



MARY HAWORTH

Former Fiancee Causes Trouble

Dear Mary Haworth: I am 23 and my husband is 29. We have been married eight years and have three children, ages 6 and 3 years, and 18 months, respectively.

We have been very good friends of another couple who have three children the same age as ours. My husband was engaged to one time to the other wife—I'll call her Sue—who is 27.

Sue has always been real nice to me, and I know she wouldn't do anything to break up my marriage, but the problem is my husband.

Recently Sue and her children came to spend a couple of days with us. We had put all the children to bed when she came into our bedroom and asked if my husband could unzip her dress. So he did; but as I was right there I think I should have been the one to do it.

Next morning after I had given Sam breakfast and packed his Sam bag, we went to our bedroom to wait for his ride. He belongs to a car pool. He left me there and went into Sue's bedroom, and sat with her with all the lights on.

Later I told him it didn't look right and he blew his top. He said they were just good friends and he and I both knew that nothing went on; and I shouldn't even pry my piece about it. Now we are mad at each other.

I've never been jealous of Sue in my life but I feel, I shouldn't let things like that pass, as they might lead to something else. Your impartial comment will be appreciated.

P.S.: I told Sam we should write to you and he laughed. He says it is silly and won't even read the letter; so here it is. T.R. TACTIC CONSPIRACY

Dear T.R.: The recent turn of events makes plain that Sam's old fiancee, Sue, is about as reliable as a rattlesnake where you and her husband are concerned.

Her unblinking intrusion into your bedroom to ask Sam to unzip her dress—as if they were the married pair!—when the whole household was preparing for sleep can only be construed as a ruthless brazen sex maneuver intended to tempt him with suggestive ideas.

Evidently Sam got the point of her sly coquetry, which explains his abrupt impromptu visit to her room, early next day. They were playing with fire and well aware of it—taking sneaky advantage of her husband's absence, while also taking for granted that you are either too innocent or too helpless to call a halt on this kind of mischief—in the name of decency and common sense.

CONCERN WARRANTED When you told Sam it didn't look right, you were stating the simple truth, as all disinterested married persons will agree. And Sam blew his top because he felt guilty and ashamed, and without a shred of moral defense of himself or her.

Now we are mad at each other," you say. Well, don't reproach yourself for that. Your protest was proper and justified. Any good wife would have taken a blunt stand against that sort of thing, recognizing by instinct that it was wrong—and wrongly motivated. And many wives, more worldly than you, would have reached in to block Sue's game at the start, an expose it for what it was.

It isn't a matter of jealousy, but rather a display of intelligence to be foresighted in trying to prevent trouble, by stamping out temptation before they take root. This is how your performance looks to me, and I am sure Sam recognized your healthy-minded sincerity too.

Sam, on the other hand, hasn't made a very bright showing, whether judged as husband or friend of Sue's husband I gather. Probably the less you see of that couple, the better. Apparently Sue is fairly unstable and unscrupulous, hence a problem personality at close range. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

WOMEN

Lea Caroline McClure, Women's Editor, Phone 8506

Page 8, The Guardian Monday, Dec. 10, 1956

HAPPENINGS

Mrs. John Jack was among those who attended a reception given by the Canadian Women's Club of New York city, Saturday, December first, in the Club rooms at the Savoy Plaza Hotel for the newly appointed Canadian Consul General, the Hon. Harry A. Scott, and Mrs. Scott. Mr. Scott, who formerly was Canadian Ambassador to Cuba, Haiti and the Dominican Republic, succeeds the recently retired H. G. Norman. Mrs. Scott succeeds Mrs. H. G. Norman as honorary vice-president of the club.

A pleasant pre-Christmas call was made recently by Mrs. Ralph Jenkins. This call was in the nature of a surprise visit to the Prince Edward Island Day Training Class for Retarded Children. Mrs. Jenkins made a presentation of rhythmic band instruments from the Exemplar Chapter of Beta Sigma Phi.

GREEN BAY SCHOOL Following is the report for the month of November of Green Bay School.

Grade XI 1. Reta Flood. Grade X 1. Barbara McQuaid, 2. Joan Costello. Grade VIII 1. Earl Costello. 2. Linus Flood. 3. Leroy McQuaid. Grade VII 1. Evelyn Flood, 2. Peter Murray. Grade VI 1. Phyllis McQuaid. Grade V 1. Maurice McQuaid. Grade IV 1. Myrna Murray, 2. Paul Murray. Grade III 1. Eileen Flood. Grade II 1. Manfred Ohlandt. Highest average in senior grades Reta Flood and Barbara McQuaid. Highest average in junior grades Eileen Flood. Teacher, Rosaline Flood.

