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DEAR DORIS

DEAR DORIS — Last night I dreamed about my sister, who 15 years ago, took her life after suffering with a breakdown for over three years. She was telling me to try to get her to the hospital, that she needed help.

My husband just feels me I worry too much, so I do not tell him how I feel all the time. I have tried spiritual reading and prayer, but I guess I do not try hard enough, as it always seems to come back.

The village where we live now has no knowledge of our family's past. It has always hurt to talk about my sister's death as to me it was so unnecessary. Or mabe down deep I am ashamed. I do not know.

My husband does not know I am writing this; would probably say I am silly, but I must do something.

Sleepless and Upset

DEAR FLORA — If they can get around at all, link them up with the handiest seniors' club. They are sprouting all over these days; your own church may be thinking of starting one.

And there are useful activities to engage in at home. One grandmother I know buys up remnants; acquire old cotton skirts at rummage sales for a song. Then produces a pretty apron and a pillow slip. She'll buy an out-worn baby dress and pick out the smocking by hand. Presto! It becomes a dish towel; or two bibs for the current toddler.

Can Gramp cook? I'll send you a copy of "George's Cheese Bites" — with variations — if he'd like to make up the tasty spread. George's canapes are made from. Then he could invite his favorite pal or grandson to drop in for a snack.

I LOVE MY TEACHER — I actually believe I'm in love with my teacher. He is 26 and I am 17. He is not married but I have seen him several times with the same girl.

I'm afraid I'm going to end up having a nervous breakdown. This is definitely affecting my school work.

DEAR CAN'T COPE — Yours is a schoolgirl

crush; often happens when a teacher combines a fine personality with the head start of a few mature years; quite innocently, on his part.

The antidote is deliberate attention to boys your own age. Forget their awkward youthfulness and enjoy the fun you have with them. Remember that you, too, aren't quite as polished as you are going to be.

DEAR DORIS — I am 54 years old. I'm quite satisfied with my figure except for my tummy and it's too large.

I've had three children; the last one was born 25 years ago. In those days we were not told to exercise after childbirth to help strengthen those muscles; therefore I feel that is the cause of the large tummy.

Do you think exercising at my age will help? I've tried dieting which helps some, but I lose weight in the wrong places, such as my face.

Fat Tummy

DEAR F. T. — The winning combination is exercise plus diet. I'm sending you my exercise sheet "Be Figure Perfect" which has some tried and true bends and stretches for spot reducing. (Available to other readers for ten cents and a stamped, self-addressed envelope.)

In addition, here is an approved massage technique for that spare tire: Stretch yourself up to your full height, pull in your tummy. Take hold of the surplus fat — so-called spare tire — with both hands. Squeeze it, push it, knead it, from right to left, until the flesh is a bright pink. Daily.

What you are doing is breaking down the fat cells, so that the body may assimilate them more easily to replace the energy foods you are denying yourself by dieting.

A whispered and inaccurate rumor often travels faster, and farther than a shouted truth.

New Capital Grant Plan Announced

The Hon. William G. Davis, Minister of Education has announced changes in the method of calculating approval of capital projects for grant purposes.

The new capital grant plan is intended to be more flexible and realistic as to space and costs approved, and establishes for each facility, a wider range of acceptable sizes to meet the particular needs of individual school boards. This compares with the previous method whereby classrooms and certain other areas were allotted grants at the rate of \$20,000 per unit in elementary schools and \$25,000 per unit in secondary schools.

The new plan provides for the calculation of an "Accommodation Unit Factor" to reach of various types of classrooms, laboratories, commercial rooms and shops. Also included are gymnasias and changing rooms, library resource centres, general purpose rooms, group instruction and seminar rooms, lunch rooms and cafeterias,

guidance centres and health units. The amount of grant approval will be calculated by multiplying the total of all accommodation unit factors by a figure to be taken from a table of values which accompanies the new grant plan.

Grant approval will vary with the size and estimated construction cost of each approved facility, and will also reflect geographic cost differentials. The aim of the new plan is to provide an approved cost for grant purposes which will approach in each project the total cost of approved facilities, with the result that boards will receive significantly more financial assistance with their building programs.

The new capital grant will apply to those projects for which final approval is given by the Department of Education on or after January 1, 1967.

The Red Cross needs over 2,500 units of blood every day in order to meet the needs of patients in Canadian hospitals.

Curb Conservation Expropriation

A committee of the Ontario legislature recommended last week that limits be placed on the sweeping powers of conservation authorities to expropriate land. Land is being held in Stouffville and surrounding townships pending such expropriation.

The reports says that land expropriation was one of the most frequently discussed subjects at 99 hearings of the committee held over a two-year period.

The committee recommends that land owners receive 110 per cent of the appraised value "plus reimbursement for reasonable legal and appraisal costs." At present the conservation authority need not base its offer on the valuator's report, which is not made available to the land owner.

The report would also require authorities to report to municipal councils on a regular basis.

The committee headed by D. A. Evans (Simcoe Centre), received 113 briefs on this contentious question.

Ladies Auxiliary

GLEN MAJOR — The Glen Major Ladies Auxiliary met March 23 at 2:30 p.m. at the home of Mrs. George Pickett.

Mrs. Ralph Faulkner and Mrs. Jim Jones visited recently with Mrs. Wm. Hopkins Sr. and family, Ashburn.

Mr. and Mrs. Alec Hings-ton, Brian and Carol spent the weekend at the farm.

Mr. and Mrs. Fred Fiss and family visited Mr. and Mrs. Marvin Jones, Pickering recently.

Mr. and Mrs. Paul Bas-

ter and Julie; Kitchener spent Saturday with Mr. and Mrs. Jim Jones.

Mrs. Ralph Faulkner and Mrs. Jim Jones visited with Mrs. Gordon Jones.

Mr. and Mrs. Rick Ellery Mr. Frank Ellery, Misses Marilyn and Pauline Ellery called on Mr. John Ellery, called on Mr. John Ellery.

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735/14 (750/14)	33.14	35.96
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