

Just Stringing Along



PEARLS WITH GOLD (left)—mountain fern design for gold-filled pins and matching earrings with lustrous cultured pearls as highlights. By Imperial Pearl. PEARLS WITH CRYSTAL (above)—pale pink pearls are combined with rose and fuchsia crystals for necklace and earrings by Judith McCann. PRECIOUS PEARLS (right)—dog collar of white and blue gray baroque pearls. Flattering are the matching ring, earrings, bracelet and hair ornament, with small diamonds for luxurious accent. By Imperial Pearl.

With Pearls for Girls



Precious Gems Show Success In Style World

By ALICE CONNOLLY (Bridgeport Post Fashion Writer)

I recently read in a fashion article that a woman of wealth and distinction was known by her pearls rather than her diamonds. The larger the pearls, the more assurance that she was 'top drawer,' both socially and financially.

I was about to congratulate myself on my double string of 'poppits' at one buck the string when I noted this little word 'REAL.' Of course that lets me . . . and many others like me . . . out of such a category, however desirable. We can't just pretend because we wear pearls . . . but actually we are in very good company.

Usually the woman of social and financial distinction has good taste. The Duchess of Windsor is seen seldom without her strand of pearls (real, I assume) and if you will observe the well-dressed women in Vogue, Harper's Bazaar and other chic magazines you will note that PEARLS ARE FOR GIRLS.

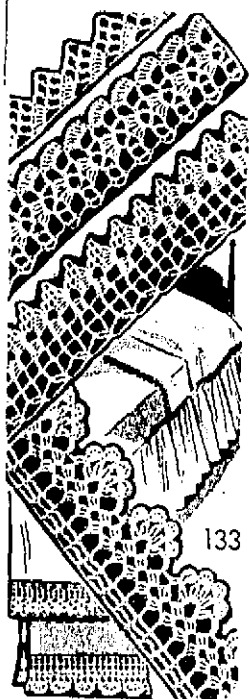
The nearest many of us can come to REAL PEARLS are the cultured variety and these are beautiful indeed. I am the proud possessor of one such strand, with earrings and bracelet to match. These I prize highly (and so does my insurance agent who charges me a pretty penny for their safety.)

There is a delicate luster to cultured pearls that sets them apart. My jeweler assured me that the more these are worn the more beautiful the luster . . . quite a contrast to my dearly-beloved, 'poppits' whose shiny outside layer often crumbles away.

Brilliant jewels shine at night. The diamonds, the emeralds, the rubies are fine for late-day or equipped with libraries.

evening wear . . . but for all-around good taste, the PEARL is a PEARL indeed. May we urge more PEARLS for GIRLS?

Crochet Trim



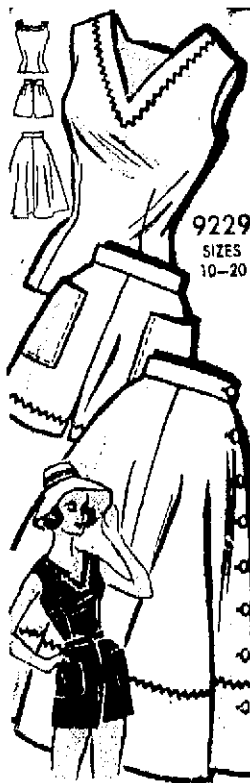
Add a personal touch in linens or wearables with a dainty crocheted edging! Either of these will change a plain item into a lovely-to-own article. No. 133 has crocheted directions for four designs shown.

Send 25 cents in coins for this pattern in MARTHA MADISON, The Bridgeport Post, Box 433, Midtown Station, New York 18, N. Y. Add 10 cents for each pattern for first-class mailing.

HOME ARTS for '60, a 64-page book for women who sew, crochet, embroider, knit or quilt. Send 50 cents.

All of the senior high schools in Japan, and 80 per cent of primary and junior high schools are equipped with libraries.