CANOE COVE SCHOOL Following is the report for November for Canoe Cove School. Grade X 1. Barbara Ann Darrack, 2. Alberta MacLean. Grade IX 1. Pauline MacKenzie, 2. Marion McNevin. Grade VIII 1. Curtis MacFadyen, 2. Everett MacFadyen, 3. Ray MacFadyen (absent for tests). Grade VII 1. Jacqueline Yellows, 2. Cathy MacKinnon, 3. Inez MacFadyen, 4. Lloyd MacNevin. Grade V 1. Evelyn MacNevin. Grade IV A 1. Lillian MacCannell, 2. Sandra Darrack, 3. Lyle Shaw. Grade IV B 1. Allan MacKinnon, 2. Harry MacKinnon. Grade III 1. Cheryl MacPhee, 2. Lester Shaw, 3. Laurina MacNevin, 4. Barry MacPhee, 5. Russell Shaw. Grade II 1. Donna MacPhee.

EMERALD W. I. The Emerald Women's Institute met at the home of Mrs. George Mayne Tuesday evening, Dec. 4 with the president, Mrs. Clayton Green presiding.

Meeting opened by singing "Silent Night", followed by "Collect". Roll call was answered by 14 members; one visitor was present. The members paid fees. Minutes of previous meeting were read and approved. Sick committee had no calls to report. It was moved and seconded a T.B. bond be bought as usual.

A letter was received from Red Cross asking members' co-operation in sewing and knitting for same. Ten members offered to knit. After some discussion it was decided to supply treats for children at concert. Mrs. Austin Murphy, Mrs. Clayton Hughes, Miss Elsie Mayne are on committee.

Mrs. Clayton Green and Mrs. Joseph Hughes were appointed on committee to pack boxes for shut-ins of the district at Christmas. Next meeting to be held at the home of Mrs. Leslie Trainor. Christmas gifts were exchanged by members. Meeting adjourned. A delicious lunch was served by the hostess.

MAYFIELD W. I. The Mayfield Institute met at the Andrew home on the evening of Dec. 2nd, with a good attendance. There was the usual exchange of Christmas gifts. The ladies are busy doing some emergency Red Cross sewing, which is sorely needed in Hungary and elsewhere.

ST. MARY'S ROAD E. The following is the report for the month of November for the St. Mary's Road East School. Grade IX Gertrude Daley. Grade VIII 1. Madeline Daley, 2. Jack Hughes. Grade VII 1. Agnes Daley, 2. Evelyn Hughes. Grade VI 1. Joan McKearney, 2. Jean McGuigan, 3. Ivan McGuigan. Grade III 1. Doreen Daley, 2. Brent McGuigan, 3. Vincent Daley. Grade II 1. Francis McGee, 2. John Daley. Grade I. Donna McGuigan. Highest average in Senior grade 34 percent. Junior grades 87 percent. Perfect attendance for month Agnes Daley and Vincent Daley. Teacher, Carmelita M. Daley.

COOK'S CORNER 1/2 cup shortening 1 cup brown sugar 2 eggs 1/2 cup quick oats 1 cup chopped dates 1 cup finely chopped apples 1 1/2 cup all purpose flour 1/2 tsp. salt 1/2 tsp. baking powder 1/2 tsp. baking soda 1/2 tsp. cinnamon 1/2 cup chopped walnuts Cream shortening; and sugar well, add beaten eggs, stir in oats, dates and apples. Sift flour, measure and sift again with salt, soda, baking powder and cinnamon. Combine with first mixture and add nuts. When well mixed drop from a teaspoon onto a greased cookie sheet. Bake in a moderately hot oven. 375 deg. for 10-12 mins. Makes about 6 doz. cookies.

