

Marriage Doesn't Work; Partners Must Work It

When people say that a marriage is "working well" or "not working well," they miss the whole point, says a noted authority.

"A marriage doesn't work automatically," he says. "You have to work it. And once you understand that it's what you and your partner do—not how the marriage works—that determines how happy you will be, you are more than halfway home to finding the warmth and thrilling joy that only marriage can provide," says a spokesman for The Swenborg Foundation.

The "warmth and thrilling joy" he talks about has been the objective of some of the world's most brilliant psychologists. Yet, interestingly, the ideas they offer on how to attain the objective are in most cases the essence of simplicity.

BE DEMANDING! -- of yourself, that is. Few enter marriage with more than a vague awareness of the depth of their own selfishness; and this, say psychologists, may actually hamper wedded bliss. Some people think that youngsters expect too much out of marriage—and are appalled when marriage doesn't measure up to their expectations.

Actually, however, many experts say the opposite is true: people don't realize how great marriage can be, hence they settle for too little.

If they were more demanding in their expectations, they would do more to get the fulfillment they seek.

BLOW OFF STEAM! Psychologists talk about "regression," while laymen use the term, "forget about it." No matter how you say it, it's a hazardous thing to do when it comes to getting over a feeling of being wronged.

A much better idea, the experts say, is to express what's on your mind. Do it gently, do it frankly, and do it at the right time—but get it off your chest.

This not only helps clear the air, but may help you locate and remove any problems that are throwing a monkey wrench into the machinery of your marriage. Your partner's benefits from helpful squawks—and beating helps you rid of your mad feeling.

KNOCK, KNOCK! In addition to issuing a healthy complaint to your partner now and then, put the knock on yourself once in awhile. Take this past week. Have you been utterly perfect? A divine spouse? As pleasant as a saint?

Almost no one can answer "yes" to questions like these. But by putting questions like these to yourself—regularly, once a week—you can tip your self off as to the areas in which you might improve!

THINK OR SWIM! Or bicycle.

Or go to a movie together. But do something together often. We tend to forget unpleasant things, psychologists say, but we tend to remember pleasing and shared experiences. Each time you and your partner have fun together, you in effect make a deposit in a savings account.

What you're saving are joys rather than dollars, and there's a lot less chance of devaluation.

FIGHT! One of the best ways to minimize fights between you is to fight together for a common cause.

If you can find something so worthwhile that each of you can commit yourself to it—be it political, in the social welfare area, or whatever—then in that effort you will be as of one mind.

This pays off, suggests the philosopher, Emanuel Swedenborg, "for when two minds are conjoined so as to be one mind, there is love between them, and true marriage is the jewel and repository of the human race."

HIRE HELPERS! If you can't find whatever it is that's throwing a monkey wrench into your plans for a happy marriage and remove it by your joint effort, you may need the advice of a professional who is well-acquainted with the machinery of marriage.

A psychological oddity is that people may have no hesitancy about hiring a dentist for their teeth, an exterminator for their bugs, or a mechanic for their car—yet these same people go through all kinds of marital woe without ever buying the service of a marriage counselor.

Unlike the dentist and mechanic, who can only repair, marriage counselors can actually improve the original. But be prepared to do the work yourself; the most you can ask of a counselor is advice on how to do it.

WHILE THE TASK of getting more happiness out of marriage may be hard, the gist of the advice professionals offer is easy: if you want a better marriage, do things to make

it better. Try avoid saying, "But I've done my best." After all, when you stop to think about it, most of us—in most of the things we do—can do better if we try. In marriage as in so many other things, trying to do better pays off.



SPANISH RICE WITH CHEESE

- 2 tablespoons chopped onion
 - 2 tablespoons chopped celery
 - 1/2 cup rice
 - 1 1/2 tablespoons fat
 - 1 cup canned tomatoes
 - 1/4 teaspoon salt
 - 3/4 teaspoon sugar
 - 1/2 cup grated cheese
- Cook onion and celery in the fat until onion is lightly browned. Add rice, tomatoes and seasonings. Simmer until thickened, stirring occasionally. Add cheese and stir until it is melted.



MRS. ROBERT VARTOGIAN
Norma Cleveland

Couple Speaks Vows BHS '63 In Lutheran Church Sets 5-Year Fete

Norma Joyce Cleveland, daughter of Mr. and Mrs. Otto Spencer Cleveland, of Summers Avenue, Livonia, exchanged nuptial vows with Robert John Vartogian at a ceremony Friday, June 7, in Holy Cross Evangelical Lutheran Church.

The Rev. Alan Kamens officiated. Given in marriage by her father, the bride donned a gown of nylon organza lace fashioned with an A-line skirt and full train. She carried a traditional bridal bouquet.

JUNE E. KOZIOL served as her cousin's maid of honor. Bridesmaids were Judi Meadham, Donna Secg, Mrs. Mary Weiss and Sandra Nigohostian. Junior bridesmaid was Eugenia Koziol.

The bridegroom is an architectural reporter with the Dodge Division of McGraw Hill Information Systems Company.

Bentley High School's Class of 1963 will gather for its five-year reunion at 7:30 p.m. July 13 in Roma Hall, Livonia.

Plans include dancing, buffet and liquid refreshments. Reservations may be made with: Carmelita Tronakas, 28051 Ann Arbor Trail, Westland, Mich., 48185.

Tickets will be \$6 per person; \$12 the couple. Tentative reservation deadline is June 17.

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