



WOMEN'S ORGANIZATIONS

Valleyfield WI Assists Flowers-Of-Hope Appeal

The president, Mrs. Bill Myers, conducted the business meeting when members answered roll-call. The secretary was asked to inform regarding the beautification contest as applicable to churches.

Plans were discussed to hold a Spring Bonnet Tea at the home of Mrs. Myers, to be held at the R.C.M.P. Barracks, Montague. Mrs. Alex Martin was appointed to the School Committee.

In response to a letter received from Bob Youker, ex-convict, Mrs. Myers, ex-chairman of the Flowers-of-Hope fund, was welcomed to the R.C.M.P. Barracks, Montague. Mrs. Alex Martin was appointed to the School Committee.

The sum of \$6.00 was voted for the Provincial Korean Orphan Fund.

Red Cross items were handed in as were several hand-made items for the fund.

An interesting discussion followed on Ways and Means of making money, and a silent auction was staged.

Next meeting will be held at the home of Mrs. Angus Martin, when roll call will be answered with an exchange of bulbs, plants and seeds.

After refreshments served by the members, a presentation was shown items Miss Macdonald's sewing and drawing.

MARY HAWORTH

Can Blood Sugar Level Cause Mental Disorders?

DEAR MARY HAWORTH: It looks as if the doctors might be pointing around to your point of view as last!

I refer to a national Magazine's "Medical Report" of April 5, 1964, by Herbert L. Hershenson, M.D.

In part the article says: "Hypertension is a common disease which indicates a low level of sugar in the blood. A recent report by the Mayo Clinic reveals that it is a far more common disorder than had been previously realized."

"Frequently misdiagnosed as a nervous or emotional disturbance, it is coming increasingly to the attention of personal physicians, whose patients complain of symptoms ranging from irritability to almost complete loss of coordination and orientation."

In other words, he was suggesting that approximately 40 percent of those who apply for psychiatric care, for mental disturbance, may be suffering from hypertension (low blood sugar) actually—a condition that yields to corrective diet, devised around 40 years ago by the late Dr. Seale Harter of Georgia.

Around 1929, as I recall, this same psychiatrist estimated that in the line of duty, in his private practice and in his hospital rounds, he had personal knowledge of approximately 300 individuals once thought to be mentally ill and incurable.

Household Hints

Add a new flavor to dried fruits by steaming them in syrup drained from canned fruit.

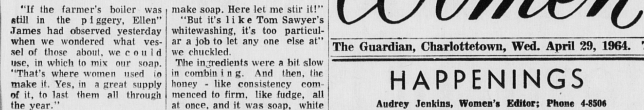
Never scrub glass cooking utensils with steel wool or harsh scouring powders as they will destroy the surface tension and make them break more easily. Instead, soak in warm, soapy water and clean stain-prone spots with a damp cloth dipped in baking soda.

PLACES THIRD

MOOSE JAW, Sask. (CP)—The Unitarian Service Committee reports that Moose Jaw placed third among Canadian cities in shipping clothing to underprivileged children in 1963. Moose Jaw shipped 32,706 pounds, behind Vancouver with 59,924 pounds and Ottawa with 49,436.

WELCOME ENGLISH GUIDE TRAINER

Mrs. Beasley showed an interesting film on camping, and a general discussion of many aspects of Guiding was of benefit to those attending. Pictured above are some of those present; seated left to right:



ELLEN'S DIARY

Home-Made Soap Firms In Old Ironstone Basin

"If the farmer's boiler was still in the pigery, Ellen James had observed yesterday when we wondered what vessel of those about, we could use, in which to mix our soap. 'That's where women used to make it. Yes, in a great supply of it, to last them all through the year.'"

"But our farmer's boiler, once a pride of the pigery, and a necessity in the farming, was gone. It had disappeared completely from our scenes. Only the chimney remained to remind us of that younger day, and it has been taken over by the tenants of birds, that come to nest there."

A closed up under the eaves of this house, however, hides a crock in which our gatherings — the same in which we once upon a time mixed plaster from the old barrel churn, June butter, perhaps, supposedly the sweetest and most tasteful of all the year. Flavored with the lushest grass, and the first clovers, and the white trills and gold hearts of pasture — daisies' bloom."

"Hey, what you making?" one of your grandmothers had questioned. Provided, of course, we think, gives the grandchildren to waken, to keep their feet a pretty well on the "strait and narrow." Biblical paths, because, bless the youngsters, they question and explore their elders' doings and example, even look into the innermost workings of their hearts."

"But you did... I saw you!" they will remind a slipping one. "Or 'You promised you would remember'" Or "but you said it yourself!"

"Soap?" we replied.

"That stuff soap! Doesn't look as though that will ever

MURRAY RIVER WI

The annual meeting of the Catholic Women's League was held Sunday afternoon at the home of Mrs. John P. Quinn in the chair.

The meeting was opened with prayer, followed by reading of the minutes of the last meeting and the latest report of the secretary, Mrs. Adrian Sullivan. The financial report of Mrs. J. J. Quinn, secretary, Miss Stella Sullivan, showed a balance of \$38.60 on hand.

