

**KEEP IN TRIM**

**Why Worry About Hip Fat, It Is Easy To Lose**

Time and again, overweighters write to ask why a weight gain of 10 or 15 pounds all piles on one spot... largely around the hips which bulge out of all proportion to other measurements. Then follows the big question: "Will reducing slim the fat off the hips?"

With a little manoeuvring, yes. The situation is this. We pretty much inherit the general proportions of our individual figures. That's not to say that overweight fat is obligatory, but the pattern of fat is handed along with the limbs of the family tree.

And here's the dilemma... wherever the figure is by nature inclined to plumpness, there the fat padding goes. That's why for some overweighters 10 extra pounds loom large as 20—all on the hips.

But hold on! Only overeating can pile pounds on the hips or any other place. And the way to trim down is to cut the calorie intake below the daily energy requirements.

**EXERCISE HELPS**

At 17 she came to Britain from Pretoria to gain her professional flying licence and she has spent most of her time in and around aircraft despite being a housewife and mother of an 11-year-old daughter.

guarantee exercise will cause the system to use fat more quickly from one area of the figure than from another, exercise serves to stir up the fat cells and make them ready for use. One thing is sure... precision exercise will tone and tighten flabby muscles, and combined with a slimming diet, can give a gal a million dollar figure. So on with the hip slimming exercises...

**Position:** Lying on back on floor arms out at sides, shoulder level, legs straight down.

**Movement:** Bend right knee toward chest, and twisting gently at the waist, touch knee point to floor at the right side of waist. Continue 6 to 10 counts. This exercise reaches the big muscle padding the backsides of the hips and also slims the waist.

From the same position, raise right leg straight up to right angles, swing across body and try to touch right toes to fingers of outstretched left hand. It's quite a stretch. Repeat six times will do. Be sure to bring leg to right angles first, for this tones the girdle muscles.



MR. AND MRS. ARTHUR COFFIN



MR. AND MRS. ALSTON BURKE

**Very Lovely Weddings Solemnized In April**

A very pretty wedding one of a double wedding ceremony, was solemnized at St. John's United Church, Mount Stewart, on April 17th, at 4 o'clock, when Helen Joyce, daughter of Mr. and Mrs. Earl Jay, Mt. Stewart, was united in marriage to Arthur Hughes, son of Mr. and Mrs. Clarence Coffin, Pisquid West. The double ring ceremony was performed by Rev. B. V. McLean. The wedding music was played by Mr. Roland Jay. The church was tastefully decorated with Easter lilies, and potted flowers.

The bride given in marriage by her father, wore a floor length gown of lace and net over tulle illusion fell from a crown shaped cap covered with pearl sequins. She carried a nosegay of red roses.

She was attended by her sister, Miss Barbara Coffin. She wore a shrimp ballerina length gown of crystallette with matching head-dress and gloves and carried a nosegay of bronze roses.

The groom was attended by his brother Mr. Alvin Burke. The ushers were Sterling Burke and Bruce Affleck.

During the signing of the register, Mr. Garth Coffin sang "I'll Walk Beside You."

The bride's mother chose for her daughter's wedding a spring green suit with matching tan accessories, and a corsage of yellow tulleman roses. The groom's mother wore a navy crepe jacket dress with pink accessories, and a corsage of pink roses.

Following the ceremony a reception was held at Mt. Stewart Memorial Hall, where a delicious supper was served to one hundred and seventy relatives and close friends. The Ladies Aid of St. John's United Church catered for the reception.

The table was centred by a three tier wedding cake topped with a miniature bride and groom, under a floral arch and wedding bells. The toast to the bride was proposed by Rev. B. V. McLean, and was fittingly responded to by the groom. Miss Audrey Jay, cousin of the bride, took charge of the guest book.

Following the reception, the bride and groom left on a brief honeymoon to different points in the Maritimes. The bride chose for her travelling costume a navy blue dress, with blue tweed coat and navy and white accessories, and a corsage of white carnations.

Out of town guests, were Mrs. Chester Burke, of Toronto, Mrs. Florence Bryson, Moncton, and Miss Doreen Mercer, Halifax. Previous to her marriage, the bride was tendered a shower by her friends in Mt. Stewart Memorial Hall where many lovely gifts were received.

The other very lovely wedding which was solemnized at this double wedding ceremony at St. John's United Church, Mount Stewart on April 17th, at 4 o'clock was that of June Marilyn, daughter of Mr. and Mrs. Clarence M. Coffin, Pisquid, was united in marriage to Alston Chester Burke, son of Mr. and Mrs. Chester Burke, Toronto, Ontario.

