agreed. "It might be all right on some fa' dese't island wheah dey ain't no worries 'bout, but not heah, no, not heah!..What yo' do, woman eben if one, two, t'ree, foah, ob dem mothah-pigs get loose ob deah pens an' mess up dat stoah-feed in de buildin' an' dem away? Oh deah, bettah not think ob it. Dey mightn't yo' knows-dey mightn't!

Glints of March sun lit the wavelets of millpond, the dark of the spruces the pure white of the fields. How still were our surroundings, still and serene. And when we shrugged off our concerns, leaving them in the lap of our good fortune, not unpleasant. We put aside our knitting. What would a glove-finger more or less amount to in our credits? Or discredits? We found a book and a comfortable chair by the roomfire. And with its author visited, indeed was a guest for a time at an intriguing summer-place of fancy, which kept not far from the Fundy shore. The book?

Until tomorrow — — — —Diary — — — Good night — —

ELEANOR ROSS

New Cotton Knit Togs Take Travel In Stride

If you're planning a wardrobe for a trip to warm, sunny climes, don't overlook the new cotton knit sports togs. Chances are that they'll wind up being your most favored travel companions right through the year.

Aside from the bright and fashionable viewpoints, these knits are a natural for traveling.

They take up little space in a suitcase, shake off wrinkles and give you full wearing value because they don't require a leave-of-absence to be kept clean. All that knits require is a quick washing in soap or detergent suds. They dry and retain their shape without even the touch of an iron.

BOUNTY OF FASHION

But in addition to this bonus of practicality, there's a bounty of fashion you won't want to miss!

Long slim shirts turn up in the authentic block print flag colors used in auto races and in such racy combinations as red with black and white, yellow with black and white and green with black and white.

A brief trotter coat to toss on over a swim suit, shorts or slacks is designed in vivid jockey color motifs.

Stripes blaze away in vertical or horizontal patterns on shirts that are ideal to team with slim trousers of heavy cotton knit. The twosome adds up to an effective, practical outfit.

COMFORTABLE LENGTH

Shorts appear in a comfortable, longer-than-Bermuda length, in colors with a rich Italian accent.

But even if you are apt to shy away from bright and bold patterns even for a sunny holiday wardrobe, you can still suit your fancy for handsome and pritical knits.

On the opposite side of the color chart, and striking a nice balance, are soft rainbow hues interpreted in subtle stripes or discreet patterns along with many solid pastels, all designed to mix or match.

But whether your choice is colorful or conservative, these sudsables will surely lighten your luggage brighten your trip and make it easy always to look fashion right and bright with ease and — all at a modest expenditure of money time and effort. What could be better?

Words Of The Wise

A man must not swallow more beliefs than he can digest.
—(Havelock Ellis).

KEEP IN TRIM

Pull Out Of Winter Slump

By Ida Jean Kain

The day there is just a hint of spring in the air, quite suddenly you long to pull your figure out of the doldrums. How well you know that it takes a shapely figure to wear a suit with that "younger than springtime" flair.

Where to begin figure fixing? Lift the rib cage to take the weight off the middle measurements. Style is the way you carry your ribcage. The disphragm just loves to snuggle down toward the waist . . . and the closer it gets, the dumpier the figure.

Today's stretch-bends are doubly rewarding, for they are not only help to erase the annoying girdle top roll, but the all-over-effect is slim and willowy. Supple control through the ribcage area makes for flexibility.

Start off with a lifting cross-to-fly movement.

Position: Standing, feet parallel and apart, arms down and crossed at wrists in front of body.

UP ON TOES

Movement: Go up on your toes as you fling arms out to sides, pulling slim through the middle measurement. Come down, re-cross hands, and swing out again, making it a free easy swing. Keep shoulders relaxed.

Swing from there into an easy side-bend . . .

Position: Standing, feet well apart, arms upstretched overhead, right hand clasping left wrist.

