

KEEP IN TRIM

To Keep Perfect Figure Do A Lot Of Swimming

"What shocked me into writing for help in slimming was this: My bathing suit looked so nice in the store window, but when I put it on... oh, I bought it anyway and hope before the summer is over I will look the way I should in the suit."

That's the spirit. Curb your calories and get in and swim regularly and you can have a honey of a figure ere the summer is over. Just to show you what swimming can do for a girl's figure, take Ester Williams as a perfect example. Before Ester turned into a swimming champion, she was fired from her first job as a model because she didn't have a good enough figure.

Ester, who has these ideal proportions—bust 36, waist 26, hips 36, is enthusiastic about swimming as streamlining exercise. In this champion's opinion, swimming is the one exercise that rounds out curves as it slims down bulges. So, come on girls, get in the swim.

Any swim stroke is good, but some are particularly helpful for fixing certain figure faults. My favorite for desk workers is a smooth back stroke. The rhythmic reaching back with alternate arms and pulling smoothly through the water squares the shoulders and counteracts the continual forward bending. The back stroke tones the pectoral muscles of the chest and upper

arms and also makes for a slim willowy waist and midriff. It's easy to learn this swim stroke... just floating with free wheeling motion. Lie on your back and circle alternate arms in a wide backward motion, bringing them down through the water in a rhythmic, relaxing pattern.

The crawl reaches all the muscles. Turn your head from side to side with each stroke to tone the throat muscles and put dimples across the collar bones. The old fashioned breast stroke is rightly named for an effective curve builder. The side stroke makes for a willowy waist and streamlined midriff.

If you're not much of a swimmer, practice water calisthenics. Hang on to the side of the pool and swing alternate legs back against the resistance of the water. To tone inner thigh muscles, swing alternate legs sideways in the water. The resistance afforded by the water makes such exercise twice as effective. And it is such a wonderful way to cool down as you shape up.

There is no strain connected with swimming. Buoyed up by the water, all parts of the body are free to move. Each set of muscles gets its allotted share of work without strain. Swimming also helps to strengthen a weak back. Of course, in such cases, fancy diving is strictly taboo.

fact that the water level varies by as much as 50 feet depending on the season.

COOK'S CORNER

OATMEAL ICEBOX COOKIES

- 1/2 cup brown sugar
 - 1 cup shortening
 - 1/2 cup white sugar
 - 1 egg
 - 1/2 tsp. soda
 - 1 cup flour
 - 2 1/2 cups oatmeal
 - 1 cup walnuts, chopped
 - 1 cup dates, chopped fine.
- Combine ingredients and roll. Let stand in refrigerator overnight. Then slice and bake on greased cookie sheet. Bake in 375 degree oven until brown.

MORNING SMILE

The word "thief" was on the blackboard, but Dick could not spell it.

"Surely you know what that spells," exclaimed the teacher.

"Now, suppose I put my hand into your pocket and took out a penny, what should I be?"

"A conjuror, replied Dick."

First Yangtze Bridge Built

PEIPING (Reuters)—Thousands of workers are putting the finishing touches to the first bridge ever built across the Yangtze River.

The bridge is at Wuha, in central China. The 3,400-mile-long Yangtze is the world's fourth longest river.

Although not the longest bridge in China—the section which spans the water is about 3,800 ft. long and the approaches add another 1,686 feet—this bridge has been the most difficult to construct, partly because of the turbulence of the river, the amount of silt which it carries and

Canadian's Play Most Sports Badly—White

GENEVA PARK, Ont. (CP)—A speaker at the annual Couchiching conference on International Affairs said Monday Canadians apparently do not consider the Olympic Games important. Another speaker said Canadians play most sports badly.

A. D. White, assistant professor of physical education at the University of Toronto, said Canadians apparently don't consider the Olympic Games important enough to put in the long years of training required in specific events if standards of performance are to be raised.

More than physical fitness was acquired to produce an Olympic winner, but given six months in which to train Canadian athletes intensively young Canadians could do just as well as their European counterparts.

Dr. Hugh Keenleyside, president of the Canadian Institute of Public Affairs and the conference chairman, offered three points in 1. Except for ice hockey and skating Canadians play sports badly.

