

WOMEN

Page 8 The Guardian Friday, March 25, 1955
KEEP IN TRIM

Thin Girl From Gaining Emotional Upsets Prevent

By Ida Jean Kain

For the thin girl who gets upset easily, weight gaining is an uphill struggle. Any emotional upset poses a triple threat. Under strong emotion, the muscles become tense, and tense muscles squander energy. Calories are burned at a prodigious rate. Moreover, the thin girl reacts by loss of appetite, and the assimilation of the food she does manage to eat is affected adversely.

One thin girl, 5' 4", who barely weighs 105 pounds, recognizes that she tends to become upset at trifles, and asks how to get on a more even keel. All these thin girls, get aboard, and set your course for smooth gaining.

Once you are aware of the chain reaction of an emotional tizzy, you recognize the need to get at the basic cause of your failure to bring your weight to healthy normal. And as soon as you sense the need to change, you look for ways.

Psychologists explain that our actions in life's situations are governed by our basic attitudes. Dr. Harold Fink, in his enlightening book "Be Your Real Self," makes

it clear that the key to each of our attitudes is our predisposition to respond to a given stimulus in a specific way.

For example, when you go into a restaurant for lunch, perhaps you have to wait for a table, then wait to be served. Unless you're relaxed, you'll sit there seething at the delay. Deliberately change your habitual response to this situation. Get a newspaper, read and relax. Otherwise you'll respond with tension. This tension is relayed to the muscles and to your innerbrain — and from that nerve center to your stomach, heart, salivary glands, etc. And this is the way appetite and assimilation of food is impaired.

When you decide in your mind to toss off minor irritations and practice relaxing muscularly, life will go more smoothly. Allow enough time in daily routine so that you do not get flustered or feel pressed. What you thin girls need is to build up an energy reserve. You can't do that by borrowing from tomorrow's energy — it's against your best interest.

By relaxing, you get more good out of your food. And be sure to eat good meals regularly. A post card from one thin girl gives this happy news: "At last I'm gaining, thanks to your 'Grade A Nutrition for Weight Gaining.'" I used to skip breakfast, hurry lunch, and eat a good meal only at night. Now I have three healthy meals a day and a snack at bedtime, and I've gained five pounds in one month! Do write more for thin girls."

There's a happy, healthy-minded girl who will soon be normal weight.

MORNING SMILE
There was a wealthy amateur who prided himself on his skill in landscape painting, although his canvasses were really little more than daubs.

Once he invited a couple of critics to look at his pictures. Critic—Here's one you ought to call "Home!"
Painter—Why?
Critic—"Because there's no place like it."

Wife Preservers



When you slice a half grapefruit in the refrigerator, put it cut-side down on a small plate, or wrap it in waxed paper.

ELLEN'S DIARY

by an Island Farmer's Wife

A petunia we took care to save from a thrifty plant in last autumn's flower-border at Rob's to bring color to wintry days, blooms now in a window of the kitchen. A humble flowering 'it is true, but gay and bright in its frilled blossoms and at times giving off a fragrance most pleasing.

Scent of summer gardens at evening is there, when the earth hushed and reverent holds up her numberless flowerings of garden and meadow and grove, to be washed by the dew. . . . Sometimes at Alderlea in our younger years, when every care of our day was rested and we, drawn to the outdoors were seated on the old stone doorstep by the lawn, waiting for James to come in from some seasonal work of the fields—from the potato patch it might be or the second hoeing of roots—we would catch then, the subtle incense of the petunias blossoming in the flower-bed close by.

And down by the millpond below the front meadow where the waters too rested from their labors of the day, suddenly in the edging of alders would appear a gleam where a firefly had lighted his lamp. Then fitful among the bushes "down along" presently a number of these strange silent searchers of the dark, restless we always fancy of the leprechauns and fairy folk of more mysterious days added their fascinating startles of light.

No day of summer lazy and heat-filled was this, but clean and sunny and edged with a frost brought by winter. A day to look carefully to the welfare of the farming—to market, and to buy then if need be to maintain a usual level of livestock. Fat hogs went out and as a sequence to the outing we overheard James ask with no assumed interest: "What was she like?" a query which occasions no anxious heart-beat to these farmwives who know it has to do with a "fittin'" one of the cattle-kind somewhere, which has caught the eye of the farmer: a calf maybe or a comely yearling that after little or more deliberation might become an addition to the herd of the farm.

There were the wavelets of the pond this morning by which first thing James determines the way of the weather? Caught in last night's icy grip. And clear and cool was the sky, with, this afternoon, when we sewed by a window neither "whip nor stitch" of a fluffy cloud aloft for us to send our dreams out upon.

"What are you making?" A young visitor asked. "Cushion-covers." "Out of a shirt! And what if Granddaddy should want it?" "It was past wearing . . . but there are good pieces yet." We replied, remembering how in a golden year when an aunt, a witch with a needle, was fitting us to our satisfaction with a pretty dress made from ends of material, she remarked with the merry laugh that went with her keen mind and gifted fingers: "It looks good to me, Ellen! If I do say it as shouldn't." And when you count your blessings, you can count the pieces that went into it!"

