

MARY HAWORTH

Man Upset To Find Name Differs On Birth Record

Dear Mary Haworth: I am in love with a wonderful man whom I've known for several years. At present he has a "problem that concerns me terribly. It is affecting his personality. The problem is that before he enlisted in the military service he was known as (let's say) John Doe. But according to his birth certificate, which the military service has on record, his name is John Dix, and this is the name he is currently using.

He has asked me to marry him, yet I can't look forward to that day, as he is using his mother's maiden name. What should be done? He is due to be released from the service in six months. Can his name be changed back? If so, how? I would appreciate a prompt reply. Sincerely, V.F.

Dear V.F.: If John's birth certificate identifies him by his mother's maiden surname, the presumption is that he was born out of wedlock. And if he was "taken" by another surname before joining the Army and having his birth certificate seen, the presumption is that, since early childhood, he was labeled with either his natural father's surname, or the surname of some other branch of the family.

In any case, if John will come to grips with the contradiction, perhaps in confidential session with an Army psychiatrist or the Army chaplain at his present Army post, and make up his mind carefully what surname he wants to be known by, for the balance of his life, the matter can be put to rest once and for all.

It isn't uncommon for citizens from different walks of life, differently motivated, to go to court to petition a legal change of surname, for reasons stated. The petition usually is granted routinely and the change duly recorded in the court's permanent files. Also, a sworn affidavit of the change may be added to the birth recorder's files. Thus the name-changer is square with himself, the law and posterity.

Psychologists are familiar with the fact that a surname conflict, such as John's, usually relating to other disturbing elements in the person's background, may become a source of serious emotional stress, unless sensibly clarified, as suggested above.

John's recent agitation, now infecting you, probably stems, first, from his shock-reaction to the way the surname mix-up was brought into the open by get around to it it was time to fix a meal for somebody!

October adds her touches to the September picture... and then presently satisfied will let the colors fade and fall. But how beautiful the countryside is! Down the little roads, the almost forgotten and secluded lanes and byways, are to be found now rich rewards for those who care to drive on them.

The sun filters through, lighting the shades orange and scarlet, yellow and crimson. And you feel that away from the busyness of worldly places, you move through some bewitching dream land.

"So the combining is done" James offers now. "There's a bit of straw yet to be gathered up, then another harvest is over. Not the best we've had but still..."

"How would you like some cookies?" Peter come by with Alex at the moment inquires. "I reckon" James smiles, noting the moonlight at a window as he settles in the old armchair, "they would taste pretty good."

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

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the Army, and, second, from an undertow of unconscious anxiety, guilt feelings and a vague panicky sense of "unknown identity" dating back to insecurity tensions in childhood and half-heard whispers about his origins.

That's why it is important for him to have the therapeutic benefits of expert pastoral or psychological counselling, in composing his mind to decide for himself just which surname he elect to live with.

I don't think there is much, if anything, you can or should do, about trying to resolve the matter for him. Indeed it seems advisable, in your shoes, to encourage his initiative, and defer to his pace and competence, in shaping the answer to a quandary so intimately his.

If John can't cut his own way through to a solution satisfactorily to him and acceptable to you, in respect to this embarrassing, what assurance have you that he could carry an equitable share of partnership responsibilities in the married state? You might call his attention to this correspondence and rest your efforts there. M.H.

Mary Mowarth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

Successful Sale Reported By WI

The September meeting of the Wood Islands West Institute met at the home of Mrs. W.A. MacQueen with the president, Mrs. Arthur MacMillan presiding. The sum of \$96.45 was reported realized from a bazaar and pantry sale held recently. On motion, a scholarship of \$25 is to be paid to the pupil or pupils who completed grade XII in Montague High. This year, Connie MacLeod, daughter of Mr. and Mrs. Carl MacLeod won this award as well as winning a university scholarship.

Copies of the Histories of the Institutes were passed around for members to read and a painting by Mrs. Myron Graffan was presented to the Institute.

The program consisted of jokes read and a guessing contest was won by Mrs. Ben Beers.

The next meeting will be held at the home of Mrs. Waldo Taylor when roll call will be answered with a joke.

Refreshments were served by the hostess and committee in charge.

NOW ACCEPT MARRIAGE

LONDON (CP) — The Anglican Church of All Saints, near downtown Oxford Circus, has finally abolished the traditional practice of separating the sexes during services. The last to preserve the once common practice, the church now says married couples may sit together.