STOP COLD SYMPTOMS with just 4 Tablets Dr. Chase TABLETS Why put up with sniffles, coughs, fever, chills and sore throats due to a cold? Just 4 Dr. Chase Head Tablets, taken as directed, stop these annoying cold symptoms in 24 hours or less. 12¢ - 50¢ (60¢ - \$1.00 when you buy 6)

UNION ROAD W.M.S. The December meeting of the Union Road W.M.S. met at the home of Mrs. A. G. Mallett. Meeting opened by singing "As With Gladness Men of Old" followed by the Lord's Prayer in unison. Thereafter the meeting "His constant Lamp" program was taken from the Missionary Monthly. Hymn "While Shepherds Watched Their Flocks by Night" followed by Sentence Prayers. Scripture reading was taken from Luke 2: 1-20. Mrs. Mallett presented the Christmas Stewardship reading. Roll call was answered by 9 members. Minutes of the last meeting were read and approved. For the program, Mrs. MacArthur gave a reading entitled "A Letter to Dora". Mrs. Earl Livingstone read "Christmas in Other Lands". Program committee for next meeting, Mrs. Brent MacMillan and Mrs. Mallett. Next meeting will be held at the home of Mrs. Harry Newman. Collection amounted to \$3.25, expense fund 95 cents, mite boxes \$14.81. Meeting closed by singing "O Come All Ye Faithful" followed by Benediction. Lunch was served by the hostess and a social hour spent. Following are the new officers for 1957. President, Miss Marjorie Lamont; vice president, Mrs. MacArthur; Rec. secretary, Mrs. Earl Livingstone; Ass. Rec. Secretary, Mrs. Sterling Yeo; Treasurer, Mrs. Harry Newman; Con. Secretary, Mrs. Brent MacMillan; Christian Stewardship, Mrs. E. Lamont; Organist, Mrs. MacArthur; Friendship Com., Mrs. Newman and Mrs. H. Yeo; Temperance, Mrs. A. G. Mallett; Mission Band Leader, Mrs. Sterling Yeo; Assistant, Miss Marjorie Lamont.

ELEANOR ROSS New Improved Chamois Will Do Much Better Job Almost everything is taking on new scientific overtones, undergoing vast improvements, even that old friend of the housewife, the chamois, affectionately known as the "chummy." The new chamois is something special. Proudly it carries a seal stating that it is "Genuine Chamois Conforming to U.S. Government Specifications." Of course the old chamois was genuine chamois leather, too, but the processing of the new one now coming on the market is the culmination of five years of joint research by the tanning industry of this country. It is made from skins which are oil-treated to produce the soft suppleness that gives a high gloss to both wood and glass surfaces. The new chamois is said to cut one-half hour from the time required to wash eight windows and one-third from the time required to polish all the furniture in an average home. To take advantage of the new order of things for this time-honored bit of household equipment, here are some hints on its use. After you have applied wax or oil polish to furniture, a gentle polishing with the chamois as you dust will keep the wood surfaces shining for weeks. But rub gently, so that the millions of tiny sanded

fibres in each piece of chamois can do their work most effectively. This rubbing is a real beauty treatment for your furniture. It will bring up the glow of the wood, but will not harm the finish since chamois is free of all abrasive chemicals. When washing mirrors or windows, dip the chamois into warm water, then wring about two-thirds dry. A single wiping should clear off the grime, unless the glass is abnormally dirty. Then re-dip the chamois and wring out completely. You will have to do this only once per window, since the new type chamois is unusually moisture-absorbent and will soak up the excess water without leaving streaks or trails of drops. The above procedure should also be followed in washing down the family car. It is a relatively painless way of getting both finish and windows to gleam. DRY RUB-DOWN It will be found, too, that usually a dry rub-down with a new chamois will be sufficient, unless the car is unusually dirty. The rock-and-roll set, as well as the Hi-Fi enthusiast will welcome a piece of the new chamois. Its ultra-soft fibres will not scratch phonograph records, yet will keep them free of the dust that in time destroys record grooves.

JOHNSTONS RIVER W.I. The Johnson's River W.I. held their annual meeting at the home of Mrs. D. Currie on Nov. 26th with 7 members and 1 visitor in attendance. The president, Mrs. Beagan called meeting to order and conducted it in the usual manner. The secretary then read the minutes of last monthly and annual meetings, which were approved and signed. Treasurer's report showed a small balance after all bills were paid. The following motions were carried out: 1. To purchase material in order to hold windows in school in order to hold films; 2. To buy one box of Christmas cards for a sample to be shown to all members; 3. To pack woollens for shipping in school November 30th; 4. To see about having a door placed on the hall; 5. To hold a card party for blankets within next couple of weeks. Committee reports: school, no report. Sick, 1 visit made. Election of officers resulted as follows: President, Mrs. D. Currie; vice president, Mrs. W. Macdonald; secretary treasurer, Mrs. M. Driscoll; auditors, Mrs. T. Brazel, Mrs. W. Trainor. Roll call next meeting is to be answered by paying fees. Next meeting is to be held in the school and there will be a film shown. Business completed, meeting adjourned. Lloyd Vessey and Mrs. Arthur Johnson, was on Malaya and Indonesia. Roll call was answered with a verse of scripture by 16 members. Minutes of previous meeting were read and approved. Number of home calls reported were 16 and hospital calls 13. Collection amounted to \$115. Literature secretary reported 26 books read in past month. It was moved and seconded that a gift be bought for the adopted Missionary. It was moved and seconded that each member bring a small gift to next meeting to be sent to Miss Ratz, port worker in Halifax. It was moved and seconded we send for the World Friends for each home in the district with children. Meeting closed with the Mizpah benediction. Lunch was served by hostess assisted by committee.