Movement: Pulling slim through the middle, bend toward the right, pulling with the right hand . . . hold. This pulls out all the waist to wishbone bulges along the side-line. Return to position, clasp right wrist and bend to the left side. Continue a dozen counts, alternating sides.

Finish with this fun exercise to slim hips and streamline midriff.

LONG ENOUGH

Position: Sitting on floor, legs outstretched in front of body, arms stretched high overhead.

Movement: "Walk" on hips, pushing forward with right leg (knee straight) and stretching up with right arm—then move left leg and arm. The idea is to pull up smoothly through the midsection as you "walk" forward on hips—then back.

Relax . . . the session is over for today. Five minutes of exercise every day is far and away better than overdoing on occasional exercise spurts.

MORNING SMILE

Garageman: "This is the garage (excitedly over phone). Your wife just drove in here to have her car repaired and I want . . ."

Weary Husband: "OK, OK. Just go ahead and fix the car and I'll pay for it."

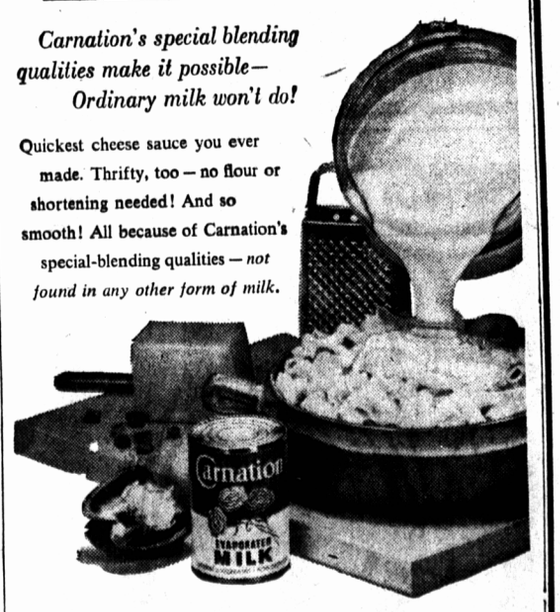
Garageman: "That isn't what I'm calling about. Who's going to pay for my garage?"

CARNATION'S SHORT CUT TO TASTIER MACARONI FOR LENT

New 3-minute way to make smoother Cheese Sauce

Carnation's special blending qualities make it possible— Ordinary milk won't do!

Quickest cheese sauce you ever made. Thrifty, too — no flour or shortening needed! And so smooth! All because of Carnation's special-blending qualities — *not found in any other form of milk.*



CARNATION 3-MINUTE CHEESE SAUCE

(Makes about 2½ cups sauce)

1 large can *undiluted* CARNATION EVAPORATED MILK
½ teaspoon salt
1 teaspoon dry mustard
1 tablespoon steak sauce
2 cups (about 8-oz.) grated process-type Canadian cheese

Simmer Carnation, salt, mustard and steak sauce in saucepan over low heat to just below boiling (about 2 minutes). Add cheese; stir over low heat until cheese melts (1 minute longer).

MACARONI AND CHEESE CASSEROLE

Pour Carnation 3-Minute Cheese Sauce over a mixture of 4 cups of well-drained cooked macaroni, ¼ cup finely chopped green pepper, ½ cup diced pimiento. Mix thoroughly. Pour macaroni into well-buttered 1½-quart casserole. Bake casserole in a moderate oven (350°F.) 25-30 minutes. You'll love the golden-brown surface.

SALMON-MACARONI-CHEESE RING

Pour Cheese Sauce over mixture of 4 cups cooked macaroni, 1 cup soft bread crumbs, 1 cup salmon, ½ cup diced green pepper, ¼ cup diced pimiento, 2 beaten eggs, 2 tablespoons grated onion. Place in buttered 9" ring mold. Bake in moderate oven (350°F.) 30 minutes; let mold stand 5 minutes; turn out on warm platter.