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MR. AND MRS. F. A. PARKER TO RESIDE IN MONTREAL

St. Mary's Anglican Church, Summerside was the setting for the recent marriage of Mr. and Mrs. F. A. Parker. The bride is the former Cheryl Elizabeth Ozon, daughter of Mr. and Mrs. W. R. Ozon and the groom is the son of Mr. and Mrs. A. F. Parker, Berwick, N.S. (Photo by Heckbert Studio)

Women

IDA BAILEY ALLEN

Simple Set Of 12 Rules Given For Meal Planning

EACH meal must include one protein food, one or two starchy foods, one sweet, one fat, one or more vitamin-rich foods of the right kind, plenty of bulky food and liquids.

As it is difficult to memorize all the elements of each food, let's take an easy method. If you will read through and mentally digest the following Round Dozen Rules, you will be able to plan three meals each day that contain the nutritional essentials and, therefore, fulfill the body's food needs.

- ROUND DOZEN RULES (File this for reference) 1. Include one pint of whole milk for a day for each person; more for children and expectant or nursing mothers. Use in the form of a beverage, with cereals and/or cooking other foods. All forms of milk may be used. 2. Use only whole grains or fortified cereals and whole grain or enriched breads. Serve one at each meal. 3. Provide butter or margarine at each meal. 4. Serve oranges, grapefruit,

with streamers and bouquets of cut flowers, provided and arranged by Mrs. Fulton Willis. The couple were escorted to the seat of honor by Mrs. Stewart Crabbe and John MacNeill. An address was read by Allison Coles and John Coles made a presentation on behalf of friends in the Milton area. A gift was also presented by the Springvale WI. Dancing was enjoyed by the remainder of the evening to music by Charlie and Gerrard Aylward, and refreshments were served.

Mr. and Mrs. Frank Watts have returned to their home in York after a month's vacation with Mrs. Watt's cousin, William Curley and his wife at Randolph, Mass.

Mr. and Mrs. William Campbell have returned to their home in Easton, Mass. after spending the weekend with relatives and friends in York and Charlottetown.

The Kensington Royal Canadian Legion Ladies' Auxiliary voted a sum of money to the Legion at their regular meeting. Mrs. D. L. McInnis presided, and gave a report on the recent catering by the auxiliary. Tickets on a fruit cake were given to the members to sell and the members are to try a sale of refreshments on Friday and Saturday nights. Food committee for next meeting will be Mrs. James Evans, Mrs. Everett Wall, Mrs. W. H. Brown and Mrs. Charles Hickley.

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Mr. and Mrs. Parshey were married at the bride's home in Kingston, Prince Edward Island, Canada on October 2, 1915. Mrs. Parshey is the former Laura M. Newson, the youngest of fifteen children of the late Benjamin Newson of Kingston. Mr. Parshey is the son of the late Rev. John Howard Parshey of Rockland, Maine.

The couple have one son Howard B. Parshey of Suffield, Connecticut and six grandchildren.

Mrs. Parshey is a graduate of Charlottetown Business College and a past worthy matron of Excelsior Chapter, Order of Eastern Star, New Haven, Conn. Mr. Parshey is retired from the New York, New Haven and Hartford Railroad where he held the position of assistant general foreman.

tangerines or tomatoes at least once every day. Whole fruit is preferable to juice as it provides roughage.

5. In addition, plan each day an apple, pear, peach, grapes, banana, berries, melon or other seasonal fruit. Or serve stewed, canned, or frozen fruit. Green Or Yellow

6. Use a choice of a green-colored or yellow-colored vegetable once a day.

7. Serve a leafy green salad or cole slaw once a day either in addition to, or in place of a green vegetable.

8. Provide a high-protein food, or protein-based meal-dish at each meal.

9. Use at least 3 eggs per person a week, or better still 1 a day in the form of plain egg dishes or in general cooking.

10. Introduce one sweet at each meal — a dessert, sugared fruit or a sweet spread, syrup and/or sugar on cereal or in beverages.

11. Be sure that each meal includes plenty of bulky or roughage food for adequate intestinal action.

12. Furnish not more than one glass of water at meals; but be sure a glassful is taken and at frequent intervals during the day.

Chilled 8-Vegetable Juice Veal Cubes - on Noodles Bouquet of Vegetables (see chef) Apple Crisp (Previously columned) or Big Basket of Assorted Grapes Coffee or Tea Milk Measurements level: recipe serves 8

1 1/2 lb. lean veal (any cut) 1 1/2 tsp. meat tenderizer 3 tsp. flour 1/4 tsp. sugar 3 tsp. margarine 1 sliced, peeled large mild onion 1 1/4 qt. boiling water 2 tsp. seasoned salt 1/4 tsp. pepper 2 tsp. chicken bouillon powder 1 tsp. Ac'cent

Grated rind 1/2 small lemon 1 (8 oz.) pkg. thin egg noodles cooked by pkg. directions Cut veal in 1/2" cubes. Mix meat tenderizer and flour; coat cubes with this.

