Advice on advice for bride and groom

How to handle a neverending stream of advice from family and friends is a challenge all marrying couples face, according to article in a recent issue of Bride's magazine.

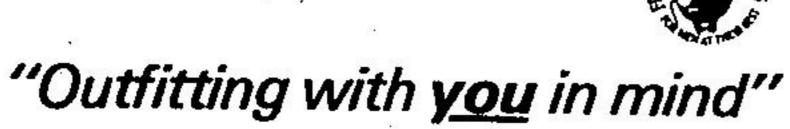
"It's not good for a marriage if a wife makes more money than her husband," the bride's mother might say. "You really should buy a condominium instead of renting." the groom's uncle will insist.



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Everyone is eager to help a bride and groom adjust to their new roles. The only trouble with all this help is that it can be so overwhelming that the couple end up feeling confused and pressured. Which advice should they take? How can they turn down a piece of advice without hurting a loved one's feelings?

In order to deal with this situation, the couple must know what they want, says Bride's. They should sit down together before the wedding and ask: "Where do we want to live?" "How important will our careers be?" "How do we hope to spend our free time?" Premarital counselling-available through churches, universitles, and psychological associations-can help by providing a framework for these talks.

The answers the couple arrive at should be as specific as possible, for instance "We'll try to start a family within three years," or "We'll plan to spend 1 weekend a month alone, just the two of us." When the couple disagree, they should push to find a compromise rather than one or the other simply giving in, since "easy" solutions often lead to anger and resentment.

Once a couple feel secure in their decisions, says Bride's, they'll be able to react calmly to the advice coming their way.

First, they should determine if there's an

underlying reason why a person is so eager to offer advice. If a bride finds her motherin-law-to-be taking a little too much interest in the wedding, she should stop and examine what's going on: maybe the woman always wanted a daughter of her own. The bride can then respond on this level instead of with anger and perhaps think of ways to get her fiance's mother more involved.

Second, the couple should realize that all the advice they get won't be uselessespecially when an advice-giver has experience in the area. A harried bride and groom may feel that yet another opinion on where they should go for their honeymoon is the last thing they need, but if it's coming from a cousin who has traveled all over the world it could prove invaluable.

Finally, the bride and groom must know how to stop listening and turn down unneeded advice. Since most advice-givers mean well, it's only kind for the couple to let them know that they do value their opinions even if they can't use all of them.

But, at the same time, they should make it clear that they are rejecting the advice: "We've thought about what you said, but it's just not right for us," or "Thank you, but we've already decided on another plan." In the end, a couple must be able to say, "We did it our way."

Wedding cake basis of many traditions

From the buying of the engagement ring to the planning of the honeymoon, weddings are a time when traditional customs spring to life.

Varying in size, design, pattern and colour to reflecting personal taste, the wedding cake is the basis of many wedding traditions.

Whether you choose to have a real cake, rent a cake or a combination the wedding cake is a reception tradition dating back to our ancestors.

The tiered wedding cake, symbolizing prosperity, developed as an Anglo-Saxon custom when wedding guests brought little cakes and piled them into a mound over which the bride and groom attempted to kiss. A French chef conceived the idea of icing the cakes into a solid mass.

During the days of the ploneer this tradition continued, with friends of the bride bringing a single cake layer, usually a spice cake and a homemade cranberry jam.

peach preserve, currant jelly or other filling. At the church or home of the bride one layer was stacked on the other with a different filling in between to form a high "stack" cake.

The ancient Romans broke cake over the bride's head at the end of wedding ceremonles. The cake crumbs were than gathered up by the wedding guests as good luck tokens.

Often picking up on the theme colors of the wedding, the cake serves as both a traditional and practical part of the reception. It is sometimes served as dessert or cut and pre-packaged to be distributed to guests by the happy couple.

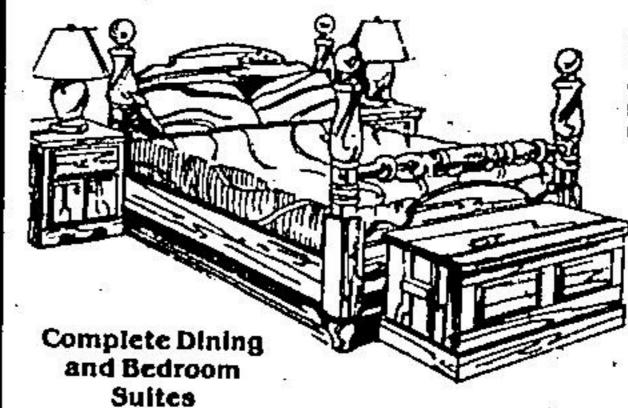
Cutting of the cake and feeding each other a piece is a symbol of the couple's start of a life together, but the wedding cake tradition even applies to those not yet married.

Single girls sleep with a slice of wedding cake under their pillows so they will dream of their future spouses, the time honored belief states.

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