

WOMEN

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ELEANOR ROSS

New Color Scheme Works Magic On An Old House

When painting a house, especially one past its prime, you have to accentuate the positive and play down its less attractive features. No matter how old the house or what well-planned color scheme can do wonders to make it look handsome, if not young again.

The trick is to make the good features stand out by contrasting them strongly with the body color of the house. The less desirable aspects can be reduced by painting them to blend with the background. Many smartly styled and have strong light and dark contrasts to give them distinction and charm.

A white trim with a body of dark gray, deep red or blue, looks well. White accentuates the texture of carving, fluting, columns and shutters. A darker body color for an old house is practical because it disguises uneven surfaces and gracefully absorbs into the structure irregularities which should be played down.

LIGHT AND DARK

Light and dark contrasts can be used with good results on any large well-balanced house, including the Victorian brownstone and Georgian style structures. Smaller houses of indeterminate period and shape take nicely to light clear pastels such as pink, mint green, blues and yellows. These shades

are as enlarging as white and lend a sort of storybook quality and charm to a small house. They should always be frosted with a white trim, though, for best results.

A good notion is to paint a few large areas with an accent color rather than many small strips, much better idea than the usual "body and trim" paint treatment. The front door is a fine spot for accent. It points up the entrance, adds a note of cheery welcome. In many houses, window shutters, porch ceilings, window boxes and lattice work are suitable for accent colors.

BRIGHT ACCENTS

Bright accents are fine on white houses. Lemon yellow, coral, chartreuse, aqua turquoise and terra cotta all lend an individual note. Gray trimmed with white and accented with a touch of coral, bright pink, gold, lemon, mustard or yellow is a nice idea, as is deep gray with light, clear turquoise. Beige or sand tones do well accented with a choice of turquoise, aqua, chocolate or terra cotta, while gray green takes accents of similar hues but in darker or lighter tones.

Consider carefully what color scheme best suits the house its architecture, its individuality, its relation to other houses nearby and your own color preference.

HAPPENINGS

Senator Elsie Inman has recently addressed the Ottawa Women's Liberal Club at a meeting held in the private dining-room of Murphy-Gamble Limited.

Senator Inman in the course of her remarks stated: Women seem to have a special talent for getting out the vote at election time. If they truly believe in it, women will work unceasingly and without thought of reward to further their cause. Women are taking an increasing interest in politics." Senator Inman was introduced by Mrs. D.R. Walker.

Senator Elsie Inman, her son Commander W.R. Inman of Ottawa and Mrs. Inman spent the weekend at the Chateau Frontenac, Quebec.

A host of parties have been held to honor Miss Eileen Burke and Mr. Russell Ewing whose marriage will be solemnized in May. Saturday evening Canada Packers "mited, where Miss Burke has been employed, held a dance for Miss Burke and Mr. Ewing at Parkdale Hall and presenters were made by the office staff, the foreman and the union, Local 282.

Misses Allie MacLeod, Edith Anderson, Barbara Rogers and Marian Shaw were hostesses at a luncheon, Saturday, for Miss

Burke at the Charlottetown Hotel and presented her with a piece of china.

Mrs. Lorain MacLellan, entertained for Miss Burke at a miscellaneous shower, Monday evening, at her residence, North River Road.

Mrs. Stanley MacLinnis, Mrs. Hylson Proud and Miss Dorothy Leard were joint hostesses at a shower for Miss Burke at Miss Leard's residence, St. Peter's Rd.

The Alpha Chapter of Beta Sigma Phi held their model meeting Wednesday, April 18 at Mrs. J. O. Hornby's residence. The guest speaker was Miss Margaret Mallett who gave a most interesting address on "Photography". Mrs. Hornby was assisted by Miss Audrey Gillis and Mrs. Ralph Manning. Guests at the meeting were Miss Lois Burke and Mrs. Barbara Cameron.

The rushing party of Alpha Chapter, Beta Sigma Phi, was held April 25 at Mrs. Lewis Bagnall's residence. A novel part of the evening was that each guest dressed to represent a song. Assisting the hostess were: Miss Heather MacLean, Mrs. Harold Milligan, Mrs. J.O. Hornby and Miss Florence MacLean.