2. Because of conditions in major sport Canadians are open to the charge of playing under dishonest titles.

3. Sports have not produced a high level of fitness. Dr. Keenleyside said a survey comparing the physical competence of North American young people and those of Europe showed the young North American to be "large, obese, soft and physically incompetent."



JEWELLED CHARM

Pearls contribute their delicate, lustrous beauty to fine costume jewelry, pieces that are light and ovey and ever so pretty when touched with Gold. Trifari creates a lovely choker

of delicate gold fronds terminating in a fringe of pearls to beautify the neckline, whatever the costume or occasion. We like too, the half-moon shaped earrings for the young, ingenuous look they bestow.

ELEANOR ROSS

Summer Bridal Gowns Practical And Pretty

IT is a well-known fact that the bride-to-be is usually up in the clouds. So it is up to Mom to see that she has both feet on the ground when selecting her trousseau.

For example, the practical mother will notice that some of the new summer bridal gowns are as sensible as they're sentimental.

ROMANTIC DRESS Naturally, the bride-to-be isn't thinking in terms of how well her wedding dress will launder! But you know that she'll love that romantic dress so much that she won't want to pack it away, especially when so many of the current designs are created with an eye to dances or parties after her wedding day.

WILL STAY COLORFUL This is an important point. The blanket you know is 10 per cent safe in suds, and easy to handle, is a blanket that is going to be kept fresh and colorful.

Sometimes the woman who makes a great fuss about clean, pretty sheets forgets that her blankets need sudsing, too. Or maybe she doesn't forget. They'll come out of the wash looking and feeling as good as when they were new. But with the growing advent and popularity of washable fabrics and surfaces throughout the house, there's no need for guesswork.

LET'S EAT

Blended Fruit Drinks

IN our test-kitchen workshop, in New York City, the Chef and I frequently have callers from anywhere in the world. They may be home economists, food scientists, technologists, authors, musicians, artists or columnists.

FLAVORSOME DRINKS Many of them are weight watchers. So at this time of year we serve a variety of flavorsome, low-calorie fruit beverages of blended fruit c. c. ages, such as fruit juices with mint garnish, iced tea made with lime juice, iced coffee with a twist of lemon peel, and a bevy of blended fruit drinks that have canned unsweetened pineapple juice as a base.

We pass honey, sugar, or a substitute sweetener with the beverage. Our guests choose their own.

FLANK STEAK, spread with corn stuffing and rolled up jelly roll fashion to bake, can be made in advance, then reheated for serving.

Tray of Blended Fruit Drinks: For each person, use 3-4 c. canned unsweetened pineapple juice 1/2 c. cultivated blueberries, raspberries or strawberries, 1 tsp. honey (or add a sugar substitute according to pkg. directions). Buzz 1 min. or until frothy.

Strain into tall glasses. If desired, add an ice cream scoopful of lemon, lime or raspberry sherbet. Accompany with sippers and an iced tea spoon. Pass on gleaming individual trays.

Surprise Tidbit: While on the West Coast we found the answer to the waistline watchers' tidbit problem, one that is delicious, different and low in calories. It is a dish of big sweet cherries—for which Oregon is famous—only about 4 calories in each.

But here's the trick—Freeze but only half-thaw them before passing. The texture is velvety and luscious because they are so "meaty."

To Freeze Sweet Cherry Tidbit:—Leave the cherries on the stem. Rinse, drain and dry on paper towels. Pack into piz-size vapor-moisture-proof containers and freeze. They will keep up to 4 weeks. Half-thaw and pass or place three or four on the beverage tray.

TOMORROW'S DINNER Cabbage-Peanut Saladettes Corn-Stuffed Flank Steak Parslled Potatoes Summer Squash Orange Cupcakes and/or Seedless Green Grapes Hot or Iced Coffee or Tea Milk Stuffed Flank Steak: Slice 2 1/2 lb. flank steak on both sides with a knife.

In the United States, the Salvation Army operates 34 homes and hospitals for unwed mothers, plus three general hospitals.

We have more than 90 emergency homes scattered throughout the nation, and approximately three thousand other posts of Salvation Army activities—including 44 in the Carolinas—where a girl may go for help and advice, and be directed to the home or hospital, depending upon the circumstances surrounding the applicant. Sincerely yours, W.H.A.

WORK STARTED IN LONDON'S SLUMS DEAR MARY HAWORTH: The Salvation Army pioneered in the field of specialist services to unmarried parents. The first shelter for young girls was opened in the East End of London in 1884.