Sew This Yourself



Easy-sew sun trio! Blouse, side-buttoned skirt, boy shorts mix happily all summer — cost so little to sew in solid cotton or gay print, denim, plique.

Printed Pattern 9229: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 blouse takes 1 5/8 yards 23-inch; shorts 1 1/4; skirt 3 3/4 yards.

Send Thirty-five cents (coins) for this pattern — add 10 cents for each pattern for first-class mailing. Send to Marian Martin, Bridgeport Post, 23 Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

JUST OUT! Big, new 1960 Spring and Summer Pattern Catalog in vivid, full-color. Over 100 smart styles . . . all sizes! all occasions. Send now! Only 25c.

Keep Well—or Get Well

—By WILLIAM BRADY, M. D.

WHAT MAKES DUMMY DRINK?

Walking home from plant, office or store is a far better way to relax at the end of the day than indulging in cocktails or highballs before dinner. Walking, brisk walking, that is, not dragging along, two or three miles or more daily is the most effective tranquilizer as yet invented. You can't imagine how effective it is until you have given it a fair trial.

Statistical evidence from many sources indicates that now more teenagers than ever before indulge in cigarettes, alcohol, barbiturates, tranquilizers, heroin or other dope, habitually.

After all, the difference between the cigarette habit and the heroin habit is only one of degree. They are both habits and, especially for teenagers, harmful.

Why are more young people cultivating such habits today? I believe malnutrition—Nutritional Deficiency—largely accounts for it.

Remember the young dipsomaniac's explanation? He would go for weeks or months without a drink and then risk everything on a binge. In a sober interval he tried earnestly to explain why. "At times I feel the need of a stimulant, or rather I just want to feel better."

Need of a stimulant? This vague awareness of inferiority, inadequacy or deficiency. It is a feeling that every one with nutritional deficiency (malnutrition) has at times. Can't help it when he or she compares himself or herself with normal persons, persons in good nutritional condition. Unfortunately neither alcohol nor any of the drugs mentioned is a stimulant. On the contrary it is a narcotic. Instead of making the individual "feel better" it makes him less conscious, less aware of his inferiority or inadequacy while its effect lasts.

The narcotic frees the individual from his inferiority complex for an hour, so he feels equal to, if not a cut above, everybody else. But when the effect of the alcohol or tranquilizer wears off he feels worse than ever and craves some more of the magic dope.

It would be a great blessing if we could restore to our everyday food the factors lost in refining, processing, storage and cooking—factors essential for good nutrition.

A person in good nutritional condition feels fine and dandy and alcohol or other narcotic merely dulls or inhibits his sense of well being or enjoyment of life. It is difficult to imagine such a person could "want to feel better" or "feel the need of a stimulant."

In his absorbing book *Prodigal Shepherd*, Father Pfau tells how, as a young priest, he was lured into trying his first drink when he was a guest at a party where all the other guests were apparently enjoying their drinks. I can't understand this—presumably Father Pfau is over fifteen years of age. Yet one must admit and applaud him for his courage and for the help he gives other addicts through his activity in Alcoholics Anonymous.

It is not just one of my peculiar notions that most Americans suffer from malnutrition, nutritional deficiency. It is the opinion of recognized nutrition authorities.

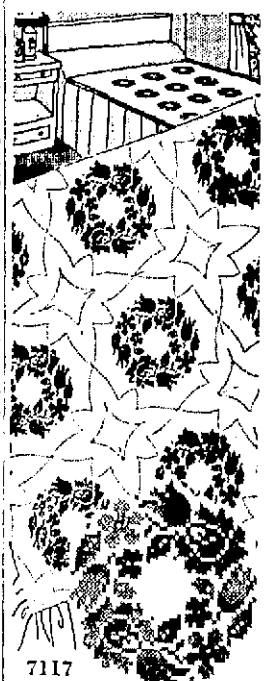
For instance Sherman's dictum that the American diet is generally deficient in calcium and Joffe's finding in regard to the amounts of refined white flour and refined white sugar currently consumed are as true as ever,

but it is almost a misdemeanor to say so today.

