



Mr. and Mrs. Ralph L. Sanderson are seen above following their marriage at St. Peter's Bay, on April 3rd, 1954. The bride is the daughter of Roy and the late Mrs. MacLaine of St. Peter's Bay, and the groom is the son of Mr. and Mrs. Gordon L. Sanderson, also of St. Peter's Bay.—Meyers Studio.

## TOUGH JOB OF GOOD PARENT SAID EASED BY PLAY-ACTING

ST. LOUIS (AP)—The tough job of being a good parent is eased by play-acting in which parents play the roles of themselves and their children.

The goal is to gain insight into the emotional problems and anxieties that get stirred up in children and parents in day-by-day living.

After acting out some ordinary home problems, one father said: "I used to tell the kids off without thinking. Now I stop and try to fit the pieces together first."

This use of the play-acting or psychodrama method was described Wednesday to the American Psychiatric Association by Drs. George Shugart and Earl A. Loomis, child psychiatrists of the University of Pittsburgh school of medicine.

Five couples have been acting out home problems in weekly sessions during the last eight months. They pretend to be parents, or children playing with toys, or a brother and sister in a quarrel. The acting is spontaneous in or-

## That Body of Yours

By James W. Barton, M. D.

**ANXIETY STATE**

No one attempts to deny that these are anxious days throughout the world. Perhaps the word "uncertainty" would best describe our feelings. It is a time in which we all feel that we need some anchor to which we can be made fast whether it be religion, faith, hope, or work that will help ourselves and others. It is timely, then, to read the article "The Recognition and Treatment of Anxiety States," written by Dr. D. Ewen Cameron, Professor of Psychiatry, McGill University, Montreal. In Postgraduate Medicine, Dr. Cameron writes "Anxiety states are among the most prevalent conditions with which physicians everywhere have to deal. They are encountered in the form of (1) anxiety neurosis — anxiety about a disease which is not present, (2) anxiety states with severe body symptoms, and (3) anxiety states occasioned by some condition or disease of the body such as coronary thrombosis, (heart stroke), "disfigurement, or cancer."

Dr. Cameron points out that in the majority of cases these anxiety states can be treated adequately by the general practitioner using means known to most physicians — the treatment of emotional disturbances as well as the use of some of the new drugs and physiotherapy — heat, massage, electricity.

In other words, much experience and all-round practical knowledge of human beings and their general make-up is needed in treatment of anxiety neurosis. Dr. Cameron states that anxiety neurosis will

probably not be cured by drugs alone. "Quite often attempts are made to clear up an anxiety neurosis with drugs, especially the sedative or quieting drugs." While quieting drugs are often used in anxiety states, psychiatrists use these drugs only to a limited extent along with other forms of treatment used in mental and emotional disturbances.

Dr. Cameron points out that simply listening to the patient's story, showing him you are really interested in him and his particular case and his symptoms, is excellent treatment in itself. "The doctor, in the mind of the patient and in his own mind, is the fellow who does something to you, the fellow who sticks a knife into you or puts a pill down your throat — he is a doctor. In psychiatry, the doctor just sits and listens. Many times it is difficult for the doctor to just sit and listen and let the patient unfold, but this will do the patient more good in many cases than active treatment of any kind."

The final instructions for treatment in anxiety states is to teach the patient how to relax, to carry on with light exercise and massage with daily reassurance as to the favorable outcome of his mental and emotional disturbance.

**RADAR ROAD TRAP**  
TORONTO (CP) — The use of radar screens on Ontario highways to trap speeding motorists is expected to be introduced within the next few weeks, Provincial Police Commissioner E. V. McNeill said Friday. The 18-inch screen is mounted on the back of a patrol car and measures the velocity of an approaching vehicle. A graph records the speed.

