Red hearts on her white felt skirt revealed the engagement of Miss Jeanne Whitten, daughter of Mr. and Mrs. Mark K. Mc. Ilvaine, to Irwin Kasten, son of Mr. and Mrs. I. O. Kasten of 1222 Acacia Ave., when the bride-elect entertained friends at her CCMO home Sunday evening.

Francisco.

GRANDSON VISITS

MAYBELLE SCHMIDT
Spending the last few weeks before the fall school term starts with his grandmother. Wrs. Maybelle Schmidt, at her 1739 Gramercy Ave. home is 11-year-old Timothy Gray of San Francisco.

The lad returned with Mrs. Schmidt via Western Airlines after she spent a week visiting her daughter and son-in-law, Attorney and Mrs. Noal Gray, at the Golden Gate city.

Each family will provide its ow basket lunch, with beverages to be provided at the park.

NATIVITY GUILD TO HOLD CARD PARTY February Guild of Nativity Alar Society will sponsor a series of the series



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## Gives Fun, Funds for PTA | Creative Family Living

Renaming the "come as you are" event "Why More Hus-bands Don't Leave Home Breakfast," several women in the neighborhood of Evelyn B. Carr School enjoyed coffee and dough-nuts at the 17512 Ermanita Ave. home of Mrs. Wendail Towell



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# Early Morning Breakfast



IAUG. 26, 1954

By Dorothy L. Law

COUNSELOR. LECTURER, INSTRUCTOR IN FAMILY LIFE EDUCATION

viduals seems to lie in these facts . . . persons have a need for appreciation, want it . . . but inwardly feel they don't really deserve it.

### DEPRECIATE SELF

So many persons feel unworthy in one way or another. The average person seems to be in a state of "depreciation" of the self. Listen to others' conversation of themselves . . . how much is centered around "running themselves down?" A goodly portion, I have found.

goody portion, I have found.

How much of this is a cultural problem could be a discussion in itself. Much of it, of course, lies in the old attitude, "never praise a child unless you want him to be conceited or vain;" pointing out faults and failures in order to effect improvements in the temperament, etc.

## , EXPECT REASSURANCE

The net result is the individual who tears himself down and unconsciously expects others to build him up. In answer to "I have a horrible disposition," have you ever heard some one say, "you sure have, why don't you change it?

Seldom, I'm sure. The common answer seems to be one of reassurance. In fact, if you want to experiment with the un-common retort to depreciating statements such as this, I'd rather not be responsible for the effects. Just say you read about it somewhere!

### ALL MAKE MISTAKES

The individual without critical ability we have said can be as much of a problem as the overly critical. Nothing is per-fect all of the time; no one is perfect all of the time.

From time to time you encounter an individual "who sees no evil, hears no evil, says no evil," but only because he covers his eyes, plugs his ears, and holds his tongue, not because he is really trying to appreciate others.

There is a difference between the two—a very real one.

One is completely false and the other quite sincere. The false one is based upon compulsion "I have to appreciate others;" the sincere approach upon "I want to appreciate others."

FA 8-4563



