

Women

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WE AND OUR NEIGHBORS

Don't Coddle Us Parents Warns One Of Them Now

Ruhamah S. Frank

I wasn't just being polite when I told Mr. Perry he looked wonderful. True, he was no longer young but there was an amazing improvement in his bearing and general appearance since I had last seen him some months ago.

"Whatever you've been doing has certainly agreed with you," I said. "How about passing on the secret."

"It isn't a secret," said Mr. Perry. "Everyone has heard about it. It's like you say — people, able-bodied or handicapped, can't be hemmed in, wrapped in cotton-wool and coddled and make the most of what they've got. That goes for elderly people too. And that's why I left my big sunny room in my son's fine home and am living now in a tiny room — but my very own. I can come and go — with no one to tell me to be careful and remember I'm not as young as I was."

ALMOST CONVINCED

"All right, so I'm not young," continued Mr. Perry, "but I'm not an OLD MAN — old and weak and childish too! But that's what my son John and his wife, Alice, seemed to think I was — mind you, they're as well-meaning a couple as you can find but they're young and they can't help thinking anyone over seventy is Old — Old as Methuselah — and fit for nothing but the chimney corner! And they almost got me thinking of myself that way!

"You know how I always loved to go fishing," said Mr. Perry, "well they pretty near spoiled that for me. The sun could be shining but Alice would squint up at the

sky and say rain was coming and should I not stay home and if I was bound to go she would load me up with sweaters, overcoats and a rain-coat. I balked at the umbrella! And once when I caught a cold — and who doesn't — Alice almost drove me crazy hanging around and fussing over me and saying with her eyes, "I told you so!"

"The worst came after my retirement," said Mr. Perry. "Alice and John found out I was looking for part-time jobs and kept telling me to take it easy — what would I do if I over-strained myself and got sick. And what would the neighbors say if I took this or that job? So far I've kept mighty well — and don't turn down any job that I can handle."

WAS RIGHT

Mr. Perry felt a lot better after he got this — and more, off his mind and then said he felt really ashamed to complain when his children were so interested in his welfare. But according to high authority he had no reason to blame himself.

Dr. Walter C. Alvarez, one of top consultants for the Mayo Clinic is quoted as saying he is giving "serious thought" to organizing a society for the prevention of cruelty to aged parents by their over-solicitous children!

There are perhaps more common forms of cruelty — neglect, lack of consideration — but with the help of our old age pensions hundreds of thousands of elderly parents can and do live their lives in their own way — and need not feel themselves a burden, when and if their strength fails —

sympathetically now. We are ready to go back to God with our total lives; and we are trying very hard to give our children — now four in number — the right sort of approach to life.

The whole future, no matter what it may bring, looks good to us. We have been since 1949 getting here. I know that not every one will put up the battle against getting well that I did. But if this admission will serve to encourage anyone in treatment to believe that it really is worth all the pain, and to persevere in the uphill climb, I shall feel repaid.

And to you, my deep gratitude for helping me get started a long time ago. Most sincerely, - C. Y. REAL McCoy

Dear C. Y.: Readers who've been through the mill of psychiatric treatment, and who've had first-hand experience of group therapy sessions, will recognize that you are talking about the Real McCoy — in reviewing your faltering but undeniable progress towards mature self-possession.

Psychiatric therapy that gets right results is a long relentless struggle against backsliding el-

LET'S EAT

If You Like A Snack, Eat Much Less Calories

By IDA BAILEY ALLEN

About 10 o'clock in the evening is snack time for most persons, especially TV viewers. However, a snack ever alluring to waist-watchers, is often the cause of indigestion and that lazy feeling in the morning because it usually consists of cake or pie and coffee or beer and sandwiches made of odds from the refrigerator.

If your family are snackers, try a combination with less calories—a dish of crisp vegetable nibblers, fruit juice and a choice of pretzels.

Yes, pretzels. Surprised? Yet six or seven thin pretzel sticks rate only 100 calories. In addition pretzels are easily digested because of the triple process of boiling and toasting. Moreover, pretzels call for no butter.

Sunday dinner — curried vegetable saladettes, roast duckling, with Cumberland sauce, sweet potatoes, saute minted green peas, mocha whip, coffee, tea, milk.