## Anne Adams Patterns



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**HEADACHE?**  
**FEEL BETTER FAST!**  
**ASPIRIN**



Salmon is a favorite fish for casserole dishes and a member of Suffolk W. I. has submitted a tasty recipe for homemakers to try. Other cooking and baking ideas will be suggested by this institute during the week.

**SALMON SOUFFLE**

Foundation sauce for souffle to serve 4 or 5 persons:  
3 level tablespoons butter  
¾ level tablespoons flour  
1 cup milk  
½ teaspoon salt  
Cook and let cool  
4 eggs  
1 cup bread crumbs  
Small can salmon  
Beat whites and yolks of eggs repeatedly. When sauce is lukewarm, add the flaked salmon, egg yolks and bread crumbs.  
Add this mixture to the well-beaten egg whites. Fold and gently pour this mixture into casserole. Only grease bottom and sides of casserole and place in a dish of warm water in an oven at about 325 degrees. Takes about ¾ of an hour to cook.  
A cup of minced ham or chicken may be used instead of salmon.

—Mrs. Janet Johnston, Suffolk W. I.

## DOROTHY DIX

**Widow Meets Cheat**

DEAR MISS DIX: For the past seven years I have been intimate with a man who had been a childhood sweetheart some fifteen years before I am a widow. He is anticipating a divorce so we can be married. In the past six months I have discovered he is seeing another woman. He denies it, but I know it's true. He still declares his love for me. I have considered following him to prove my suspicions. Do you think I should? I think your solutions to others' problems are perfect.

L.

ANSWER: You endow your friend with praise, but he has cheated on his wife for seven years and is now deceiving you, lying in his teeth about it, yet you call him "fine." Well, his attributes show up under a far different and much less complimentary adjective in my estimation. Perhaps your reasoning runs along the line that since your own code of ethics is scarcely above reproach, his qualities are "fine" in comparison to yours. Have you really believed that you could hold a man after you had stolen from him? His wife? There is even less honesty among adulterers than among thieves.

Oh yes! You had a question—should you follow the man so you could find him out in his betrayal of you? That would be a good idea. You'd discover exactly what you deserve to know—that a man who isn't true to one woman will not be true to another. You have it coming to you, and never can you look fate in the face and try that you have been mistreated.

## How Can I?

By Anne Ashley

Q. How can I remove lipstick stains from my washable materials, try to rub them with a colorless grease such as white Vaseline jelly.

L.

ANSWER: They will keep crisp if prepared at least a half hour before needed and allowed to soak in cold water. They can be dried by shaking in a wire basket or on a towel.

Q. How can I give iron to the canary?

A. Place a rusty nail in the canary's drinking water and it will supply the iron lost while the bird is molting.

## The Stars Say

By Estrellita

For Tomorrow

CREATIVE work is favored now and personal relationships are friendly. For the homemaker, it will be a good day in which to complete unfinished tasks, to tackle overdue correspondence and to make plans for home renovation projects.

The evening hours are excellent for extending hospitality to friends or business associates, for making travel plans, and also for participating in community welfare plans.

For the Birthday

If tomorrow is your birthday, the next two months should bring you career advancement and unexpected financial gain. Advice from a business associate may show you a way to reduce expenses, and his interest in your occupational problems may have an important bearing on your future.

There may be some stress in domestic or romantic matters in July or August, but the fall months will see a renewal of harmony in all personal relationships.

During November and December, stick to routine tasks and do not allow yourself to be side-tracked. Don't let doubts, fears or nervous tension put you in a negative mood. Avoid extravagance and guard against property loss.

A child born on this day will be practical, realistic and endowed with the qualities which make for executive leadership.

## SAVE A LITTLE PRIDE

In order to save at least a bit of pride, why not get out of this mess before you're forced out? I'm afraid you won't consider this advice as "perfect" as some you have read, but certainly there is no perfect solution to your problem. You aren't a young girl; surely you've seen enough of life to know that happiness can never come from wrongdoing. If you want happiness again, re-establish your personal integrity and face the world. It won't be easy to throw off an obsession of seven years, but the reward will transcend any pain of readjustment.