From a small beginning known as the "Rescue Home", the Army has developed and expanded its program for unmarried mothers around the world. For 70 years, in the United States, the Salvation Army has been concerned about the needs of unwed mothers and their babies—offering aid in 34 homes and hospitals.

We provide educational, recreational and religious programs; skilled medical care meeting the standards defined by state law and the American Hospital Association; and counselling given by trained case workers in making realistic plans for both parent and child.

An applicant may contact any one of hundreds of units, operated by more than four thousand trained Salvation Army officers in the United States—and we endeavor to meet the need, at the point of need.

Perhaps you would like to pass this information along to your readers; and thanks very much for the recognition given. M.H.

CANADA HASN'T BEEN NEGLECTED

DEAR MARY HAWORTH: The Salvation Army has quite a few homes and hospitals for unwed mothers in Canada—as well as in many of the 90 other countries and colonies of the world, where the Army is now operating.

Our own bureau (in Manhattan) provides case work and counselling services to more than 200 unmarried mothers per year. We are a family counselling agency, with a staff of 28 trained case workers and supervisors, all with Masters Degrees in social work.

Guidance is given to those with marriage problems, parent-child problems, physical and emotional health needs, economic planning, problems of old age, foster care of children—and so on. R.K.

MODEST COURTESY IS ARMY HALLMARK

DEAR FRIENDS: Thanks for all this information. The above letters reflect many received from Salvation Army spokesmen, offering facts of the Army's extensive service. The letters are impressive for one outstanding characteristic, namely: Modest courtesy; genuine good will—the hallmark of Salvation Army "public relations." I take it. To me it's a pleasure to call attention to the Salvation Army's rescue program—and to applaud the quality of spirit that animates the work. M.H.



ATTRACTIVE INVESTMENT

The real travel bonanza, the real travel souvenir that is both useful and beautiful is a wisely chosen dress or outfit that can take its place in the regular wardrobe and do as well as it does away from home. Just about the best suggestion in this category is the really fine hand-knitted or hand-crocheted ribbon dress. Expensive, yes, as far as actual outlay is reckoned, but

what long dividends such an investment pays, handsome ones, too! Ann Fleischer, who does this sort of thing beautifully, is responsible for this charming young frock of pale blue hand-crocheted ribbon. Raised white stripes give the collar a three-dimensional look. A ribbon knit ruffle adds a soft touch to the self belt.

ing characteristic, namely: Modest courtesy; genuine good will—the hallmark of Salvation Army "public relations." I take it. To me it's a pleasure to call attention to the Salvation Army's rescue program—and to applaud the quality of spirit that animates the work. M.H.

Mary Haworth, counsellor through her column, not by mail or personal interview. Write her in care of Charlottetown Guardian.

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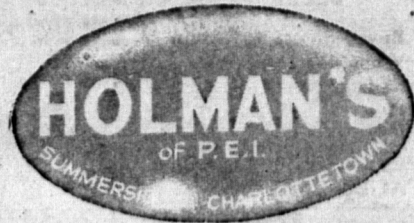
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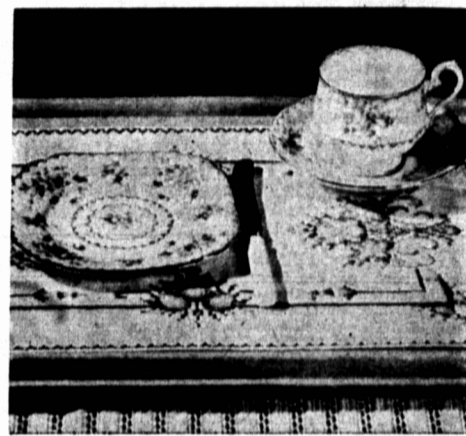
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EVENING IN PARIS

Right from France comes this glamorous evening sheath designed by Tricosa-Feder of Paris. Discreetly covered up and street length it is an ideal gown for dinner parties and theater openings.

The dress is made in a luxurious paisley pattern in plis-

sum knitted cloth. The metal threads are knitted to the outside and the finest of wool yarn is used for next to the skin comfort. The slim frock features a high neckline and tiny cap sleeves with a waistline that is accented with an elasticized sash.



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