How shall we count the counted stars that tonight gleam from faraway places?
Until tomorrow . . . Diary
Good-night . . .

How shall we count the counted stars that tonight gleam from faraway places?
Until tomorrow . . . Diary
Good-night . . .

Islanders Exchange Vows In Hamilton

St. Joseph's Church, Hamilton, Ont., was the scene of a pretty wedding on February 19, when Mary Leona, daughter of Mr. and Mrs. Harold Dunn of Summerville, P. E. I., exchanged wedding vows with Joseph Bernard, son of Mrs. Mary Byrne and the late Walter Byrne of Byrne Road, P. E. I.

The bride was gowned in white satin fashioned on princess lines with long sleeves and brocaded necklines. Her floor-length veil was held by a crown adorned with pearls and rhinestones. Her jewelry consisted of pearl necklace and earrings and she carried a bouquet of pink roses.

Rev. C. A. Clark, C. R., celebrated the Nuptial Mass and officiated at the ceremony at which the bride was given away by her brother, Vernon Dunn, and was attended by Bernadette Mackenzie, who wore a yellow gown of net over taffeta.

Gerard Sinnott a friend of the groom was best man. The guests were ushered to their seats by Alfred Cullen.

The bride's mother, who came from her home in P. E. I. for the occasion, wore a green crepe dress with matching accessories and a corsage of red roses.

Other out-of-town guests were: Mrs. Gerald Walsh, sister of the bride and Miss Bernice Byrne, sister of the groom.

Following the ceremony the bridal party and immediate families were tendered a delicious breakfast at the Parochial House where the bride had been employed for several years.

The newly-weds left on a honeymoon trip to Niagara Falls. They are now residing in Hamilton.

MARY HAWORTH'S MAIL

Disappointed In Love Married on Rebound

DEAR MARY HAWORTH: Eleven years ago I married Bill, knowing I didn't love him. I was on the verge of a nervous breakdown, trying to forget another man whom I loved with all my being. Our friends often remark on my disappointing bride, and when I told Bill why, he asked me to give our marriage a chance — and I promised I would.

I have worked hard to make good. I have given him a wonderful home and have helped him in business. Our friends often remark on our beautiful marriage. We have two adorable sons who love us very much. I have all a woman could ask for — money, position, fond family and friends. But I am the most miserable person alive. I don't love my husband and simply can't, although at times I think I do. But it can't possibly be love. (He doesn't know this.)

I've consulted a psychologist, also a metaphysician, and they say I still love the boy who never asked to marry me. As I haven't seen him in 11 years, how can this be possible? To prove them wrong, I contrived to run into his mother hoping to hear that he was married or engaged. But to make matters worse she says he has never married, and speaks of me often.

How Can She Live With Self?

I haven't intended to break up home, but lately I find myself crying for no reason. I was happy and content; what made me cry? I've read constructive thinking books, but can't seem to get back on the track. I have no peace of mind. I have to constantly put my thoughts in order.

How long I find myself crying for no reason. I was happy and content; what made me cry? I've read constructive thinking books, but can't seem to get back on the track. I have no peace of mind. I have to constantly put my thoughts in order.

Needs Assistance Of Psychoanalysis

DEAR K. R.: You are emotionally ill, but the cause isn't clear. However, the symptoms are plain — your pining for love no reason; your anxiety of mind and confusion of thought; your feelings of getting sicker every day, of being on the verge of a nervous breakdown, etc.

To get straightened out, you'll have to have some psychoanalytic help. I think not only to light up the cause of your distress; but also to give you psychological support in forming good affectional attitudes, as the basis of permanent recovery.

The present siege of depression

LET'S EAT

New Sandwich Spreads For At-Home Buffets

By Ida Bailey Allen

You never can tell what's going to result when home economists, publicists and food writers are introduced to a buffet consisting of foods suitable for sandwich-making and invited to make their own.

Many new combinations popped up recently here in New York City. From three in the afternoon until seven, we were invited to look, invent and taste-test sandwiches and informal hors d'oeuvres made from a choice of more than 200 fillings and 80 different kinds of bread.

Home Buffet Parties.

"There are plenty of ideas here for similar buffet parties at home," remarked the Chef.

probably closely resembles the previous siege of 11 years ago, when you were downcast by a disappointment in love, and married Bill for sanctuary, isn't that so? Thus it is logical to suppose there is a connection between these two sieges; and that they in turn link up with an earlier history of articulate personal suffering, having to do with desperate emotional frustration, likely.

Where She May Have Lost Path

As to when you went off the track more recently, after having been happy and content (you say) — could it be that your inquiries about Dan got you all mixed up again? Hearing that he is still single and speaks of you often, did the shock recharge terrible urgencies of the past, when you couldn't get next to persons you idolized? Childhood tragedy of this type may be at the roots of your demoralization. And Dan's indifference (11 year ago) may have been only the final straw that sunk your hopes of having joy — and sent you into a makeshift marriage, which you half-cherish and half-reject.

