

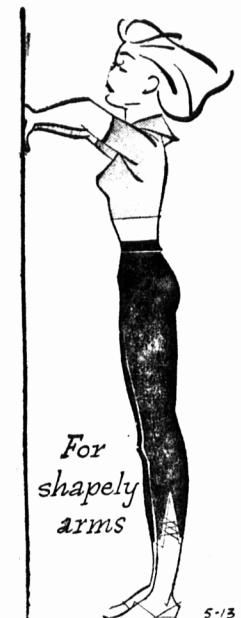
WOMEN

Page 8 The Guardian, Monday, May 16

KEEP IN TRIM

Upper Arms On Spot this Season

A most annoying and embarrassing spot for fat to accumulate is on the backs of the upper arms. . . but there it hangs. Since the tendency to fat



For shapely arms

and flabbiness in this area is a common failing, it is difficult to understand the reason for the current sleeveless style. Why does fashion persist in snatching away needed protection? Ah, well, there is no accounting for the vagaries of fashion. . . so let's analyze the problem.

Fat gravitates to soft muscles, and the muscles that flank the backs of the upper arms become soft because they are not brought into everyday movements. Reduc-

ers have a special problem, for as fat is lost, these triceps muscles are sadly in need of tone. Exercise is the corrective measure, but to be effective, arm-toning movements must be precisely in the groove. The science of muscular movement makes it clear that the triceps act to extend the arms at the shoulder, but only when the arm is more level with the shoulder than above or below it. Also, these particular muscles are used when it is necessary to strike a blow which is not often.

Since everyday movements do not keep the arm muscles anywhere near toned, the solution is to find some routine movements that help maintain tone. One reader has just the right exercise. Living on a farm, she is forced to use an old water pump regularly. I was happy to be able to inform her, on request, that this inconvenience did help to keep her upper arms shapely.

Most of us will need to invent exercise movements. Pumping with an old bicycle pump would do it! But if that is out of the question, pick two of the three following exercise routines.

Brush your hair vigorously, 100 strokes, twice daily, using a slight twist, make tiny dime size circles, 25 times. With the free hand you can feel those muscles working.

This resistance exercise is especially effective: Standing about ten inches from wall, brace palms of hands flat against wall about chest level, finger tips just touching. Keeping body in line, slowly push toward wall, bending elbows, resisting vigorously with arm muscles — hold. Push away from wall, resisting with backbone, pushing with arms. Three times will be enough if you hold the movements and do it daily.

Fashion forecasts that summer dresses are to be sleeveless, so there is no time to lose!

ELLEN'S DIARY

by an Island Farmer's Wife

We found crystal of raindrops on the "lead-in" wires about, this morning, and a bluejay, his coat decked with pieces out of a summer sky, piped Grand-daughter, capped and jacketed against the chill of a wind of the north, down the lane to school.

And thus far we have had a cool Maytime. But one which nevertheless opens bright flowerings of spring and brought us in a Mother's Day bouquet a nosegay of Trailing Arbutus, lovely one of the Island's wild blossoms. Scented delicately with perfume distilled in woodland glades — there where the sun filtered by the sheltering trees and bushes steals in to linger awhile out of reach of cool winds, caressing the tiny buds amid the strange foliage, turning them into winsome blooms, pink fading to white.

Like going back again along the pages of some loved book we have read, to meet again folks we had known through the years, so in the nosegay, we found once more lost items: joys of young springs, tales of winters dead and gone, which had somehow slipped away from us too quickly. And always in the waxen florets which shape, strange as first snowdrops, from the damp cold earth, we find a resurgence of hope; fresh as a new dawn; as inspiring as the sight of the fresh green on old meadows these days.

Was the last year too trying? Now would come the best yet, very gracious and kind. What delights we should have to enjoy — so the petals said: the best lilacs, the best roses . . . the loveliest clover, the silver-white of daisies moonlit.