Miss Elaine MacEwen was the

KEEP IN TRIM

Eating To Reduce Beats Quickie Dieting

By Ida Jean Kala

There is often considerable inertia toward starting reducing, particularly for overweights who are totting some 30, 50 or more excess pounds. Many of you inquire about the benefits of taking a course of passive exercise through the aid of mechanical machines; others ask about massage and gym classes.

After dealing with reluctant reducers for lo, these many years, I have come to the conclusion that any accessory to diet that induces an overweight to take action is an important step in the right direction. So let's see what the systems offer.

First, the mechanical devices which stimulate circulation. Anything that rouses the circulation and brings a feeling of increased vigor is all to the good. The better systems of passive exercise realign the posture and tone flabby muscles, making for slimmer measurements. Understand, however, there is no reducing "magic" in any system of this sort, for unless calories are cut below daily requirements, no weight can possibly be lost.

Swedish massage is beneficial, too, and wonderfully relaxing. The middle-aged person who is considerably above normal weight should not start active exercising until at least part of the burden of fat has been removed. In these cases, either massage or passive exercise, either massage or passive exercise, and increasing the feeling of well-being.

is valuable in keeping tissues firm. But any fat lost will be through diet restrictions; so don't get the notion anything of this nature will do the reducing for you.

VISIT GYM
Business girls have asked if it is helpful to go to a gym and take a supervised exercise course. Yes, indeed! The beauty of regular exercise is that it is slimming, but more important, by exercising the muscles that loaf on the job all day, you'll keep your zest for work and play.

However, if these accessories to slimming would be a strain on the budget, don't let that deter you from taking off the excess pounds threatening your health. No mechanical device, nothing any one can do for you will take the place of what you can do for yourself. And even if you had a million dollars, you couldn't reduce without cutting calories!

And what can you do to rouse circulation and keep from getting flabby? A daily walk plus stretching exercise. Stretch! If you are considerably above normal weight, stretch from a safety position to prevent strain. Lie on back on floor right knee flexed, sole of feet on floor. Stretch left leg straight down left arm up on floor overhead. . . . then stretch all along the left side. It even feels slimming. Flex other knee and pull along right side. Relax.

RESTFUL SHADES

Softer colors are more restful and easier to live with. Warm shades of sea green, greys, beige, mushroom and charcoal are popular colors, used in varying degrees in walls and carpets, curtains and upholstery.

Materials chosen to complement a room may be luxurious or gay and informal, depending on the room and individual tastes. Displaying materials in plain shades and patterns, Miss McKortle introduced her audience to a new fiberglass material with a spun glass base—ideal for picture-window drapes.

For housewives trying to match curtains with modern wrought iron furniture, there's material with patterns in thick black lines.

For the nursery, colorful and washable printed corduroy materials make gay curtains and practical bedspreads. A shiny material with an abstract design has been produced for bathroom curtains.

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BASIC ATTRACTION

Here's a new basic blouse that is made in a double bubble design that has a fresh cool look on even the warmest of summer days. The blouse is made of Swiss lawn with a three-quarter, French cuffed sleeve

and a classic, convertible collar. It's grand for hosting parties at home when topping dressy slacks and goes equally well under a suit jacket. So this is truly a style that is adaptable to a life of pleasure, travel and business.

bands' old shirts for smocks—working with wet clay is a messy business—many women work until late in the evening.

Friday evenings, four or five husbands reclaim their old shirts and do ceramics themselves. But of the 35 members now enrolled in the two groups, the Friday evening fellows are the only males.

Informally organized, the club is partially self-supporting through fees for registration and ceramics supplies. The public recreation department supplies power for the kiln, a large oven for baking, or "firing," clay objects after they have been moulded into a desired shape.

Near the end of each 12-week course, club members hold an informal business session and plan an exhibition of their work, with friends as the audience.

Classes are limited to about 22 members. "If we get a waiting list, we'll just start other classes," says Mr. Climer.

Hundreds of lamp bases, bowls, figurines, plates and paperweights have been produced in the club's workrooms, in a building provided by Ottawa's department of public recreation.

