

MARY HAWORTH'S MAIL

Wife Hurt as Mate Forgets Her at Dances

DEAR MARY HAWORTH: My husband and I are in our late thirties and we have two school-age children. Hank has always been a good dancer; but music, dancing and rhythm don't come naturally to me. I dress nicely, have a slim figure, and Hank admits I am attractive looking.

About two years ago we joined a dancing club and I have tried to learn and be a good partner to Hank; but he got so impatient with me and in my opinion, so unduly critical, that it made me more self-conscious and worse than before.

We have grown well acquainted with the dance group, and as they know we are man and wife, I feel that for the sake of appearances, if nothing else, we should dance together at least once or twice during the evening, and that we should eat together, when supper is served. But Hank refuses to do this, and tells me that in the circumstances I should feel lucky that he takes me out at all.

These evenings which should be a source of enjoyment have become a cause of constant trouble and argument between us. Now I wonder, should I quit going with him?—in which case I am sure he would go alone, or maybe go elsewhere. Or should I continue the effort and see whether, week after week, sitting on the sidelines while he dances every dance with other partners?

F. K.
Having To Divide Blame Equally
DEAR F. K.: If we were to discuss this situation in terms of who is failing whom, we would have to divide the blame about equally, I think. An emotionally mature husband, with a smidgeon of manners and self-respect, couldn't possibly ignore his wife, sitting stranded on the sidelines, while he danced with a succession of other partners. Her lovely embarrassment would strike him to the heart, and he would fly like an arrow to her side, to draw her into the party spirit.

But, on the other hand, a sturdy wife with a saving measure of social savvy and self-reliance wouldn't take for granted that the success of her evening depended wholly upon her husband's efforts in her behalf—as you seem to feel. I do concede (all fair minds will agree) that Hank ought to dance with you two or three times at every party—say the opening dance, the final number, and maybe once in mid-evening. Also of course he should join you at supper; or see that you have a squire, or include himself and you in a small group if he can't bear to be parted from certain favorite dancing partners.

Wife Advised To Help Self
However, it is also fair that you learn how to help yourself, if lost in the shuffle temporarily, or cast adrift at a large party. Don't be too shy to move about; that's being too egotistical, taking yourself too seriously, on the mistaken assumption that all eyes are upon you. Chances are that nobody sees you, and nobody cares; and nobody will, unless you bestir yourself to add something to their enjoyment.

Now for advice: 1. If Hank is going dancing whether you go or not, you go along. Embrace the opportunity to develop social knowledge, that you haven't got yet. 2. If your dancing is bad, take a term of lessons and practice relentlessly between club parties. You may practice alone, to record, you know. 3. Have a few sessions with a good psychologist or psychiatrist, to relieve your stiff self-consciousness and raw sensitivity to criticism. In short, to help get rid of your very handicapping inferiority feelings, that are at the root of your awkward timidity.

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

Wed in Ottawa



Mr. and Mrs. Kennedy MacCrae Wells — Dominion Wide Photo

In a candlelight ceremony Saturday afternoon, November 20, at four o'clock in First United Church, Ottawa, Miss Marilyn Langdon Ker was united in marriage with Mr. Kennedy MacCrae Wells.

The bride is the daughter of Mr. and Mrs. Gordon W. Ker, and the bridegroom is the son of Mr. and Mrs. James E. Wells, all of Ottawa.

Yellow chrysanthemums and yellow tapers in candelabra decorated the church when the ceremony was performed by Rev. Dr. Hugh M. Rae. Mr. George Gawryluk played the wedding music.

Given in marriage by her father, the bride was attended by her sister, Miss Judith Ann Ker as maid of honor.

Mr. Stewart Wells was best man for his brother and the ushers were Mr. Andrew Wells, Mr. Christopher Wells and Mr. Barrie Wells, brothers of the bridegroom, and Mr.

Geoffrey Langdon, cousin of the bride.

For her wedding the bride wore a half-length gown of blue-green silk organza over peacock blue tulle fashioned with draped bodice Empire waist line and circular skirt. Her matching close-fitting cap held a small circular face veil of tulle. She wore matching satin shoes and carried a cascade bouquet of yellow roses.

Following a reception at the home of Mr. and Mrs. Harry M. Hinds, at 706 Echo Drive, the young couple left by plane for New York City from where they sailed for Italy and a European tour.

For travelling Mrs. Wells wore a rust tweed ensemble, beige shortie coat with muskrat collar, tan bag and shoes and a turquoise hat and gloves.

Mr. Kennedy Wells is a grandson of Mr. and Mrs. John H. Weeks of Edmonton, and has spent a number of summers with his grandparents.

High Commissioner's Wife Favours Portrait Painting

By PEGGY THOMAS
Canadian Press Staff Writer

OTTAWA, (CP)—Paintbrush and easel are favorite companions of the wife of Britain's high commissioner to Canada.