"You'll see . . . and don't say I haven't been telling you, but this will be a long cold spring — the cropping won't be early. Oh no!" our philosopher-visitor of

Wife Preservers
GRANULATED SUGAR
Profits such as apples, oranges and bananas contain a sugar that is identical in food and energy values with granulated sugar.

TEA
gives you over **200 CUPS** per **POUND**

HAWORTH'S MAIL

Man Wonders If It's Too Late To Salvage Marriage

DEAR MARY HAWORTH: My wife was a displaced person when we met in Europe in 1950. In August 1954 I returned to the States, leaving Lorie and our three children abroad, held up by faulty passports.

Originally I was to sail in July, but missed the boat in an effort to have my family accompany me. Later, quarreling with Lorie, I did something I regret to this day. I struck her, so hard that she lost a tooth.

In November, Lorie wrote from Europe that a divorce was best, as she didn't and couldn't love me since the day I struck her. I refused her a divorce, said I loved her and urged her to give the marriage another chance. In December I heard she was hospitalized with a miscarriage. The child wasn't mine but I wrote her at once, voicing love and forgiveness and urging her to hasten here.

She arrived with the children a month ago; but it is too late now, she tells me — had she got here before Christmas, things might have been different. During and after her hospitalization, she became convinced of her love for the other man, who loves her and wants to marry her, even with three children, she says. They write regularly (I said she might; I figured she would anyway); and she tells him she is going to stay here a year, to try to make a go of things.

They Speak Of Divorce

However, she said last night that I can never make her happy; but I say there must be a way, if only she will try, and there is more to it than just staying with me for a year, I am doing my best to win her, and I've told her what she did was wrong — wrong in the eyes of the law — and she probably would lose the children in case of divorce. She says she will never part with the children and isn't sorry for what she did.

Should I wait a year, hoping we can salvage this marriage? What would be the children's probable status in case of divorce? They are American citizens; Lorie is not. By the end of the year they may be very attached to me, whereas she may want to return to Eric. Absence makes the heart grow fonder, and they are fanning the flame with letters. Should I instruct him to stop writing? This might completely alienate her.

I have thought of going with her to a marriage counsellor or psychiatrist, to change her outlook — which is probably the basis of our difficulties. What can you suggest? G. L.

Man's Recital Conceals Much

DEAR G. L.: You don't tell all, by any means, in your letter here condensed. But it is my hunch that you batched up the family's passports last July, in a sly attempt to practice some small deceit — and missed the boat while trying to explain yourself. Then I take it you struck Lorie in a fit of anger because she seemed disgusted with you, as well she might be — part of an old story dealing with you, likely. You probably got the relationship off to a wrong start, marrying belatedly to legitimize paternity, walking roughshod over Lorie's feelings throughout — until you dealt the dastardly blow that wrecked the relationship. Since then you've been wishful, lonely for the sentiment you destroyed — which you valued little while it was alive and freely offered.

Can you salvage the marriage? Well, there's some possibility, if you stop pressing for guarantees; and stop trying to rebuild Rome in a day. You have a chance, if you become a profoundly changed man, able and willing to love without counting the cost — for the sake of loving, and because your wife and children need (and merit) decent care as a matter of



MR. AND MRS. MELVYN WESLEY BOND

Yellow daffodils, daisies and ferns formed the setting at the Salvation Army Citadel, Brockville, Ont., recently for the wedding of Miss Norma Mary Birt, second daughter of Mr. and Mrs. David Birt, Charlottetown, P. E. I. and Melvyn Wesley Bond, Brockville, Ont., second son of Mr. and Mrs. Charles Thomas Bond, Glace Bay, N. S. The cere-

mony was performed by Capt. Victor Greenwood.

Wedding music was played by Doris Dunnot at the Piano, with Martha Brown as vocal soloist. Given in marriage by her father, David Birt, the bride wore a white lace gown of ballerina-length, with flowing floor-length veil with white beaded crown headpiece. Her flowers were an arm bouquet of red roses.