Anyway I believe calcium shortage (attributable to insufficient milk, cheese, vitamins in the every day diet) and vitamin B-complex shortage (attributable to the consumption of refined white flour instead of freshly ground whole wheat flour and refined white sugar instead of old-fashioned brown sugar and molasses) makes a good many "feel the need of a stimulant" or "just want to feel better."

Inquiries and requests for booklets or other information must be mailed directly to Dr. William Brady, 765 El Camino, South Beverly Hills, Calif.

Bed of Roses



Roses for your bed—bouquets of compliments for you! Choose one color or two-tone effect.

Large-as-life roses in easy cross-stitch make a beautiful bedspread. Quilting adds richness. Pattern 7117: transfer 12 roses; quilting motifs; directions.

Send Thirty-five cents (coins) for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Bridgeport Post 14, Household Arts Dept., P. O. Box 163, Old Chelsea Station, New York 11, N. Y. Print plainly NAME, ADDRESS, ZONE, PATTERN NUMBER.

JUST OUT! Our new 1960 Alice Brooks Needlecraft Book contains THREE FREE Patterns. Plus ideas galore for home furnishings, fashions, gifts, toys, bazaar sellers — exciting, unusual designs to crochet, knit, sew, embroider, huck weave, quilt. Be first with the newest! —send 25 cents now!

PLAN TO WED

LOS ANGELES, March 18—(AP) Actor Allan Nixon and model Maria Magda plan to wed in Palm Springs sometime this weekend. They got a marriage license yesterday. It will be the fifth marriage of Nixon, 41, former husband of actress Marie Wilson, and the third for Miss Magda, 34.

One Woman's Essay

By RUTH MILLETT

How well off are you and your husband as a couple?

How many friends do you have in common, good friends you know you can trust and count on?

How many interests do you share, interests that enrich your life and make day-to-day living fun?

How well do you work together as a team, setting goals and then striving to achieve them?

How great is your faith in each other?

How much pleasure do you both derive from your home and from family life?

How well do you agree on what is best for the children?

How much progress have you made in the years of your marriage toward the kind of life you dreamed of having when you set out together?

How well do you get along with the in-laws on both sides?

How much are you contributing to each other's well-being, happiness, and self-assurance?

How much are you contributing to the community in which you live?

How much do you enjoy each other's company?

How free have you left each other to develop as individuals?

How tolerant are you of each other's minor faults and limitations?

How certain are you of each other's devotion?

How proud are you of each other?

How important is the other's happiness in each of you?

How important is the success of your marriage to you both?

(Newspaper Enterprise Association) A happy husband is a happier marriage. Order your copy of Ruth Millett's new booklet, "How to Have a Happy Husband," just send 25 cents to Ruth Millett, Reader Service, c/o The Bridgeport Post, P.O. Box 433, Midtown Station, New York 18, N.Y.

LEPRECHAUN AT PLAY UP HARTFORD WAY?

HARTFORD, March 18 — (UPI) Perhaps it was a leprechaun, or the skullduggery of the wee people, but whatever it was, it left a lot of crimson Irish faces today.

Employees of the Metropolitan District commission picked out emerald green paint St. Patrick's day to coat the snow outside SMC offices with a bright shamrock. It turned orange!

Manners MAKE FRIENDS



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BANK CALL ISSUED

WASHINGTON, March 18. — (AP) The comptroller of the currency today issued a call for a statement of the condition of all national banks at the close of business Tuesday, March 15.

PETUNIA!

Here, my friends, is a luscious use for odds and ends Of pickle juice!



Yes indeed, Petunia! A couple of tablespoons of sweet pickle juice poured over your pot roast gives it a delicious new spicy flavor!