



Dr. Kelly Addresses YMCA Rehabilitation Group Here

Alcoholism is a form of emotional upset characterized by an uncontrolled use of alcohol that affects around 5,000,000 Americans declared Dr. Norbert L. Kelly, Associate Director, N. C. Board of Alcohol Rehabilitation at a Bloodworth Street YMCA seminar on Sunday.

"We estimate that around 2,000 persons in Raleigh are afflicted with this illness. It therefore constitutes a problem of major proportions," he continued. He was presented by E. L. Ralford, YMCA general secretary.

Gurney Hood Orator Sun.

Gurney P. Hood, president of the Methodist Foundation, Raleigh, and past president of the Hood System Industrial Bank will be the initial speaker for the Laymen's Day Service of the First Congregational Christian Church, South and Manly Streets, Sunday, October 29, 7:00 p. m.

The types of drinking are: heavy compulsive drinking without control, plateau or constant drinking in a state of semi-intoxication; a third pattern is periodic in which heavy drinking may be discontinued for a while and resumed later.

The alcoholic was described as an emotionally upset individual who lacks self-confidence, tends to feel lonely and often possesses guilt feelings. The public sees him as an immoral person and his subsequent rejection, develop antagonisms as he fights society and its demands. He has a low tolerance for frustration and is likely to be generally unhappy.

The program, under the sponsorship of the J. M. Burns Laymen's Club, is the first Annual Laymen's Day Service.

Col. D. S. Godfrey, State Supervisor of alcoholic rehabilitation, strongly recommended the program of Alcoholics Anonymous as the best source of help for those who seek recovery from the illness.

BY SALLY SHAW

DEAR SALLY

DEAR SALLY: Recently I was introduced to a soldier who was on furlough, and he asked me to write to him—and I agreed. His very first letter practically floored me! It was full of romance, flowery love sonnets, and passion, and if my parents had seen it—wow!

The curious thing about this is that everything was on a very friendly basis while I was with him, and in fact, we never even kissed. I answered in a very impersonal manner, hoping he'd catch on. But his second letter, if anything, was even more mushy than the first. I liked this boy, but never dreamed he'd turn out to be this kind of a letter writer—and certainly I don't want to be receiving these romantic compositions regularly. So will you please advise me on how to handle this?

DEAR SALLY: My boss is being married soon, in a large church wedding and with a huge reception to follow. The big trouble is that the invitation came to my house was addressed to me alone, and omitted my wife. While we are not social friends, my wife has met both my boss and his fiancée a number of times, and I feel real bad that she was not invited to their wedding. Also I hate the idea of attending alone, and am almost inclined to pass it up. What do you think about this? —JACK.

DEAR JACK: I'm inclined to think that your wife's name was left off the invitation unintentionally. I think you could mention the omission to

your boss in a half-kidding way—something like, "Mary's name wasn't on the invitation I received, but she loves weddings, and is coming anyway." At least, it's worth trying!

DEAR SALLY: I've been married four years, and have two lovely children, and the grandest of husbands. Now, however, my mother is posing a big threat to our happiness. She loves to come to our home, and we love having her—but lately she is with us EVERY weekend and sometimes during the week. I don't mind this too much, but my husband is beginning to get just a little tired of seeing so much of her. It isn't as if she were alone in the world, because there's Dad. I'm afraid to mention anything about this to Mother for fear of hurting her feelings, but I know my husband would love at least some of our

weekends spent with just our own little family alone. Do you have any suggestions? —RUTH.

DEAR RUTH: Why don't you take this up with your father. Have him suggest to your mother that maybe your husband might like you to himself more often. Certainly, something should be done, sake—even if you have to do and soon—for your husband's suggestion yourself, in the nicest and gentlest way you can.

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RECIPE:
(Makes 6 servings)

CARNATION'S stay-moist BUNBURGERS

3/4 cup (small can) undiluted CARNATION EVAPORATED MILK
1 egg
1 1/2 pounds ground beef
1/4 cup fine cracker crumbs
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon dry mustard
3/4 cup finely chopped onion
3/4 cup finely chopped green pepper
American process cheese slices

Blend ingredients. Form meat mixture into 12 thin patties. Place each patty on hamburger bun half, covering completely. Broil about 5 minutes (6 to 7 inches from heat). Top each Bunburger with a cheese slice. Broil until cheese bubbles.