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

Mocha whip: Add ¼ tsp. unflavored gelatin to 1 tsp. cold water.

Separate 3 eggs. Beat the yolks light. Add ¾ c. sugar; beat again until the sugar dissolves.

Meantime, melt 2 squares (oz.) unsweetened chocolate. Pour 1-3 c. boiling water over the gelatin. Stir until dissolved.

Stir into the yolk mixture. Add the chocolate and ½ tsp. instant powdered coffee.

Beat the egg whites stiff. Fold into the other ingredients. Beat 10 strokes.

Transfer to small parfait glasses. Refrigerate.

To serve, top with whipped cream and chopped nuts.

This can be made a day in advance.

Baltimore Crab Cakes: These appetizing fish cakes are famous the country over. Make them yourself from fresh or canned crabmeat; or buy them frozen ready to cook and serve on

toasted rolls, or in the form of small balls to reheat and serve on pics as an hors d'oeuvre.

To make: Mix 3 c. cooked, flaked fresh or canned crabmeat (shell removed), 1 egg, ¾ tsp. flour, ¼ tsp. salt, 1 tsp. paprika and ¼ tsp. pepper.

Form into flat cakes. Dust with flour. Sauté in a well-oiled frying pan.

Serve with lemon wedges and a tossed salad, or with an egg-parsley cream sauce.

Tomorrow's dinner — Celery-tomato soup, Baltimore crab cakes, sauce tartare, spinach buttered rice, tossed lettuce avocado salad, apple-apricot pie, coffee, tea or milk.

Celery-tomato soup: Prepare 1 (10½ oz.) can condensed celery soup by directions on the can.

Just before serving, stir in ¾ c. canned tomato mashed into shreds with a fork for delightful favor and color contrast.

Cumberland sauce from the chef—Grate and crush the peel from 2 lemons and 1 orange. Add the juice ½ orange, 1 tbsp. sugar and 1 tbsp. prepared horseradish.

Put ½ c. currant jelly and 1 tbsp. hot water in a saucepan. Add 1 drop Tabasco. Stir over a low heat until the jelly slightly melts.

Stir in the fruit juice mixture.

MEADOW BANK W.I.

The January meeting of the Meadow Bank W.I. was held at the home of the president, Mrs. Stewart Miller. Meeting opened with the Creed. Fourteen members answered roll call by naming a keepsake.

Four expressions of thanks were received for gifts received at Christmas. Correspondence consisted of a letter from Miss MacLeod, one from the March of Dimes and a thank you letter from the Salvation Army.

Reports of Committees were: Sick reported that they remembered shut-ins at Christmas, sent fruit to one sick child, gave one baby gift, and sent one sympathy card. School reported that children were treated with fruit and candy. Red Cross gave out sewing.

Donations for seven dollars were received. Mrs. Colin MacPhail read a letter from the

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beams convenor. Mrs. Colin MacPhail and Mrs. Howard Murray put on two interesting contests.

Next meeting will be at the home of Mrs. Colin MacPhail. Mrs. Sterling Clow will assist with lunch. Roll call will be a Meal's menu based on Canada's food rules.

At the conclusion of the meeting Mrs. Charles Hyde and Mrs. Roy Crosby assisted the hostess

with lunch. A pleasant social hour was then enjoyed.

HOUSEHOLD HINT

Easy way to pick up after your wood-burning fireplace is to park a decorative carpet-sweeper right by the fireplace; there are tiny ones on the market in brass finish.



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MURPHY - MacRAE NUPTIALS

Many relatives and friends were interested in the very lovely wedding which took place recently of Miss Janet Hazel MacRae and Mr. Carl Murphy. The bride is a daughter of Mr. and

Mrs. H. J. MacRae, Summerside. The groom is a son of Mr. and Mrs. Edwin Murphy, Sea View. Archdeacon Harrison officiated at the wedding solemnized at St. Mary's Anglican Church. The ma-

Notre Dame Academy Had A Successful Centennial

A very pleasant conclusion to the business in connection with Notre Dame Centennial took place on Sunday afternoon, January 26 at Notre Dame Academy, following the regular meeting of the Alumnae at which Mrs. Fred Hynes, vice president was chairman.

In the absence of Miss Anna J. MacInnis, secretary of the centennial committee, due to illness, Mrs. F. A. Coyle, chairman, read the correspondence. Mrs. M. A. Farmer, Treasurer read the financial statement.

