

Lost Inches Match Lost Pounds

Of the millions of words written about the dietitian, this dietitian finds that more than all else, it is the experience of successful reducers that gives overweighters the courage needed to carry through.

Today's letter is from a truly model reducer, who has set an amazing record of having lost almost an inch a pound—to the tune of 28 inches for 30 pounds—and all in the right places.

Her message should inspire you to follow in her footsteps.

"To discouraged dieters and would-be dieters: Like so many other women, I have gone on a diet for the last 10 years, and never could hold out very long. Even with friends for company, something would tempt me off the track. I never made excuses for myself because I knew it was possible to slim down, but neither did I have the courage to do it. Believe me, it takes courage, stamina, will-power and a good sense of humor to refuse the foods you dearly love and are forced to prepare for your family. My favorite room is the kitchen because cooking and baking are two things I take pride in.

Last March 17, I had reason to see a doctor. I asked him to put me on a diet because I felt that under his care I might succeed. I weighed in at 172 pounds for my 5'5". I set my goal at 135 pounds, giving me 37 pounds to lose.

Then I went home that night and prayed that God would help me. Each night thereafter I pray sincerely, thanking God for that day and asking for help for the next. Each morning with two boys to see off to school, a husband to get off to work, and two small boys to get ready for the day, I arose at 5 a.m., went through 30 minutes of exercises, bathed and was ready for the big day.

With determination and the knowledge that if others could do it, I could and would, I set forth. Today, 12 weeks later, I weigh 142 pounds—and here is the change in my measurements: bust, from 40" to 35"; waist, from 33" to 28"; stomach from 44" to 36"; hips, from 43" to 37"; thighs, from 25" to 21". I have 7 more pounds to lose, and I know my measurements are not yet right.

"I read your articles faithfully and have used your diets with the permission of my doctor and followed your exercises. As I read of the experiences of others, I rejoice with those who succeed and cry for those who become discouraged. Please tell them for me, that poor disheartened women, IT CAN BE DONE. And tell them, too how the compliments and praise of the family make it all so very worthwhile. Thanks a million—keep up your articles and know that you are helping millions of women like me."

The Stars Say

By Estrellita

For Tomorrow

INTUITION and imagination are at their peak now, and financial plans made during this period could well affect your entire future. Beware of emotional tension, however, and steer clear of arguments within the family circle.

Make effective use of your leisure hours by engaging in relaxing pursuits to enhance your fitness for active days to come. This is also an excellent period in which to make travel plans.

For the Birthday

If tomorrow is your birthday you may prepare for a year of unusual business or professional activity, with new and unexpected opportunities for financial gain as well.

The fall months will be conducive to social and cultural pursuits; also favorable for making plans involving future security. Remember, however, that careful study and analysis beforehand can prevent problems and setbacks later. Romance and family matters should prosper throughout the balance of 1954, but be alert to short periods of stress during November and December.

A child born on this day will be conservative, practical and highly ingenious in working out unique ideas.

Continued from Page 8

New Etiquette

ny garments, but back in the early days of Mrs. Bryant's business career, New York newspapers refused to accept advertisements for such garments, holding that the subject of mothers-to-be was too scandalous for public print.

HERALD RAN AD

It was the New York Herald, forerunner of the present Herald Tribune, which finally broke precedent by accepting an ad from Mrs. Bryant in 1911. Under the headline "maternity dress," the copy read:

"Doctors, nurses and psychologists agree that at this time a woman should think and live as normally as possible. To do this, she must go about among other people, she must look like other people."

Response was reported so great the store's entire stock of maternity clothes was sold out by closing time the first day.

Nowadays the modern expectant mother often starts her waiting period by buying a maternity wardrobe, complete from bathing suits and shorts to evening gowns, and manages to look smart and pretty throughout the nine months. If she is a working mother, she often stays on the job up to the last minute, with no embarrassment, preferring to take her maternity leave after the baby is born.

ELUSIVE PRIZE

HAVERSHAM, England (CP)—During a bowling competition in the Bedfordshire village, the first prize—a pig—escaped three times from its temporary cage.

Danish Sandwich

(OPEN-FACED)
Cut a generous slice of French loaf. On it place 3 small fresh smoked herring Center on top a raw egg yolk held intact by an onion ring. Garnish egg with ground radish.

Pickled Beans

Put 1 peck of butter beans in salted water. Let come to a boil. 3 pints of vinegar
2 1/2 pounds sugar
Have mixed with a little cold vinegar.
1 cup flour
1 cup of mustard
1 dessertspoon turmeric
Pour this mixture into the hot vinegar. Boil 5 minutes. Add beans and boil gently for 15 minutes.

Continued from Page 8

Fine Weaving

after, the women begin to earn by annually turning out hundreds of handbags, purses, scarves, sweaters, dresses, and even slippers.