Lady Nye, wife of Sir Archibald Nye, has been painting portraits for five years. One of her most distinguished subjects was an Indian princess and cabinet minister whose portrait hangs in the library of Earncliffe, Sir John A. Macdonald's old home, where the high commissioner now lives.

In the same room is a portrait of her golden-haired daughter Harriet.

SPURNS MODERN ART

Lady Nye enjoys painting child portraits, she said in an interview. She is not a modern art enthusiast. "It's not so much that I don't like it as that I don't understand it," she said. A tall woman with brown hair and brown eyes, who favors tweed suits and oxfords for informal wear, Lady Nye was born 49 years ago in India. She left at the age of six but returned eight years ago when her husband was appointed governor of Madras.

While there, Lady Nye was active in setting up clinics and other services for the Indian population. Lady Nye's duties as wife of the British high commissioner have ranged from opening a Toronto office building—her husband had a fractured vertebra and couldn't officiate—to entertaining distinguished visitors such as Queen Mother Elizabeth and Sir Winston Churchill.

Lady Nye has two daughters. Sheila, 25, is working in London and Harriet, 9, is in Ottawa.

Even the most contented babies sometimes suffer from an end-of-day crankiness that is often as much the result of boredom as it is plain, old-fashioned fatigue. A mother I know tells me that she cures these cross-patch spells by providing a special social hour for baby. There may be a short visit in the living room with assorted hugs and songs. Perhaps a little tea-fest in the special language that only baby understands. Or a three-way romp with daddy, if he's there. So commonsensible! Entertainment and family-circle doings are every bit as important as food and sleep.

Strong points: "Meat for strength, and the building of all body structures," say the experts.

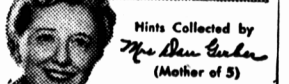
Gerber's Strained Meats, processed just for babies, provide the vital, body-building proteins so necessary for growth and strength. Made from selected cuts, they're specially prepared to remove most of the fat and fiber... are easy as milk to digest. 100% meat, with just enough broth to give smooth, easy-to-swallow consistency.

New idea for old stuff. Save your old nylon stockings. They make wonderful stuffing for homemade toys. Drying action—extra fast!

En-lightening idea. From the mothers' suggestion box: Cover bedroom hall and kitchen light switches with luminous paint. Saves many a fumble at 2 o'clock feedings.

Taste-ful tip. Gerber's Strained Egg Yolks have a delicate, fresh-egg flavor that's especially appealing to baby's wakening taste buds. Add to this, appealing, sunny color... a smooth, custard-like consistency, and you've a specialty made to order for a royal heir's taste. Rich in vitamin A and blood-building iron, Gerber's Egg Yolks are completely heat-sterilized for baby's protection. Gerber-Ogilvie Baby Foods Ltd., Niagara Falls, Canada.

Bringing Up Baby



Hints Collected by Mrs. Ann Baker (Mother of 5)

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KEEP IN TRIM

Use Science Of Nutrition When Planning Your Diet

By Ida Jean Kain

Happily surprised, one enthusiastic reducer has written to report that for the first time in her mid-aged life she is losing weight without going hungry. Like most overweights, heretofore she had regarded a diet as doing penance for past overeating, rather than a scientific way of eating that can turn pounds back into energy.

Thanks to the nutrition advances, true hunger is no longer a problem to reducers. If you are going hungry, it means you are not taking advantage of the science of nutrition. For example, you may have the notion that only the foods you do not eat can help you lose. That is the negative approach and leads to self-pity, and eventually back to your old food habits.

Once alerted to the fact that nutrition knowledge gives power over the pounds as well as over hunger, you are eager to put nutrition to work. This leads to a change of food habits and to keeping weight beautifully controlled.

Let's apply nutrition science... The mere act of eating uses calories. But the choice of the food is all important. The effect of food in raising the metabolism is termed its specific dynamic action and, of all foods, proteins have the greatest effect. Protein, together with the other protective foods, can build slimmest. And mark this down in your book and never forget it... the way to reduce healthfully is to build slimmest, instead of half starving your body.

Research emphasizes the hunger control role of protein. Hunger controls hinges on keeping blood sugar levels steady. You might think from this that a sweet will stave off hunger and therefore help you re-

duce. While sugar will raise the blood level, it is quickly burned, and you are hungry again in a short time. For example, if you have only a dessert and a cup of coffee for lunch, you may not get too many calories, but that meal will not stay with you. In a couple of hours, you will be hungry again.

Experiments show that it is the protein foods—eggs, meat, fish, fowl, milk, cheese—which maintain blood sugar levels, sustain energy and stave off hunger pangs. Also, there is a better energy carry-over when complete protein is included at each of the three meals, starting with breakfast.

