

their desires. Be-
 telling the girl
 not recom-
 over-involved and
 damaging. Parents
 middle-of-the-road
 often
 the two poles of
 daughter to do
 not taking any
 what she is doing.
 accepts this guideline
 it, a good rela-
 established.
 learns to move tow-
 by obeying the
 for extra rest as
 of being a wom-
 make it a lot easier
 becomes pregnant,
 will have learned that
 must live together with
 move on to the state of
 marriage and preg-
 to say, all the excite-
 goes into the prepara-
 marriage and the complete
 one's pattern, bring a
 help. If the mother, how-
 also in a state of over ex-
 and can not handle the
 like a mature woman, it is
 difficult for the bride-to-

be. Thus, many of the difficulties we see during preparation for marriage, when arranging shiduchim and when actually going through with the marriage, are often due to the fact that both mother and daughter are quite ill-prepared to face things realistically.

Moving on to the years of pregnancy, we find another stage of life. Some women ride through pregnancy in a state of euphoria. They tend to be quite energetic, stronger than usual and warm for the first time in their lives. Thus, we often find people saying about pregnant women, "Oh, she looks so good, she seems to be so different." But this is a temporary stage and the woman will return to her "normal self" after the baby is born. The changes in metabolism during pregnancy and right after can cause many difficulties and changes in the emotional state.

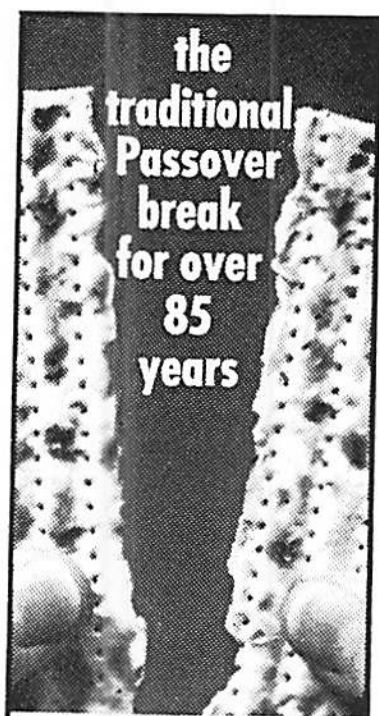
Other women respond to pregnancy in the opposite way. They become quite depressed and dull. They have little energy and are cold most of the time, and they need lots of help, comfort and cheer. Here again the husband should remember, and the woman should remember, that she also will return to her "normal state" once the baby

is born. Once the baby is born, the changes which the woman goes through can be hair-raising, for her and her husband. Many go into severe or mild depressions and are quite impossible to live with. The husband who during this time, is having his own difficulties, should realize that his are mild compared to what his wife is going through. He must learn to cooperate and help as much as he can, during the two to three months it will take his wife to get back to normal. I have seen many cases of marriage going bad because the wife felt that the husband did not want to help her during this difficult time. Although she

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