Two organizations handle practically all the handwork and the women are assured of markets.

The Newfoundland Outport Nursing and Industrial Association, known as Nonia, sells about \$50,000 worth of homework a year for these women. And the Jubilee Guilds, an affiliate of the Federated Women's Institute of Canada, sells about \$20,000 worth of the home products.

Nonia, which operated outport nursing stations until 1934 when they were taken over by the government, began the handicraft marketing scheme in 1924 to help the women pay part of the nurse's salary. When nursing was taken over by the government, Nonia continued dealing in handicrafts and now has a modern store here, with representatives in key cities on the mainland.

The Jubilee Guild buys material for the weavers who make items at fixed amounts for the guilds, which sells it to the public in St. John's. Looms costing about \$80 are sold to weavers on the installment plan.

Many women earn several hundred dollars a year with these hobbies.

ESTABLISH RELATIONS

BEIRUT, Lebanon (Reuters)—The Lebanese government announced the establishment of diplomatic relations with Canada Saturday. Hitherto Lebanon was represented by a consul general in Ottawa and Canada was represented by a commercial agent here.

Bathroom Hygiene



Javex BLEACH

Disinfects
Deodorizes
Removes Stains
Whitens, Brightens

Dirt centres are germ centres... "JAVEX" 5-in-1 action fights both!

To save steps—
KEEP 3 BOTTLES HANDY

"JAVEX" works wonders in everyday kitchen and bathroom cleaning, and in the laundry.

Safe for
Septic Tanks
In 4 Handy Sizes!

most housewives know
20 EASY WAYS
JAVEX
MAKES THING
WHITE! BRIGHT! SWEET! CLEAN!

Continued from Page 8

An All American

oven, 375 degrees F. Cool; split each layer, making 4 in all. Spread the first with half the deviled ham filling (see below). Top with a second layer, and spread with cheese filling; put on a third layer and spread the remaining deviled ham filling. Press on the cheese-topped layer. Wrap snugly in waxed paper. Cut in thin wedge-shaped pieces.

Deviled Ham Filling: Blend the contents 2 (4 1/2 oz.) cans deviled ham with 1 c. ground celery, 2 tbsp. grated onion and 1/2 c. salad dressing.

Cheese Filling: Blend 1 c. grated sharp cheese, 1 tbsp. table mustard, 4 minced pickled onions and 4 tbsp. butter or margarine.

For Individual Leaves

"It might also be good to make these sandwich leaves individually," suggested the Chef. "In that case, I would bake the yeast dough in muffin pans, and for hors d'oeuvre service, in very small cupcake pans.

"The Boston Baked Beans, I will bake today to freeze in advance.

Continued from Page 8

Contract Bridge

So South draws trumps and hopefully leads the club queen from the table. If East is a blind follower of the always-cover-an-honor notion, South is on the threshold of success. He captures the king and then finesses up to the J-9. But if East is not so wooden, declarer is helpless. The club queen wins the trick, of course, when East declines to cover, but South cannot possibly capture the king and ten thereafter. If he next leads the jack, East covers and West's ten becomes a third-round trick, while if the nine is the second lead, South must put up the ace or lose to the ten.

Thus, it is easy to see that when dummy holds any such combination as the one shown, East should not cover the first honor led but should most decidedly cover the second. Only if East himself held the ten as well as the king would there be any point to the first-round cover, and even then it would not be necessary (unless the K-10 were blank).

GET YOUR FREE DIGEST of the Culbertson Point-Count Method. Simply send a stamped, self-addressed envelope to the J. C. Winston Co., 1010 Arch St., Philadelphia, Pa.

vance. The Apple Turnovers, I will also bake and freeze, ready to heat, this morning of the picnic.

"The barbecued 'franks' can cook over a grill on the picnic grounds. It we take along a big square of aluminum freer foil, we can fit it to the picnic grill, turn up and tightly fold the edges to make a large pan, put the 'franks' on it and baste with barbecue sauce."

"For our pickle relish for today, let's have tomato chutney."

Tomato Chutney: Wash, and peel 5 qts. ripe tomatoes. Chop fine. Add 1 qt. chopped tart apple, 2 1/2 c. minced peeled onion, 1 1/2 c. chopped raisins and 3 c. distilled white vinegar. Simmer 20 min.

Then stir in 1 tsp. salt, 1 1/2 c. pineapple juice, 2 c. brown sugar, 1 tsp. cayenne pepper, 1 tsp. minced green ginger, 1 tsp. powdered ginger, 1/2 tsp. crushed mustard seed and 1/2 c. lemon juice. Simmer with an asbestos mat underneath until thick like chili sauce. Transfer to sterilized jars. Fill to overflowing, and seal.