On Monday afternoons club members, all of them women and most of them housewives, meet for two hours of instruction and almost unlimited hours of practice. Sometimes wearing their hus-

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ELLEN'S DIARY

Family Is Complete Again

In anticipation, we recall that this week for us, appeared to be somewhat overshadowed. But looking back now, how precious and kind it has been. This week the children of the house across the lane, Granddaughter and Mack were to spend a period in hospital in tonsil-out operations. The date had been set some time before, and it was naturally with a little anxiety we saw the days between slip away and up to that morning. Not so much for Granddaughter, who is an understanding and mature child for her age, but how

would Mack, our six-year-old, respond to the outing which was to take him to strange quarters and keep him for the first time since his birth away overnight from the farm?

"This is one time I'm not liking the trip to town," Granddaughter said at the assembling in the yard, before setting out in the rain, on the tractor which was to bear them the first mile of the way. "I'm between two minds yet—I've a notion which says to stay home," Mack declared.

However away they went, leaving behind a quiet and forlorn place. In the sand—heap, a little truck loaded with first earth waited; in the yard we saw the idle bat and ball. And in the house across the lane when we came later with the gathering of eggs, a doll was fast asleep in her carriage, a picture—puzzle partly complete on a table. And around every corner was the faint echo of young voices, the sound of their chattering and laughter.

"These are going to be quiet days for us Ellen," James said later at supper, a meal mostly tasteless though we sipped on our favorite fares. As it turned out, and as she said "in a way," they enjoyed their hospital—stay. They liked its routine and the novelty of meals served in their quarters. They talked too about the kindness of those in whose care and keeping they were: the doctor and nurses, and the kin and friends who helped make their visit pleasant.

So the week ends well for us at Alderlea. What matter that a fresh fall of April—snow lies white on the hillsides and a cool wind roves to delay the mayflowers? The family is complete about ingenious again.

"I know that winds are chill O'er river, plain and hill; And just how deep the snow Drifts round my door, I know. Forgotten these tonight: My fire gleams warm and bright. I know that toil awaits The morrow's opening gates, I know the stress, the strife, That enters into life. But what have I to fear? My heart's beloved are here. I know the beat of storm. But here my heart is warm; I know what labors spells. But here contentment swells. My loved ones, and a book. And mine own inglenook." Until Monday — — — Diary — Good-night.....

Dear E.S.: Thank you for these kind words. It is nice to have your experienced endorsement of this column's specific referrals, as being useful and to the point. And I am glad to pass the good word along, that a fruitful spirit of cooperation, beneficial to the community, is permitted to flourish between our two quite different media of would-be-helpfulness to persons in need.

You have said your function is to help people cope with the many problems that complicate living, but unfortunately, the majority of people do not know your program exists. I can testify to the truth of that. It was one of the early discoveries I made about people in trouble, after launching this column years ago. Namely, that Grade-A social services (if any), in a given community, are too little known to the citizens who need those services most.

Thus, at first on a local basis and later on a national scale, this column has included in its work, the business of trying to inform correspondents (and readers) about the appropriate neighborhood agencies at their service, when problems appear, that need trained management.

BREED IS RARE
In this effort, I have been helped by some few genuinely humanitarian professionals, in the top ranks of medicine, social work, psychiatry, etc., who have either proved me with up-to-date periodicals, directories, etc., as issued, or have dug up spot information on request. But their breed is rare; and most of the digging is done in this office.

I am always hopeful, when a long-distance referral is made, that the indicated agency is staffed with really constructive experts—who will greet the client with "friendly understanding," in a noble desire to help him (or her) cope or regain a sense of dignity and individual worth, as you say. And therefore, the sound sympathetic sense of your letter is (as the phrase goes) "music to my ears." Mat.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

Dear Mary Haworth: We are a small Family Service Agency in a medium size city. You have referred many people in trouble and we are very real and lasting service to these discouraged men and women, in making them acquainted with our resources.

Our function is to help people cope with the many problems that now complicate every day living. But unfortunately, the majority of people do not know that our service exists. Furthermore, the ingrained American tradition is that every man should be strong enough to stand on his own feet, and solve his own problems, without any outside help.