Miss Aileen Buckler was bridesmaid and wore a light blue ballerina-length gown, with matching headpiece. Her flowers were pink roses and white "mums". The flower-girls were Carola Kos, and Barbara Dejoit, R.R. 1, Brockville, and wore yellow and pink ballerina-length gowns. Aubrey Dejoit was groomsmen and the ushers were James Dempsey and Garnet Clayton.

After the ceremony a reception was held at the Salvation Army Citadel, where a buffet luncheon was served. Assisting in receiving the guests were Mr. and Mrs. David Birt, parents of the bride. The bride and groom have taken up residence at 126 Hartley street, Brockville, Ont. The groom is employed as a stores clerk at the Automatic Electric Company.

Among the guests present from a distance were Mr. and Mrs. David Birt, of Charlottetown, P. E. I., parents of the bride.

LET'S EAT

An Oven-Cooked Dinner

By Ida Bailey Allen

I have invited the president and the executive committee of the General Federation of Women's Clubs, to share their favorite menus and recipes with you this week.

From Mrs. Clarence J. Goldthorpe, Treasurer—who is skilled in finance, a leader in community projects, in her home town of Youngstown, Ohio, and a successful homemaker — comes the following usual menu based on lake fish. With the exception of the fruit cup and appetizing tomato cheese salad, the entire meal can be cooked in the oven.

LAKE FISH DINNER

Fresh Fruit Cup
Fish Baked with Potatoes
Oven-Braised Carrots and Peas
Tomato Cheese Salad Rolls
Lemon Sponge
Coffee Tea Milk

Lake Fish Baked with Potatoes: Dust 2 lbs. boned white fish or lake trout with 1 1/2 tsp. salt and 1/4 tsp. pepper. Thoroughly butter an oblong 7" x 11" baking dish. Arrange in it 3 c. thin-sliced raw white potatoes seasoned with 1 tsp. salt and 1/4 tsp. pepper. Place the fish on top, spread out flat. Pour over all 1 pt. medium-thick white sauce seasoned with 1/4 tsp. each dry mustard and paprika. Top with 1/2 c. fine enriched bread crumbs mixed with 2 tbs. butter. Bake 1 hr. in a moderate oven.

Tomato Cheese Salad: Add 1 tbs. unflavored gelatin to 1/2 c. cold water; let stand 5 min. Heat contents of 1 can undiluted condensed tomato soup. Add the gelatin and 2 (3 oz.) pkgs. mashed cream cheese. Stir until dissolved; cool until tepid.

Meatime, medium-chop enough

Household Hint

To separate glasses that have been stuck together, fill the inside glass with cold water and the outside with warm. The cold water contracts the inner glass, while the warm water expands the outer one, so that they come apart easily.

Words Of The Wise

The wise men of antiquity, when they wished to make the whole world peaceful and happy, first put their own States into proper order. Before regulating their own families, they regulated themselves. Before regulating themselves, they tried to be sincere in their thoughts. Before being sincere in their thoughts, they tried to see things exactly as they really were. —Confucius.

celery, green pepper and onion to make 1/2 c. each. Add to the gelatin mixture; stir in 1 c. mayonnaise. Rinse individual molds or custard cups with cold-water. Ladle in the salad mixture. Refrigerate 4 hrs., or until firm. Unmold on lettuce.

Lemon Sponge (Cake and Custard Combined): Cream together 2 tbs. butter, 1 c. sugar, 1/4 c. enriched flour, 1/4 tsp. salt, 5 tbs. lemon juice and the grated rind of 1 lemon. Separate 3 eggs. Beat the whites stiff; beat the yolks until lemon colored, and add 1 1/2 c. milk. Stir into the first mixture; fold in the beaten egg whites; transfer to custard cups. Set in a pan; surround with boiling water; bake 45 min. in a moderate oven, 350-375 degrees F. Serve warm or cold.

TRICK OF THE CHEF

Top fresh fruit cup with chilled canned cranberry sauce for color and flavor contrast.