Ordinarily, deeply buried rage and resentment are at the core of tearful depressions that seemingly have no reason. The patient doesn't know this, having always felt too insecure in relation to people to indulge the luxury of being honest about his "mad" feelings, so he locks them away, hidden ever from his awareness. Who are you mad at? — Your parents? Dan? Your husband? Yourself? Or a complex of all these blunders? Seek the answers in psychoanalysis, before trying to settle the other question of what to do about your marriage.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlotte-town.

FINE CATTLE
Hornless aristocrats of the beef cattle world, Aberdeen-Angus cattle come from northeast Scotland.

ANNE ADAMS PATTERNS

JIFFY-WRAP!

A Wrap-on for your daughter! Just sew two or three. Mother, and RELAX for the season! As you see, it has FEW pattern parts, whips up in a jiffy, opens out to iron and a child can dress herself so easily! Make it in cotton in flower-fresh pastel colors!



4634 2-10
by Anne Adams

Cook's Corner



STUFFED GREEN PEPPERS

6 green peppers
1 c. chopped walnuts
1/4 tsp. pepper
1 small cucumber, chopped
1 c. minced cold ham
1/4 tsp. salt
1 small onion, grated
1/4 c. buttered crumbs
1/4 c. tops from green peppers and remove seeds and tongue. Cut thin slices from bottom so that they will stand. Boil peppers 15 minutes. Cool, combine ham, walnuts, seasonings, onion and cucumber and use mixture to fill peppers. Sprinkle crumbs on top of stuffed peppers. Bake for 30 minutes in 350 degree oven.

PINEAPPLE AND MARSHMALLOW DELIGHT

1/4 package lime jelly powder, dissolved in 1 cup boiling water. Cut into this 18 marshmallows and stir occasionally. When cool, add:
1 c. whipped cream (or 1 cup evaporated milk whipped)
1 c. canned pineapple with juice
Roll 16 grams crackers fine. Mix with 1/3 cup brown sugar

Enjoy
MELARENS OLIVES
Everybody else does!
FAMILY FAVORITE
FOR 70 YEARS

For Children's Stomach Upsets

For quick, happy relief, give Children's Own Tablets, designed for youngsters from 3 to 15. Speedily help sweeten sour upset stomachs, clean out bowels gently — yet thoroughly. Pleasant, easily swallowed. Made by the makers of Baby's Own Tablets — your assurance of a reliable product. Be sure to get a package today at your drugist!

Children's Own TABLETS

Household Hint

Now is the time to go through cellar, attic and other storage areas so that you can get rid of unused junk. Remember letting papers, rags and the like pile up is a dangerous fire hazard.

Wife Preservers

When you slice a half grapefruit in the refrigerator, put it cut-side down on a small plate, or wrap it in waxed paper.

ALICE BROOKS DESIGNS

ONE-A-DAY DOLLIES
Less than a day to crochet each of these lovely little dollies! Three different styles included. Pattern 7214. Directions for three crocheted dollies in No. 80 mercerized cotton (8 and 8 1/2 inch round). To increase size, use No. 30 or bedspread cotton.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — see new designs on all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

7214
by Alice Brooks

KING COLE TEA

7214
by Alice Brooks

Hot-Water GINGERBREAD

Grease an 8-inch square cake pan and line bottom with greased paper. Preheat oven to 325° (rather slow). Mix and sift three times 2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted all-purpose flour), 2 tps. Magic Baking Powder, 1/4 tsp. baking soda, 1/2 tsp. salt, 1 tsp. ground ginger, 1/2 tsp. ground cinnamon and 1/4 tsp. grated nutmeg. Cream 5 tps. shortening; gradually blend in 1/2 c. lightly-packed brown sugar and 1/4 c. molasses; add 2 well-beaten eggs part at a time, beating well after each addition; stir in 1/4 tsp. grated lemon rind and 1/2 tsp. vanilla. Add flour mixture to creamed mixture about a third at a time, combining lightly after each addition; gently stir in 1/4 c. boiling water. Turn into prepared pan. Bake in preheated oven about 45 minutes.

MAGIC BAKING POWDER
Always Dependable

under your lovely new things...

... there's another touch of loveliness. A slip, supple and smooth... the frill of a petticoat... young lines to bolster your fashions lend your ego!

NYLON SLIPS 4.95 to 12.95 GOWNS 6.95 to 14.95

MOORE & McLEOD limited

FOR ALL YOUR BAKING YOU JUST CAN'T BEAT

Cream West

of the West

All Purpose Flour

Lighter cakes and flakier pastry... even-textured bread and crisper cookies; that's what Cream of the West means to you. Whatever you bake, you'll bake it better with Cream of the West. It's a balanced flour, made by Canada's largest flour millers.

And remember, every bag of Cream of the West Flour is covered by a money-back guarantee — you must be satisfied or the full purchase price is refunded.

CREAM WEST VITAMIN ENRICHED FLOUR

BREAD-CAKES-PIES AND PASTRIES