Many people hesitate to come to us because they feel it is equivalent to admitting to themselves (if to nobody else) that they aren't able to handle their problems. But often your column counsel disarms such fears and enables them to take the plunge. You prepare them to accept the kind of help we offer, and you refer them to us specifically, as the appropriate agency.

GAVE HELP
A case in point is a young woman who came to us some time ago, saying she had learned of us through your column. You had explained our work; and said there was an agency in her vicinity. After we had helped her with an immediate difficulty, we had a follow-up letter—from which I excerpt the following paragraph: ". . . I certainly hope that in some way you can realize how much Family Service has done for me. You took me in, treated me like a real person, solved my big problems, and sent me on my way with courage. . . . The good Lord surely directed me to read Mary Haworth—or I would not have known there was a Family Serv-

ice."

So, thank you for making known to your many readers, who are beset with problems, that there are agencies such as ours, prepared to offer friendly understanding service. Sincerely yours, E.S.

VOICES THANKS
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COOK'S CORNER



SAUSAGE PIE
1 lb. sausage meat
3 medium size potatoes
3 small onions
Salt and pepper to taste
Slice potatoes, cover with water. Soak, and mash, add meat, onion, salt and pepper. Bake in pie shell.

ROUX SHAMPOO TINT

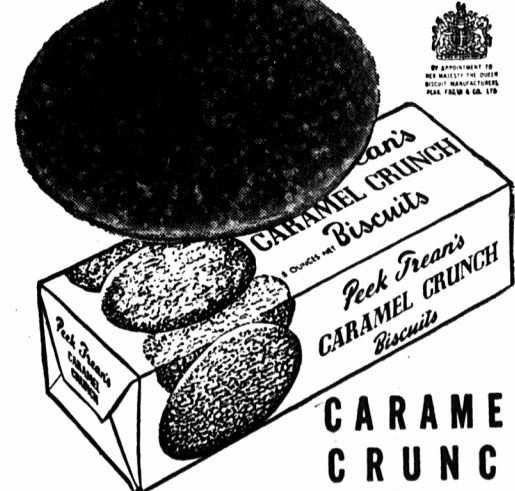


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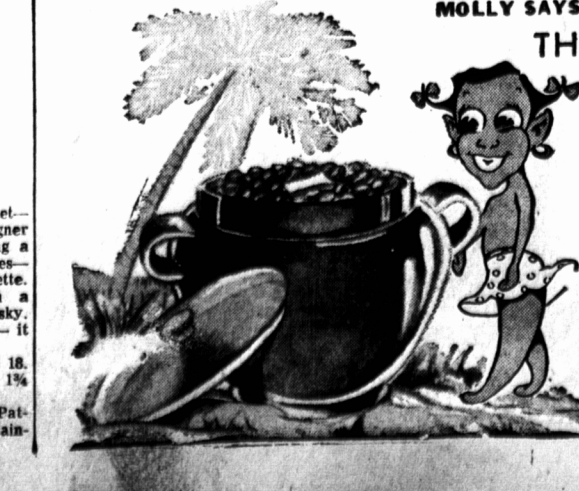


PATTERN M365
Ginny Stutzlen

JACKET - DRESS A "MUST" FOR SUMMER - MAKE IT YOURSELF!

Take the charm of a whirl-skirted dress, add a petite jacket—here, the prettiest new ensemble for summer! A Prominent Designer Original by Ginny Stutzlen, well known for her way of flattering a woman's figure. As always, she keeps to simple, uncluttered lines—letting the style shine forth in a lovely fitted and flaring silhouette. Infinitely wearable, it would look equally fashionable by day, in a sprightly cotton print; in soft silk or tissue taffeta, under a starry sky. Any way you choose to sew it (and sewing is very simple, too) — it makes a most beautiful appearance!

Pattern M365 is available in Misses' Sizes 10, 12, 14, 16, and 18. Size 16 dress requires 3 1/2 yards 39-inch fabric; bolero requires 1 1/2 yards. Send FIFTY CENTS (in coins) for Pattern M365 to Guardian Pattern Department, 60 Front St., West, Toronto, Ont. Please print plainly YOUR NAME, ADDRESS WITH STYLE NUMBER and SIZE.



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