

Help Yourself to Happiness

This column is one of the series on marriage and family problems which appear weekly in this paper. It presents problems of everyday living and will attempt to bring you the most expert opinion in the area. By combining clinical experience, research and common sense, we hope to assist you to help yourself to happiness.

Learn Something From The "Other Woman"

"I've just found there's 'another woman,'" wails Martha, and I've always thought our marriage was good—maybe not what you might call thrilling after 10 years, but reliable and steady. What sends John gallivanting suddenly after another woman?

"I've suspected that Bob was more than mere friends with his stenographer," says Jewell, dabbling tear-swollen eyes. "Now I

have proof in the letters I found in his pocket. And I've tried to be a good sensible wife! Whatever made him tired of me? How have I failed?"

"I've been married 23 years," writes a correspondent, "and now Jim tells me he wants his freedom, to marry my BEST friend—"

"We were married less than a year," writes a bride, "when Tom moved out and left me alone—"

Every hour of every day, a marriage breaks or shows signs of shattering. Every day thousands of people say to their partners, "I don't want to continue our partnership. Let's call it off." Translated, the suggestion says, or at least implies, "I've had enough of you. I'm bored. I'm weary of a situation which is as dull as last week's dish water, as dead as last year's headlines."

Marriages often are wrecked on the shoals of boredom, custom, and indifference. Partners take each other for granted, no longer try to be interesting or outgoing as they were in the courting period. Sensible, mature folk, of course, do not expect or want marriage to be an extended joy ride or round of excitement—but they enjoy remaining interested. They appreciate a partner's effort to remain alive, keen, stimulating, aware of the world and of each other.

When infidelity enters, a partner may be attempting an escape from boredom, from the dullness and insensitivity of a spouse who takes him so much for granted that she no longer sees him as an individual. The reasons for infidelity may be many, but if BOREDOM is the main cause, a wife might well study the "other woman" to learn the reasons for her own failure.

The wife (or husband, the rule works both ways)—might ask herself:

1. What is there about me which dissatisfies my husband?
2. What does the other woman have, which I have not, which makes my husband happier with her?
3. Is the other woman less critical? Warmer?
4. Can I compete with her as a glamorous girl or a FRIEND?
5. Is the other woman more fun than I? A better playmate?
6. Does she build up my husband's ego with praise more frequently than I?
7. Is she a better housekeeper? Or a more comfortable homemaker?

Among these answers, the rejected wife may learn the cause of her difficulties and find her way back to security and happiness—with a brief and discreet study of the "other woman."

Disston Mothers Set Food Sale Dec. 8

DISSTON — Disston Mothers' club will hold a cooked food and bazaar at Rose Lockers Saturday, December 8, with proceeds going for Christmas treats for school children. The sale starts at 9:30 a.m.



FUEL GUARDIAN — Soldiers who "gas up" the Corporal missile wear head-to-toe protective clothing against spills and fumes of the potent nitric acid.

Hi School Library

(Continued from page 1)

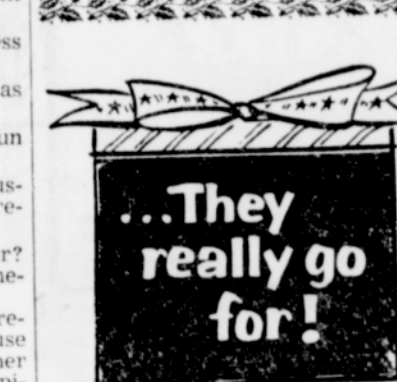
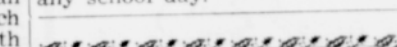
librarian for regular academic credit. Included are methods of processing and cataloging books, the Dewey Decimal system of classification, the circulation process in the high school library, typing of catalog cards, filing of hundreds of catalog cards, mending damaged books, binding volumes of magazines for the files, preparing bulletin boards and displays. Their study of the various reference materials available in the library is not only of value in their own classes, but enables them to help other students in finding materials for their work.

Besides the usual sets of various kinds of encyclopedias, dictionaries, atlases, biographical and statistical reference books, there are extensive files of pamphlets and clippings, filed under several hundred subject headings. One file consists entirely of maps. On the regular non-fiction shelves are many books of definite reference value as well as the more popular treatments of scientific and cultural subjects. Mrs. Rickard, librarian, is available at all times for consultation on more difficult reference questions.

New lighting fixtures were installed in both the library and the workroom this year. Some new shelving was also built. The new shelves in the west end of the library make it possible to display books represented by the book jackets used in bulletin boards directly above. Timely and attractive bulletin boards are planned to stimulate student reading.

The two large murals which dominate the library depict scenes from the coming of the white man through the early exploring and pioneer days in this country. The Stewart family were donors of the murals which were painted by R. S. Drenner.

With its attractive setting and its wealth of materials for study and pleasure reading, the high school library is a hub of activity for both students and teachers. School patrons visiting the school would be welcomed in the library any school day.



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Use of Sewing Machine Gadgets Next HE Project

If the little box of attachments that came with your sewing machine is safely tucked away in a drawer, unopened and unused, then you're guilty of not making use of your biggest time-saver in sewing, declares Mrs. W. E. Riley, Lane county agent in home economics.

With the admission that too many such boxes were hidden in drawers, members of Lane county's 34 extension units voted last spring to make the study of sewing machine attachments one of five project-leader training lessons in their 1956-57 schedule. And in a four-day training session recently completed in the extension service office, Mrs. Riley and Mrs.

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F. A. Klippstein, agents in home economics, trained 72 women representing units and 4-H clubs in the techniques of using attachments and in the adjustment of machines for tension, pressure, and stitch length.

Register Now

Project leaders will impart this know-how to unit members and interested homemakers at similar training sessions to be conducted in January, the agents report.

Names of project leaders who will conduct sewing machine attachment training sessions may be had by calling the Lane County Extension Service office DI 5-8418. Women wishing to attend these sessions are advised to contact the project leaders early so they may be included in the sessions.

Creative Outlet Sponsored by extension units

When clouds are seen wise men put on the cloaks. —Shakespeare.



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