The scientific pattern of reducing is to build daily menus around the protective foods, within 1000 to 1200 calories a day.

Here is a sample menu:

BREAKFAST

Orange juice, 5 oz. or Tomato juice

Eggs, 1 or 2 (not fried)
Toast, 1 thin slice, butter 1-2 pat
Coffee, black

LUNCHEON

Grilled cube steak on thin slice toast

Or grilled cheese, 1 oz on toast
Sliced tomato or stewed tomatoes
Or tossed green salad vinegar and seasoning
Buttermilk or skim milk, 1 glass

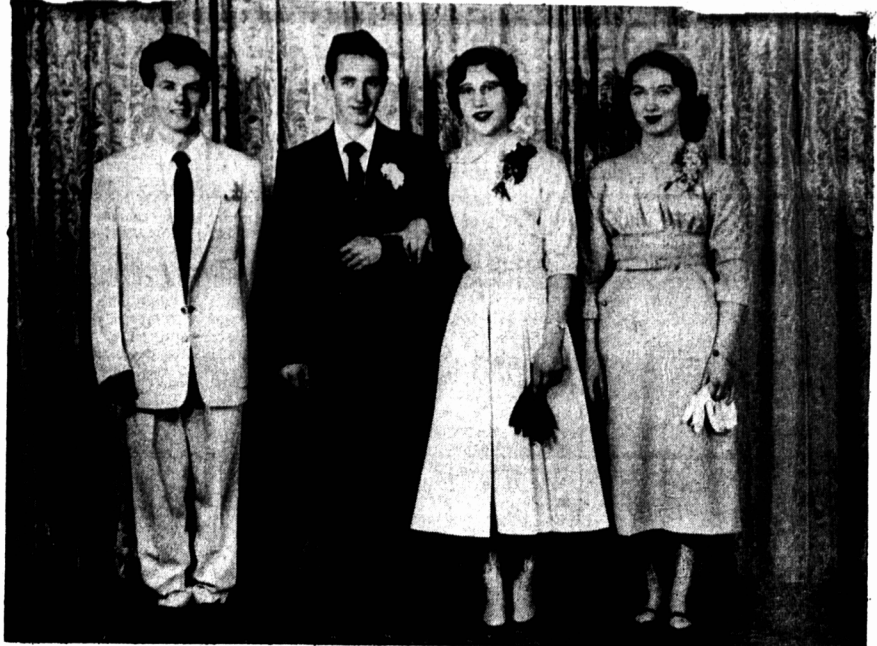
4:00 Protein Pickup

Glass of Buttermilk or Skim milk

DINNER

Choice of: Liver, 2 slices or Ground round steak, 4 oz. or Broiled fish with lemon
Choice of: Beets, carrots or squash

MacMillan - Taker Wedding



Mr. and Mrs. John C. W. MacMillan were married on November 20 at Trinity United Church, Mansie. Their attendants were Mr. Brock Furness, best man, and Miss Isobel Campbell, bridesmaid. The bride was the former Hazel Taker, daughter of Mr. and Mrs. Norman Taker, Magdalen Islands, P.Q., and her husband is the son of Mr. and Mrs. C. S. MacMillan, Central Royalty.—(Meyers Studios)

Choice of: Half baked potato or Thin slice bread
Butter: 1-2 pat

Dessert: Grilled grapefruit with 1 tablespoon of brown sugar Or: Fruit: fresh, canned or frozen
Tea or Coffee

Continued from Page 8

Antidotes For

QUESTION AND ANSWER

B. N.: I have a sore and red raw throat all the time. I have had this

for a couple of years. What would cause this trouble?

Answer: Sore throat may be due to some type of infection. It also may come from certain nerve disorders. Sometimes material dripping from the nose into the throat produces a long-continued irritation.

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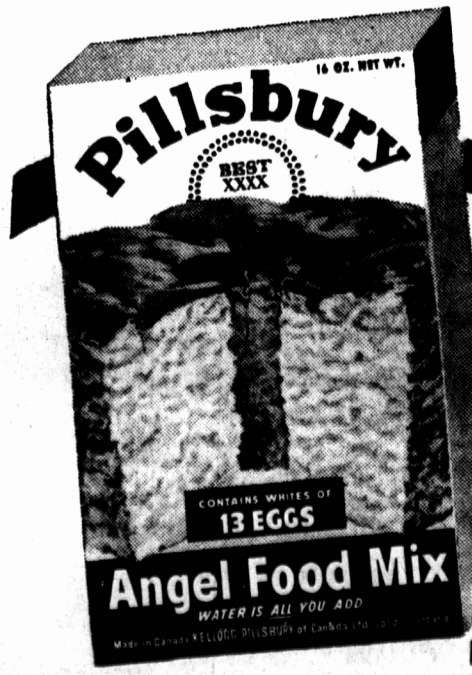
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