DEAR MISS DIX: I'm 16 and have been going with Ray for two years. We went steady for a while, then broke up and though we went out together occasionally, he spent most of his time with girls from a group not too highly regarded in our town. Recently he was in an accident and I told him he'd have to choose between me and the other girls. He claimed he really likes me best, but also is interested in someone else. He asked me to wait for him. I know I can't forget him. What should I do?

L. H.

ANSWER: You are both too young to be involved in definite commitments. Don't promise to wait, and don't make it too obvious that you'll always be around when he's ready to date you. Go out with other boys, and tell Ray you don't think his vague promises are sufficient basis for you to tie yourself down to steady dating—or steady waiting. You're growing up, and life ahead will have many problems, small and large, for you to solve. "I can't" will never do. Learn now that what you make up your mind to do can be done. Forgetting a boy who isn't worthy of you is one of the things that must be done.

## LONG DORMANT

The metal titanium, now recognized as a steel substitute, was discovered in Britain in 1789.

**Perfection ICE CREAM**  
**FRUIT NUT ROLL**

# WOMEN

## ELLEN'S DIARY

by an Island Farmer's Wife

"Out of the night that covers" us, what now have we on this farm? Mist of hoar-frost lifting from the stream, to veil somewhat the lights in the neighboring houses and the friendly old hills above. Somewhere among the stars in the west is the new moon o' month. Before here reign is over she will look down very tenderly we fancy in her femininity on lovely scenes: on dewy fields and quiet woody places rich in treasure-trove of wild flower; on orderly grain-lands and rows of promise in the "early" root-lands.

Jamie's flower-border to which these days he devotes odd minutes of his leisure, untangling the tendrils of couch-grass from plants set there by loved hands, will blossom: with tulip and iris, with daffodil and pansy ("if there should happen to be a white one," he said this evening. And Gage nodded, his mind too on a grave in the Kirk-yard. "She'd like that, wouldn't she, Jamie?" he offered softly.)

May-blossoms, this moon will smile upon, brightening the hedgerows and woodlands that roam along the valley. No whit less beneficent but with a wise old twinkling the May-sun will see twains of birds, sing their love songs, build and nest and fulfil their missions of earth. Of more moment, we are sure, and always exceedingly interesting are the "man and maid" couples who choose to have their nuptials in the springtime, the occasion as the Peddler-man said "Solemn!"

Fencing, a work of some extent on these streamside farms was one interest of today though at Alderlea there was a first bit of field-cultivation as well.

"Which field?" Granddaughter repeated our query on the 'phone. "You know this one just below the lane—by the pond?" We smiled remembering there, reflecting the crops growing there, seeing the sunshine, bowing to the showers, responding to the moods of summer-winds. And evening shadows coming in so engagingly, covering the pond, climbing to the heights above. And sometimes when the new moon was as now but a slim bow to the west or when at full it sat above a barn to the east, James has come to join us there on the old stone doorstep to look out upon the dimming field; to be perhaps somewhat worried, since front fields once had a way of being most fertile, lest a storm should come to break it down or wind-toss it and thus, make the gathering more difficult.

"Mother said—and I remember it too, it was in that field, we first used the tractor she commented. But there instead at her words, James, for us, drove some remembered team of old years.

"Out of the night that covers" us in mist of hoar-frost lifting from the stream, comes now our hours for repose.

Until tomorrow — — — Diary  
— — — Good-night . . . . .

## Better English

By D. C. Williams

1. What is wrong with this sentence: "It seems funny that he hasn't returned back home."  
2. What is the correct pronunciation of "despicable"?  
3. Which one of these words is misspelled? Assured, occurred, thoroughbred, referable.  
4. What does the word "laconic" mean?  
5. What is a word beginning with "l" that means "ignorance of learning"?