In 2-qt. heavy saucepan, melt sugar and margarine together. Add onion; slow-fry until color turns. Add veal cubes and continue to slow-fry, turning often until lightly browned all over. Add water, seasoned salt, pepper, bouillon powder, Ac'cent and lemon rind. Cover. Simmer 1 1/2 hrs., or until fork-tender; stir occasionally. Serve in bowl.



LONA ROSS WINSTON MURRAY PLAN OCTOBER WEDDING

Mr. and Mrs. J. Stewart Ross, Flat River announce the engagement of their daughter, Lona Jean, to Winston Eric, son of Mrs. Harold Murray, Valleyfield and the late Mr. Murray. The marriage will take place on Saturday, October 30, 1965, at St. John's Presbyterian Church, Belfast P.E.I. (Photos by Frances Davies, ARPS.)

Top Rose-Grower Dies In Toronto

TORONTO (CP)—Alan Laurie Stollery, 57, one of Canada's top rose-growers and a former Toronto Argonaut football player, died Wednesday.

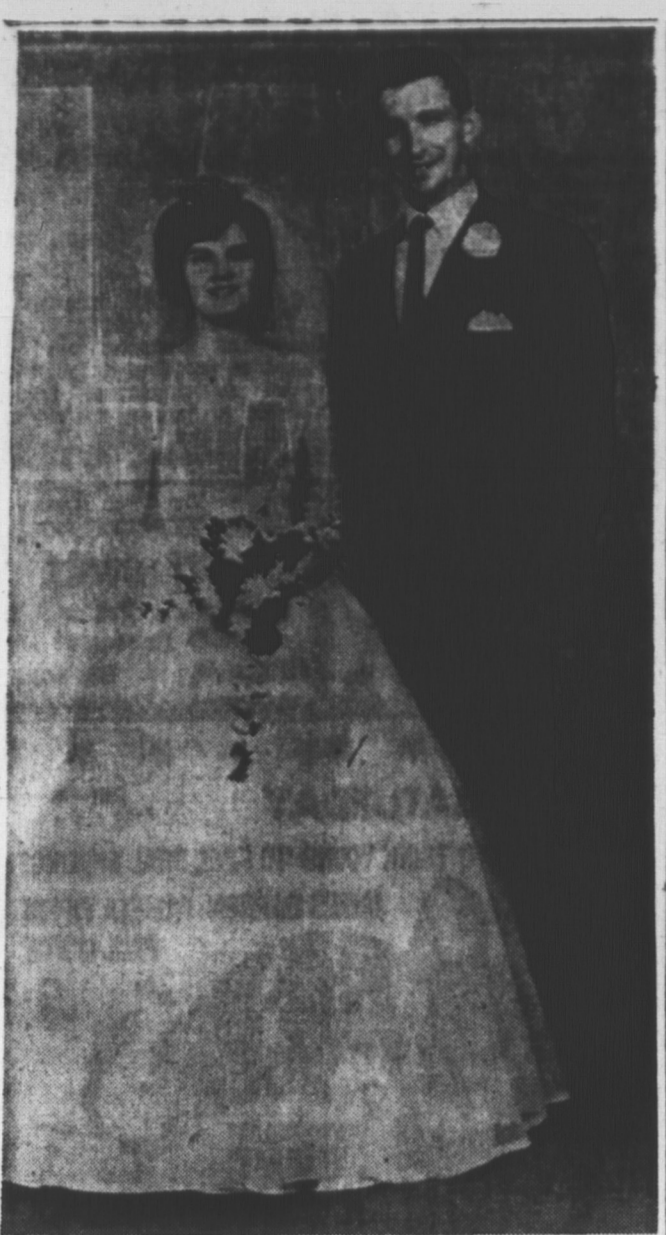
Stollery won the top prize for roses at the Canadian rose show on six occasions, including the last five years. He played tackle for the Argos in 1950 and 1952.

H. BENNETT CARE Insurance Counselling District Supervisor Charlottetown, P.E.I. Sun Life of Canada Phone 4-8717 - 4-5458

LAUNCHES CAMPAIGN WASHINGTON (AP)—President Johnson signed into law Wednesday a bill to launch a major attack against heart disease, cancer and strokes. The bill authorizes a three-year, \$340,000,000 program.