WAKE UP SPRING APPETITES WITH ZAKEM'S

BIG FOOD VALUES

Appetites just naturally become larger with Spring and warmer weather just around the corner. And what better way to cope with this situation than to satisfy and please with these choice foods from ZAKEM'S. Roast Beef, Roast Pork, Choice Bacon. Fruits and Vegetables. Everything to wake up Spring appetites with a song of High Quality and taste-tempting variety.

ISLAND ROAST BEEF (SHOULDER) Young Steers and Heifers Lb. 39c

ROAST PORK Shankless Shoulder. Lb. 39c

PORK HOCKS Sweet Pickled. Lb. 19c

BOLOGNA Piece or Sliced. Lb. 25c

BACON Maple Leaf Rindless. Lb. 59c

TEA for CANADA WEEK MAR. 12th to MAR. 17th

So many delicious treats to enjoy with TEA!

SALADA, ½ lb. 59c

Special Pack BROKEN PEKOE, lb. . . 89c

Carrots NEW WASHED 2 LBS. 19c

Onions NO. 1 LARGE 3 LBS. 25c

Lettuce LARGE ICE-BURG. EA. 23c

LARGE JUICY Grapefruit, 6 for 45c

ROBIN HOOD 7 Lb. Bag 55c

"CHOICE GROCERIES"

MOLASSES Bring A Jar. GAL 1.29

COOKIES Mixed 1 Lb. Pkg. 39c

PEANUT BUTTER York 16 Oz. Jar 39c

WAX BEANS Island Brand 20 Oz. 2 TINS 33c

NOXZEMA Skin Cream. Reg. 40c. 2 FOR 55c

PICKLES York Sweet Mixed 16 Oz. Ice Box 33c

SHORTENING Snowflake LB. 25c

DOG FOOD Ken-L 26 Oz. Economy Size. 2 TINS 49c

GRAVES HIGH QUALITY 15 OZ. 2 Tins 39c

BEST FOR ALL YOUR NEEDS 6 Tall Tins 83c

5 Lb. BAG 45c

"FROZEN FOODS"

Turkey Pot Pie HEAT & SERVE. Pkg. 43c

Peas ZER-O-PAK Pkg. 29c

Wax Beans ZER-O-PAK Pkg. 29c

Waffles SIX TO BOX Pkg. 25c

Orange Juice YORK 6 Oz. 2 TINS 39c

FREE DELIVERY DIAL 8589 A.J. ZAKEM'S THE BEST SHOP TO SHOP BEST

ANNE ADAMS PATTERNS

WARDROBE WONDER!

Graceful sundress in long-torso effect — city-going fashion when you button on the clever collarette! You'll be well-dressed for any occasion with a smart combination like this! As easy to sew, as it is flattering to wear!

Pattern 4722: Misses' Sizes 12, 14, 16, 18, 20. Size 16 dress takes 4 yards 35-inch fabric; collarette takes ⅞ yard.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c) 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. W., Toronto, Ont.

COOK'S CORNER

LEMON CHIFFON PUDDING

Make lemon pie filling, fold in egg whites. Pour over graham crumb crust. Top with same. Set in frig. then serve in squares topped with red cherry.

Don't accept a substitute for

The dependable, clinically-tested regulator used by over a million mothers for relief of:

- **constipation**
- **teething troubles** such as fretfulness and feverishness due to constipation
- **digestive upsets** and other minor baby ills
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Give your baby no less than the best . . . never accept a substitute for Baby's Own Tablets if you want your baby to enjoy the special sweetness benefits of Baby's Own Tablets — the standby of wise mothers for over 50 years. Sweet-tasting, easy-to-take, these little tablets are made solely for baby's use in the dosage suitable for baby's needs. For the prompt relief of simple upsets common to babyhood, especially during teething time, due to irregularity, nothing equals their popularity among Canadian mothers. So beware of anything offered as being "just as good". Demand the best — demand Baby's Own Tablets — the one outstanding baby regulator clinically tested for efficacy and safety.