In her joint report with Mrs. Walter Lawlor, co-chairman, Mrs. Coyle thanked all those who helped in any way to make the celebration such a memorable one. She made special mention of Miss Anna MacInnis and of Mrs. Farmer and said that the successful carrying out of the plans for the Centennial year was in no small measure due to their splendid work.

Mrs. Coyle also thanked Sister St. Helen, Superior and the Sisters of the Academy for their cooperation, and praised their untiring efforts to obtain a worthy tribute to Notre Dame's one hundred years of service.

MARY HAWORTH Speaks Well Of Psychiatry

Dear Mary Haworth: I started reading your column in 1949 and from the first began to see the places where something was missing in my life and marriage.

I began to put pressure on my husband to go to the local Mental Health Clinic, and shortly after he started, things "blew up" for me and I made a suicide attempt. I too started psychiatric treatment, but as the waiting list at the clinic was so long, I went to a private specialist once a week, which proved insufficient. I transferred to a community psychiatric service available to mothers at that time, and eventually had four hours' treatment a week for two years.

TOUGH GOING

My husband and I had three children by then and many difficulties were coming out — finances, sex, etc., — and I decided to strike out on my own. We separated; but went back together in six months and this time the going was really rough.

I pulled away from church, drank heavily and got involved with another man (though my husband never knew). Anyone looking at our marriage after seven years' psychiatric treatment would have said it was the worst thing we could have done. But they would have been wrong. I joined a group therapy program 18 months ago, in a suburban clinic, in addition to a regular weekly hour of private treatment; and now—what a difference! The improvements wrought in this time are unbelievable! Meanwhile, my husband has been progressing too, in disentangling himself from mama's apron strings.

HAS GOOD WORD

If you wonder why I am writing to disclose all this, it is because I want to say a good word for psychiatry. I know that psychiatric treatment has been right for both of us. We are seeing each other, and the other's problems,

O'Connor-Richards Wedding Is Solemnized

A pretty wedding took place December 14th, at the home of Simon Nicholson, Montague, when Rev. W. A. Paterson, Georgetown, officiated in marriage Vivian Florence, daughter of Mr. and Mrs. Henry Richards, Murray Harbour to Melville Lawrence, son of Mr. and Mrs. Philip O'Connor, Milltown Cross. The bride chose for her wedding a dress of blue figured angel satin.

She wore navy and white accessories and a corsage of red roses and rosebuds. The remainder of the evening was spent in music and dancing.

tron of honor. She wore a dress of turquoise bengaline, brown accessories, and a corsage of yellow roses and rosebuds. Mr. Emerson O'Connor, brother of the groom was best-man.

Following the wedding a delicious supper was served to approximately fifty guests. Many beautiful and useful gifts were opened by Flora O'Connor and verses read by Mrs. Ralph MacLean.

NEW HAVEN W.I.

The January meeting of the New Haven Women's Institute, was held at the home of Mrs. Roland Buchanan. The president Mrs. Stanley Newman presided and opened the meeting by singing the "ode" and repeating the "Creed" in unison.

Roll call was answered by 13 members with a dime. Minutes of previous meeting were read and approved and signed by the president. The sick committee reported that two were treated.

Correspondence was read and discussed. Thank you notes were read from several of the shut-ins who were remembered at Christmas, also a "Thank you" was recovered from Lloyd Murphy, who was home on furlough for gift received.

It was moved by Mrs. Lloyd MacKinnon seconded by Mrs. Earl Moore, that all bills be paid. Next place of meeting to be at the home of Mrs. C. A. Frizzell, with Mrs. Foster MacKinnon and Mrs. Everett Boyle on programme Committee.

Roll call to be answered with recipe for a supper dish and an article for a auction sale to the value of 50 cents. Collection amounted to 80 cents.

Meeting closed with the "Queen" after which the programme committee took charge. Mrs. Michael Murphy conducted "penny guessing" Contest and won by Mrs. Everett Boyle and a "song contest" conducted by Mrs. Lloyd MacKinnon and won by Mrs. Earl Moore.

A delicious lunch was served by the hostess, assisted by Mrs. Alton Newman and Mrs. Foster MacKinnon. H.A.P.P. G.D.N.

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