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MR. AND MRS. GEORGE H. SMITH WED AT KINKORA

St. Malachy's Roman Catholic Church, Kinkora, was the setting for a recent wedding when Theresa Eileen, daughter of Arthur Sherry, became the bride of George Hubert, son of Mr. and Mrs. Lorne Smith, Central Bedecore. Rev. Harold Croken officiated at the double ring ceremony. Joan Sherry, sister of the bride was maid of honor and Leo Smith, brother of the groom was best man. Aden Sherry acted as master of ceremonies at a reception held at Birch Hill Lodge, Summerside. (Photo by Heckbert Studio)

ELLEN'S DIARY

October Adds Her Touch To Beauty All Around Us

After what so many have termed "the loveliest summer" comprised of a succession of sun-filled days and also beautiful nights, it was rather disappointing to rise this morning to a rim of frost on the farmland. "It's time for frosts, Ellen" James reminded us, looking off up the valley. "We've often had them much earlier than this."

"Dahlias, sweetpeas, petunias, we checked off at a glance, some of the flowers that had been stricken. "There'd be ice on the horse-trough" he twinkled. "If we had one!" "And on the deck of the nearer spillway on the dam" we scenes at Alderlea in years gone.

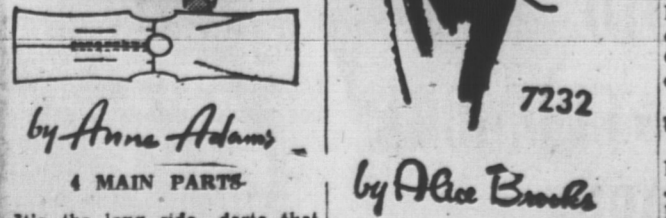
"We are a little late this morning, aren't we? I wonder how that last litter fared through the night? It was fairly cool for them" he said, stepping off to the piggery.

Smug, they were — those piglets. And it was a warming wind that presently came in above a hilltop, about the eaves there, such as the new-born ones thrive on.

Today saw the very last of the combining. On a distant farm of the name it was, so far that the crew decided to dine in the field, so to save extra time for their work.

"Yes, I have been busy this last while "a farmwife we met today said. "With the men coming in at all times to meals from the harvesting. Oh, I know, they had to 'make hay while the sun shone' but, added to other work, this was hard to take. I felt something like a great aunt of mine" she chuckled. "She had raised a large family and also helped with the farm - chores. She worked I'm telling you, because life was, by our standards, pretty grim for those farm-women! No electricity, no nothing, you may say. Just grin, and do it the hard way. But she had excellent health — lived to be old. Someone remarking about this asked her how she managed to keep in good health, never to have had an illness."

"You know" she replied, "when things got out of hand, I've often wanted to take to my bed. But every time I was about ready to



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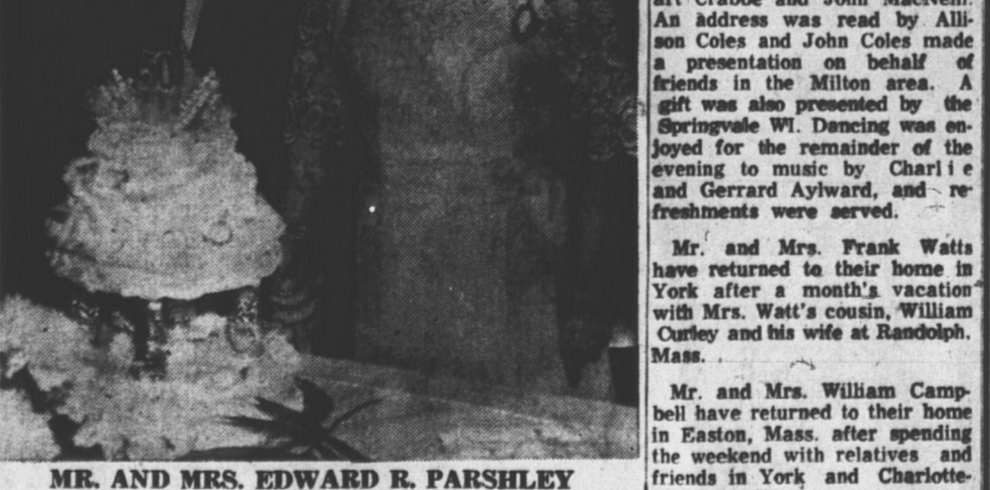
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