MR. AND MRS. K. BLANCHARD AND PARTY Wed At St. Mark's Church Will Reside In Toronto

St. Mark's Church, Lot 7, was the scene of a pretty autumn wedding on November 14th, when Mary Shirley Rogers, daughter of Mr. and Mrs. Peter Rogers, of Bloomfield, P.E. Island, was united in Holy Matrimony with Kenneth Edward, son of Mr. and Mrs. Fern Balchard, O'Leary, P. E.I. The double ring ceremony was performed by Rev. J. N. Trainor. The bride looked charming in a calicea length gown of pink nylon net over taffeta with matching accessories. She wore a corsage of white fibre roses and carried a white prayer book and pearl rosary, gifts of the groom. Mrs. John Arsenault, sister of the bride, was bridesmaid and was attired in a ballerina length gown of mauve nylon net over affeta. She wore a white leather hat and matching accessories, and a corsage of pink fibre roses. Mr. Benny Blanchard, brother of the groom, acted as bestman. Following the 8.00 a.m. ceremony the happy young couple motored to the home of the bride's parents, where a delicious breakfast was served. The table was centered with a beautiful three tier wedding cake topped with a miniature bride and groom. The toast to the bride was proposed by Rev. J. N. Trainor and responded to by the groom. Following breakfast they motored to Summerside, where a delicious wedding dinner was served at Andy's restaurant. They returned in the evening to the home of the groom's parents, where a wedding reception was held for a large number of friends and relatives. The young couple received beautiful gifts and a large sum of money. A delicious lunch was served by the hostess, assisted by her daughter, Mrs. Fern Balchard. The remainder of the evening was spent in square dancing and old time music. Late in the evening all departed for their homes wishing Mr. and Mrs. Blanchard many years of happy wedded life. Following the wedding the happy young couple left on a motor trip to Toronto. For travelling the bride wore a navy blue suit with pink accessories and corsage of pink roses. They plan to reside in Toronto for the winter months, where the groom will be employed. —Photo by Read Studio.

KEEP IN TRIM Overeating Comes From Appetite—Not Hunger

By IDA JEAN KAIN There is a distinct difference between appetite and hunger. However, it is not always easy to see where hunger leaves off and appetite carries on to overweight. So, let's check the facts. Hunger is physical and represents a need for food. We are born with the hunger instinct and hunger contractions are not influenced by our eating habits. Appetite, while associated with hunger, is partly in the mind and is a force of habit rather than a real need. Think of appetite as desire for certain foods. Appetite tempts us to overeat on favorite foods. Then, overeating makes it more difficult to resist overeating. We

DAILY PATTERN



4693 SIZES 9-17 PRINTED PATTERN Printed Pattern for Juniors—new-easy, so very flattering! It's the perfect "go everywhere" style—a smooth fitting sheath to wear alone or with companion blouse. Also a lovely dress! Printed Pattern 4693: Jr. Misses sizes 9, 11, 13, 15, 17. Size 13 jumps takes 1 1/2 yards 54-inch fabric; blouse 2 yards 35-inch. Directions printed on each tissue pattern part. Easy-to-use, accurate, assures perfect fit. Send THIRTY-FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print name, address, and daytime telephone number. Send order to Anne Adams, care Chatterbox Guardian, Fairview Dept., 60 Front St. W., Toronto.