The new officers are as follows: president: Tillie MacIntyre; 1st vice: Pres. Mrs. Lawrence DeCoursey; 2nd vice: Mrs. M. A. Allan and treasurer, Stella Sullivan (re-elected).

Montague Club Elects Executive For 1964-65

Mrs. A.E. Sullivan was elected president of the Montague Ladies Curling Club at its annual meeting in the Club Rooms last week. Other officers elected for the coming year are Mrs. Emerson O'Connor, vice-president, and Mrs. A.E. Ings, secretary. The report of the nominating committee was presented by Mrs. H.M. Smith.

The meeting was chaired by the retiring president, Mrs. Pezzer.

who were restored to health of body and mind, when the correct diagnosis was made and they were treated for hypertension.

"A formidable estimate, isn't it? The more so when you know that, except for the right diagnosis, most of those 300 victims of hypertension (in just one community, mind you) might have suffered mental darkness to the end. What a price to pay for men's refusal to face the facts about the use of the light that is offered them!"

The above psychiatrist, by the way, bravely credits this column with introducing him to the idea of hyperinsulinism as a possible factor in neuro-psychiatric illness.

"Though we've never met, I have in my files a note from him, which says in part: 'In general, doctors are not inclined to accept medical guidance from a non-medical columnist. But I am ever grateful to you! Kindred regards!'"

Challenged by Abrahamson and Pezzer's carefully documented conclusions (set forth in their book), this psychiatrist launched his own independent research, which led to his concluding, and supplementary findings, condensed in the aforementioned brochure issued in 1957.

M.H.

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

NEED LEADERSHIP

WINNETKI (CP) — B. Scott Bateman, Manitoba's deputy education minister, told a school principals meeting here the greatest need in the province's public school system is for principals who will provide flexible, aggressive leadership.

M.H.

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Joint Centennial Concert Is Held At Mt. Stewart

A Centennial Concert, sponsored by the United Church Women and the Catholic Women's League, was held recently at Mount Stewart. The show, held in the Mount Stewart Memorial Hall, was termed an outstanding success.

The stage setting depicted the Cradle of Confederation. The cradle, an antique, was a birthday gift to Mrs. D.J. Macdonald, the wife of the late Sir John A. Macdonald, by the late Father Gregory Macdonald. The cradle was filled with antiques, including a spinning wheel, reel, and white shawl belonging to the Macdonald family of St. Peter's Lake. The cloth was woven from the sheep on their farm some 100 years ago.

Following is a list of the numbers:

1. Opening Chorale - O Canada and Island Hymn.
2. Irish Air by Bethany MacDougall in Irish costume.
3. Skit "Eat and like it," by Joyce Act and Carl Coffin.
4. Trio "Put on your old gray bonnet" by Marlene and George Mitchell and Shirley Campbell.
5. Square Dance - Mount Stewart children - eight girls.
6. Monologue - "Something about men" by Gladys Bird, dressed in her mother's wedding dress.
7. Songs by eight Mt. Stewart girls.
8. Step Dance by Mrs. William Doucette.
9. Square Dance by St. Peter's Lake school children.
10. Medley of songs by the male quartet.
11. Dialogue - Madame Camille's Beauty Parlor, by Pamela and Shirley Campbell.
12. Solo by Mildred Rogerson.
13. Old time selections, by

HAPPENINGS

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Audrey Jenkins, Women's Editor; Phone 4-5506

Mrs. and Mrs. Lawson Drake, Mrs. and Mrs. Arthur Coffin and Mrs. and Mrs. T.M. Lothian entertained Sunday at the latter's home with a buffet supper for the fourth year biology students of Prince of Wales College, Dartmouth, N.S., a step-daughter, and a stepson, R.W. Lockhart, Winnipeg, Man. Mr. Ball had one son, John, a third year student at Mount Allison University, Sackville, N.B.

Mrs. J. Lou Chaisson, Easton Street, Charlottetown, where the groom is the minister of Trinity United Church.

Mrs. Ball has one son, Rev. Frank Louis, minister of Cole Harbour United Church, Dartmouth, N.S., a step-daughter, and a stepson, R.W. Lockhart, Winnipeg, Man. Mr. Ball has one son, John, a third year student at Mount Allison University, Sackville, N.B.

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Growing with Canada

Joseph G. Campbell of Poplar Point, former M.L.A. for the 3rd district of Kings, recently returned from a visit to Montreal.

Mrs. Warren Sims, Park Corner, and Mrs. Bruce MacLeod, Kensington, left Thursday morning for Boston, where they will attend the wedding of their niece, Janet Burk, a daughter of Mr. and Mrs. Fred Burk, to Robert Glendon of the U.S. Navy. The marriage will take place in the First Congregational Church Saturday afternoon.

Mrs. and Mrs. Stewart Moose and daughter, Evelyn, Kensington, spent the last weekend at Sussex, N.B., where they are guests of their son-in-law and daughter, Mrs. George MacLea and family.

Last fall a Scottish Country Dancing class was formed with Mrs. John MacKinnon (Evelyn) as instructor. The class met at the home of Lloyd Leland and W.C. MacLeod. When the class increased in number it moved to room 66 in Prince of Wales College, where classes are being held every Wednesday evening from 8 to 10 p.m.

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