The double ring ceremony was performed by Rev. B. V. McLean. The wedding music was played by Mr. Roland Jay. The church was tastefully decorated with Easter lilies and potted plants.

The bride who was given in marriage by her father, wore a floor

length gown of lace and net over tulle illusion fell from a crown shaped cap covered with pearl sequins. She carried a nosegay of red roses.

She was attended by her sister, Miss Barbara Coffin. She wore a shrimp ballerina length gown of crystallette with matching head-dress and gloves and carried a nosegay of bronze roses.

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**Her Hobby Is Just Elephants**

CALGARY (CP)—Miniature elephants in all sorts of materials and colors—even pink—have been a 25-year hobby for Mrs. R. H. Beavers.

She has more than 1,000 on her walls, over the fireplace, and around various tables. It all began when a friend presented her with a red elephant to go with an east Indian coffee table.

Now she spends leisure hours reading about elephants, as well as collecting them. "Everybody needs something to keep them interested in their later years," she said. "Elephants just happen to be my interest."

The collection ranges in size from an ivory carving so tiny that a magnifying glass is needed to identify it to a specimen two feet high. They are made of every imaginable material—elephants of plastic, pipe cleaners, gold, china, glass, cloth, straw, soap, bead, ivory, wood, candy copper and clay.

**WIDE VARIETY**

Some are worth about 10 cents others are antiques of considerable value.

Not all of them are mere decorations, some make cookie jars, sewing baskets, pretzel holders, teapots, bookmarks and pencil sharpeners.

Her most treasured piece is a tiny, slightly-tarnished elephant on a serviette ring; presented one Christmas by her youngest son.

The collection includes items from most Canadian provinces and from every state in the U.S. Others are from Hawaii, Japan, India and Okinawa—many from persons who have heard about her hobby. Once, on returning from a holiday trip, she was able to add 52 to the group.

**Is First Woman Captain On A Scheduled Airline**

By SYLVIA HACK  
Canadian Press Staff Writer

LONDON (CP)—A slight, dark-haired woman, who took up flying as an act of bravado when only 16, today holds a place in British aviation history as the first woman captain on a scheduled airline.

Dolores Moggridge, a 36-year-old South African known as "Jackie" to her colleagues, is a familiar sight to her neighbors at Taunton, Somerset, in her chic navy uniform of jacket, trousers and peaked cap trimmed with gold braid.

"I think I look like a musical-comedy admiral in this get-up," she said, "but it's appropriate for a flier's job."

She decided to call herself "Jackie" 20 years ago. "Whoever heard of a pilot called Dolores?" she asks.

At 17 she came to Britain from Pretoria to gain her professional flying licence and she has spent most of her time in and around aircraft despite being a housewife and mother of an 11-year-old daughter.

the flying bug out of her system. Recently, she completed her autobiography "Woman Pilot and if things go well she'd like to do more writing. Meanwhile, she wants to achieve a long-cherished ambition—to break through the soundbarrier.

A British air ministry ruling prevents women taking Sabre-Jet courses, but Jackie hopes she'll persuade them to overcome their prejudice sometime.

**Crepes Suzette Mixed By Grams**

CALGARY (CP)—A visit to the kitchen of Mrs. Georges Rostoker here on baking-day finds this busy mother of four working swiftly with a kitchen scale and tiny brass weights. She makes crepes suzette in the manner of her native city, Paris.

A resident of Canada for six years, Mrs. Rostoker has not changed to using Canadian measuring spoons and cup. She follows her early teaching by weighing ingredients in grams. She juggles the little weights, ranging from 10 to 500 grams, with the skill of a trained chemist.

The attractive, lark-haired woman in Paris lived within a stones throw of the Place de la Concord and the Tuilleries gardens.

The guide to her cooking is a massive volume, "L'art Culinaire Moderne," containing 3,500 recipes for French and foreign cuisine.

Proof that her crepes suzette is worthy of a master chef, Mrs. Rostoker has to ration the helpings to her youngsters, three boys and a girl, ranging in age from four to 11.

**MORNING SMILE**

"I'm sick of walking the floor all night with this kid."

"Ought to be glad you didn't live in Alaska, where you'd have to do it six months at a stretch."



CAPE SUIT

An American version of the Par-jean, comfortable, turquoise wool jersey. The top is hip length and has a four button closing. A leather belt is worn at the natural waistline. With it is a slender matching skirt.

**CANOE COVE W. M. S.**

The Auxiliary of W. M. S. was held at the home of Mrs. Ruth Diamond on April 1st. The president, Mrs. Albert MacDougall Presided. Call to worship "Be Not faithless but believing."