Cook's Corner



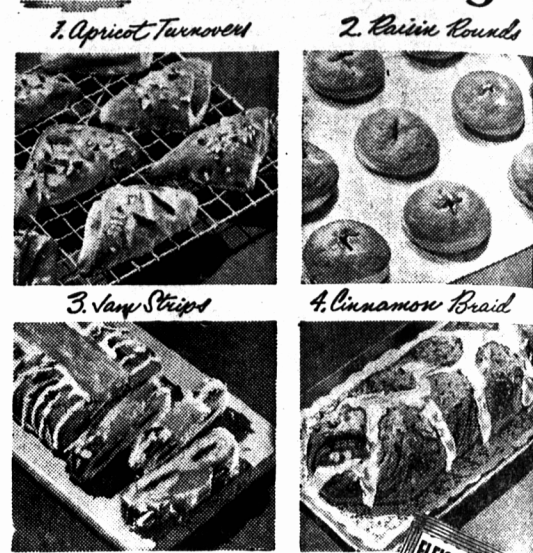
CHOCOLATE BALLS

32 small graham wafers (crushed finely)
1 can condensed milk
4 squares chocolate
1 tsp. vanilla
Salt
Mix together and set in refrigerator for about 15 minutes. Roll in balls and roll in coconut. These can be used as candy at parties.

ITCHING SCALP

A Simple Home Treatment
If your scalp has broken out with ugly surface rashes or irritations—DON'T DIG with finger nails as that only serves to make it worse, and spreads it.
For prompt effective relief from the tormenting itch—go to your drugist today—get a bottle of MOONE'S EMERALD OIL and use as directions advise. The itching ceases—faster healing follows—continue the treatment until relieved and the loose floating dandruff has completely disappeared and hair begins to thicken.
Note—thousands of bottles of MOONE'S EMERALD OIL are sold every year to relieve Itching Eczema, Itching Toes, Feet and many other irritating skin troubles.

4 Danish Bun Treats from One Basic Dough



For luscious variety use New Active Dry Yeast
This rich Danish Bun Dough rewards you with 4 gorgeous treats out of the same oven! Successful risings with Fleischmann's Active Dry Yeast are the secret! So whenever you bake at home, be sure you have Fleischmann's on hand.

BASIC DANISH BUN DOUGH

Measure into a small bowl
1 cup lukewarm water
2 teaspoons granulated sugar
and stir until sugar is dissolved.
Sprinkle with contents of 3 envelopes Fleischmann's Active Dry Yeast
Let stand 10 minutes, THEN stir well. Sift together twice, then sift into mixing bowl
1/2 cups once-sifted bread flour
1/2 cup fine granulated sugar
1 teaspoon salt
Cut in finely
1 pound chilled butter or margarine
Beat together until light and thick
2 eggs
1 egg yolk
and stir into yeast mixture.
Make a well in the flour mixture and pour in yeast mixture; combine thoroughly. Knead dough in the bowl until smooth. Cover dough closely with waxed paper and chill.
Beat together slightly with a fork and hold to finish fancy doughs,
1 egg white
1 tablespoon cold water
Turn out dough on lightly-floured board. Divide into 4 equal portions and finish as follows:



"I'll bring you home some Shirriff's Marmalade, too."

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Last Season's SUMMER and FALL DRESSES— Choice Selection of PURSES— 5 SHORTIES— HALF PRICE

1 Table BLOUSES and SWEATERS going at BARGAIN PRICES

STORE HOURS: Open All Day Wednesdays; Open Friday Night till 9:30; Close Saturday Noon—12:30.

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LADIES' COATS \$16.23
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LADIES' COATS to 39.50 . . . \$22.23
Newest Materials — 1 Lot — Were to \$49.50—SALE
LADIES' COATS \$32.23

ALL WOOL MATERIALS
LADIES' SHORTIES to \$29.50
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NYLONS, per pair 63c
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SHIRTS, Extra Special \$1.88

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ANKLE SOCKS, pair 19c

QUALITY SHEETS Size 81 x 99 SALE PRICE \$2.00
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