may say that appetite "grows" with overeating. Here a physical factor is involved. To get the picture, think of the stomach as an elastic arrangement with walls that expand. The nice satisfied feeling of having had enough to eat comes when tension is exerted on the muscular walls of the stomach. But since overeating stretches the stomach, it takes more food to fill the space and signify fullness. Once we face the fact that increased appetite is caused by a bigger food capacity and that continued overeating helps to keep the appetite enlarged, it is easy to see where this can lead. And alas, it is a sobering fact that on the same ways of eating we tend to continue gaining! APPETITE LINGERS That's the trouble, food seems to get more fattening. Again, appetite plays a leading role. We build up an appetite for rich foods during our physically active years. Then activity gradually lessens. Moreover, the body itself requires less food to run on—about 5 per cent less fuel for each decade after 25. But appetite, aided and abetted by gustatory memory and strengthened by years of habit, lingers on. And that's the way weight goes—up. To get the upper hand on appetite, it is necessary to shrink the stomach down to size. Fortunately, it takes only about one week on smaller meals to do this. By planning meals around the protective foods—lean meat, fish or fowl, eggs, skim milk or buttermilk, green leafy and yellow vegetables and fruits—true hunger is appeased. A scientific snack in the late afternoon helps to maintain blood sugar level and prevents that all-gone feeling. This makes it easier to control both hunger and appetite. Scientific dieting has taken the hazards and the hunger out of reducing.

HOUSEHOLD HINT Tweedy fabrics are a good choice for the amateur home sewer, since they do not show up construction mistakes readily.

MORNING SMILE "When I show people this room they jump at it," said a landlady. The new lodger frowned. "I'm not surprised. It gave me a bit of a start."

SEVEN MILE BAY C. W. L. The regular meeting of Seven Mile Bay C. W. L. met in the church on Sunday afternoon, Dec. 2nd. In the absence of the Reverend Director, the president opened the meeting with the League prayer. Following roll call the secretary read correspondence. It was moved by Mrs. W. F. MacCormac, seconded by Mrs. Daniel Keough that \$5.00 be sent to the T. B. League. After some discussion it was moved by Mrs. Donald Sutherland, seconded by Miss Florrie Green that the usual boxes of home canned goods be sent to St. Vincent's Orphanage and Precious Blood Sisters. Goods to be passed in by December 16th. Moved by Miss Florrie Green, seconded by Mrs. Wilfred MacCormac that Arnold McGrath be asked to assist altar convener to decorate the church for Christmas. It was decided to ask those borrowing cards and punches for card parties to return them as soon as possible after party. Collection was taken and meeting adjourned. BIG WATERWAYS Including the Amazon Basin, Brazil has more than 27,000 miles of navigable waterways.

COOK'S CORNER

APPLE HERMITS 1/2 cup shortening 1 cup brown sugar 2 eggs 1/2 cup quick oats 1 cup chopped dates 1 cup finely chopped apples 1 1/2 cup all purpose flour 1/2 tsp. salt 1/2 tsp. baking powder 1/2 tsp. baking soda 1/2 tsp. cinnamon 1/2 cup chopped walnuts Cream shortening; and sugar well, add beaten eggs, stir in oats, dates and apples. Sift flour, measure and sift again with salt, soda, baking powder and cinnamon. Combine with first mixture and add nuts. When well mixed drop from a teaspoon onto a greased cookie sheet. Bake in a moderately hot oven. 375 deg. for 10-12 mins. Makes about 6 doz. cookies.

STOP COLD SYMPTOMS with just 4 Tablets Dr. Chase TABLETS Why put up with sniffles, coughs, fever, chills and sore throats due to a cold? Just 4 Dr. Chase Head Tablets, taken as directed, stop these annoying cold symptoms in 24 hours or less. 12¢ - 50¢ (60¢ - \$1.00 when you buy 6)

MOORE & McLEOD LTD. SAY FOR CHRISTMAS... MAKE IT LOVELY... MAKE IT LAVISH... SHOP EARLY STORE CLOSURES AT 5:30 P.M. make it lingerie! HINT TO SANTA: SHE'LL BE ESPECIALLY PLEASED IF YOU GIVE HER LINGERIE THAT'S A LITTLE MORE LUXURIOUS, A LITTLE MORE GLAMOROUS THAN SHE MIGHT BUY FOR HERSELF. WE HAVE JUST THE LINGERIE SHE LONGS FOR, AND IT'S PRACTICAL TOO. Slender half slip of nylon, lavish lace inserts and permanent pleats at neckline. PRICED FROM 2.95 Lovely nylon slips, permanent pleats and lace at bodice and hemline. PRICED FROM 3.95 Dream wear for sleeping beauties. Nylon gown luxuriously trimmed with lace. PRICED FROM 6.95 Waits length gown in easy care nylon. Delicately trimmed—shades of new red, blue, jade, pink and white. PRICED FROM 4.95 MOORE & McLEOD Limited