Opening prayer, Hymn 419 was sung. Responsive reading was 11 Timothy 1:1-14. Prayer was by Mrs. Albert MacDougall and Mrs. Mack MacFadyen. Roll call was answered with a verse of Scripture, containing the word "Believe," by 20 members. Hymn 321. Scripture, Lesson: Mark: 16. exposition, 6 women had brief talks on the sections outlined.

Minutes of last meeting were read and approved, offering \$3.60. 4 boxes of cards were packed and sent to Formosa. A bill of 58 cents was presented. It was moved by Mrs. Mack MacFadyen and seconded by Mrs. Douglas MacLean, that this bill be paid.

It was moved by Mrs. Lauchie MacKinnon and seconded by Mrs. John A. MacDougall, that correspondence be received and placed on file. Regret was expressed for one member who was sick and unable to be present.

Next meeting will be held at the home of Mrs. Francis MacDougall. Lunch committee, Mrs. Milton MacNevin and Mrs. Mack MacFadyen. Mrs. Glen MacFadyen read the study book. Mrs. Nicholas Gillis has charge of the study book for next meeting. Hymn 212. Benediction. Ephesians 6:23-24.

Lunch was served by the hostess and committee in charge.

**YORK POINT W. I.**

April meeting of York Point Institute met at the home of Mrs. Reg. Butler. The president, Mrs. F. Sanderson presided. The meeting opened with the Island Hymn, followed by Mary Stewart Collect.

Minutes of last meeting were read and approved. Roll call was answered by ten members and one visitor present. Treasurer gave report. Bills paid. The sum of \$104.15 on hand.

Sick and school committees gave report. Correspondence was read. It was moved and seconded that the school be cleaned during

the Easter holiday. It was decided to have an auction sale of home made articles for the month of June.

Discussion took place in the organizing of a Garden club. Next meeting will be held at Mrs. Aubrey MacPhail. Roll call to be answered by exchange of bulbs or flower slips.

Mrs. Dockendorff was appointed to invite Mrs. Hazen Howard to the next meeting. She was asked to show films of Royal Winter Fair. Collection amounted to \$128. lunch committee: Mrs. Cleve Roberts, Mrs. J. Sanderson, Mrs. Reta MacPhail. It was moved by Mrs. Reg. MacEwen that we give \$2.00 for the Easter seal campaign. It was moved and seconded that shut-ins be remembered with a Easter card.

Mrs. Andy MacEACHERS gave a very interesting paper on Home Economics. Very interesting display of Easter bonnets were in parade by the members. A delicious Anniversary cake made by Mrs. MacEwen was served with ice cream at the close of the meeting. After singing of the Queen, social hour spent.

**KENSINGTON**

Mr. H. B. MacLeod, Burlington, spent the past week in Charlotte town where he visited friends and relatives.

His many friends regret the illness of Mr. Cecil Cambell, Burlington, and wish him an early and complete recovery.

Mr. and Mrs. E. T. Glydon, Margate, spent the Easter holidays in River John, N. S., where they were guests of their son-in-law and daughter, Mr. and Mrs. Donald Bowness.

Mrs. Donald Bowness and family, River John, N. S. are visiting Mrs. Bowness former home in Margate.

Donna Jean and Kevin Hickox have returned to their home in St. Eleanor after spending the Easter holidays at Burlington, guests of their grandparents, Mr. and Mrs. Daniel Hickox.

At the April 20th evening service at Margate United Church, five Temperance certificates were presented. These were provincial certificates for the Junior Temperance course of 1956, and were received by Kenneth Thompson, Molly Van Maxhew and Douglas Johnston. Keith Haslam who has completed the course and received his certificate also received a five year pin. Of special note is the fact that Kenneth Thompson and Keith Haslam each received a National award, Kenneth ranking 4th for all Canada, and Keith 5th in the Junior Temperance Course open to pupils up to grade

**DUBONNET PURCHASED**

LONDON (CP)—The Evening Standard says the Dubonnet firm recently sold 120,000 of its 1,000 shares in the famous aperitif firm and "there is some speculation in Paris as to whether the controlling interest in Dubonnet has now been acquired by Samuel Bronfman, the Montreal distiller."

WELLINGTON, N.Z. (Reuters) Oxygen-equipped firemen fought a series of fires on 10 passenger cabins of the 13,876-ton immigrant ship Captain Cook, which berthed here from Britain Sunday night. A fire official said he believes the blazes were deliberately started. Four cabins were badly damaged.

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