ANSWERS

1. Say: "It seems odd that he hasn't returned (omit back) home."  
2. Accent first syllable, not the second.  
3. Occurred.  
4. Expressing much in few words; brief and pithy. "His laconic style impressed his listeners."  
5. Illiteracy.

## Household Scrapbook

By Roberta Lee

**Old Putty**

Old putty can be removed without injury to the glass or to the sash, by passing a hot soldering iron or red-hot poker over it. Do not let the iron touch the glass, or it might crack it. Or, cover the putty with a soft soap and allow it to stand for several hours. It can then be removed with any sharp instrument.

**Soup**

Before serving soup, put a piece of cheese about the size of a walnut in each quart of soup and it will give the soup a rich, creamy flavor.

**Bay Rum**

To make bay rum, mix 1 dram oil of bay, 18 ounces of alcohol, 18 ounces of water. Then filter it through magnesia.

## Modern Etiquette

By Roberta Lee

Q. Is the typewriter now proper for social correspondence?  
A. Yes, it is correct for many personal letters, especially long ones. Formal notes are preferably written by hand — and invitations, (excepting engraved ones), acceptances, and regrets written in the third person must be handwritten.

Q. When salad is served with the main course at a dinner, does it have to be eaten with the salad fork, or may one eat it with the dinner fork?  
A. Although the use of two forks is considered correct, you may use the dinner fork if you wish.

Q. If men are sitting near her seat to an old woman, when on a bus or streetcar?  
A. If one of the men does not offer his seat, the woman should.

## Alice Brooks Designs

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## To Marry Same Day



Ambassador Fernandez Concha of Peru and Mrs. Concha have announced the engagements of their daughters (left to right) Victoria, 23, Amparo, 20, and Luzmila, 21. All three will be married the same day—Saturday, June 19. Victoria is engaged to Peter M. Bonardelli of Montreal; Amparo is to marry Angel Carvajal of Caracas, Venezuela, and Luzmila is engaged to Dr. Roque Bellico-Tagle of Lima, Peru.—(CP Photo).

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## Contract Bridge

By Josephine Culbertson

**NOT GOOD ENOUGH**

The declarer figured that he had a good enough chance for his slam in the following hand by succeeding with either of two finesses, but he was mistaken — an infinitely better line was available.

South dealer.  
Both sides vulnerable.

♠ A 5 3 2	♠ 9 6
♥ K Q 9 8	♥ 3
♦ 6 4 3	♦ 10 9 5 3
♣ A Q	♣ K J 8 4

♠ J 10 8 4  
♥ 7  
♦ K J 7  
♣ 9 7 6 5

♠ K 7  
♥ A J 10 6 5 4 2  
♦ A Q 8  
♣ 10

The bidding.

South	West	North	East
1♥	Pass	3♥	Pass
4NT	Pass	5♥	Pass
5NT	Pass	6♥	Pass
6♥	Pass	Pass	Pass

South lingered wistfully over his last decision, obviously tempted to try for a grand slam, but he finally elected to "play safe." Un-

fortunately for himself, however, the conservative small-slam contract got away from him in the play.

West opened the spade queen. South won with the king, laid down the heart ace, and then, evidently reflecting that either the club or the diamond finesse would give him the twelfth trick, took the club finesse first. This, of course, lost to East, and on the diamond return South had little choice but to try that finesse also — he could not know that the diamond king was off-side and that West could be squeezed between spades and diamonds if South maneuvered properly. When the diamond finesse lost, South was an embittered man. Leaving the unlikely squeeze aside, South could have made the contract without the slightest difficulty. After drawing the one round of trumps, he could have cashed the spade ace and ruffed a spade, and thereupon he would have discovered the spade situation. On that knowledge alone it would be supremely simple to maneuver for a throw-in play on West. All South had to do was to cash the club ace and ruff the club queen, then go back to dummy in trumps and give West a spade trick, discarding the diamond eight South maneuvered properly. When from the closed hand.

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