Every Saturday, when I was a girl, my mother baked bread. No body was ever late to lunch on that day, she always saved out enough white bread dough to make our favorite cinnamon loaf. This cinnamon loaf, although made by a quick new method duplicates the flavor and appetizing fragrance of Mother's Saturday treat.

Cinnamon Loaf: Make up 1 pkg yeast roll mix according to directions on the pkg. Let rise, and when doubled in size, cut in half vertically, spread half the mixture in a buttered 8-in square pan. Dust with 4 tsp sugar, mixed with 1/2 tsp cinnamon. Then dot with 2 tsp butter or margarine.

Spread over a second layer of dough, and repeat the cinnamon-butter treatment. Let rise again until doubled in size. Bake 35-40 min. in a moderate oven, 375 degrees F. Serve warm or cold.

TOMORROW'S DINNER

Citrus Fillets
Fish Fillets and Vegetables in Foil
Green Peas
Pickled Beet Salad
Sliced Peaches Cinnamon Loaf
Hot or Iced Coffee or Tea Milk

Fish Fillets and Vegetables in Foil: Partially defrost 2 (1 lb.) pkgs. frozen fish fillets (any kind). Cut contents each pkg. into 3 portions and place each in the centre of an oiled 8-in square of aluminum foil. To each, add 2

Continued from Page 8

DOROTHY DIX

should be willing to abide by the schedule of the family. A guest wouldn't be expected to get up at the crack of dawn with the first waking baby, but the least a later-riser could do would be to get her own breakfast—or eat out. The hostess makes her adjustments and the guests should be courteous enough to make theirs. Result: always a warm welcome for the guests.

DEAR MISS DIX: I am 21 years old and recovering from a nervous breakdown. Although I have been going steady with Cliff, my doctor advised that I date other boys. What is your opinion?

ANSWER: In order to avoid hurt feelings and misunderstandings, it would be a good idea for you and

Marian to have a consultation with the doctor so his reasons will be clear to both of you. I certainly would not advise you to go contrary to professional counsel.

DEAR MISS DIX: A bachelor of 33, I have fallen deeply in love with a girl, 19, who is a fellow employee. She knows nothing of my feelings, since I've kept our contacts down to everyday formalities. I'm afraid I'm too old for her, hence hesitate to make advances. Do I have a chance?

ANSWER: Age differences alone are not always fair indications of compatibility. Much more important, in your case, is the fact that you know nothing about the girl and certainly can have no inkling of what her reaction to your courting would be. While it would be much better to send your glances in the direction of someone more your age, you might ask the young girl out some time, or offer to take her home from an office party.

TRICK OF THE CHEF
Add a dusting of powdered tartragon to fish fillets before folding in foil to bake.

Now! YOU CAN HAVE DRY, SWEET UNDERARMS EVEN ON HOT, STICKY DAYS!



New Vanishing Cream Deodorant ARRID with PERSTOP Stops Perspiration 1 to 3 Days. Keeps Underarms Dry and Odorless

This summer you can get a new kind of protection from perspiration and odor—rubbed-in protection. Arrid now contains magic new PERSTOP that stops perspiration 1 to 3 days. Rub it in—rub perspiration and odor out. Used daily it is actually 1 1/2 times as effective as any other leading deodorant. Safe for normal skin and fabrics. Get soft, creamy Arrid with PERSTOP today.

Rub it in—rub perspiration out! No other deodorant gives you Arrid's exclusive rubbed-in protection. Arrid is America's largest selling deodorant. So don't be half-safe. Be completely safe. Use Arrid with Perstop to be sure.

53¢

For Delicious Seafood Salads

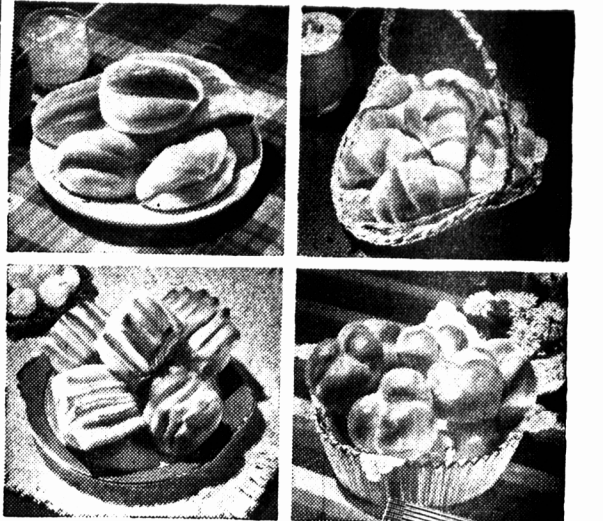


Clover Leaf Seafoods are the answer to hot weather meals. Make the most of this salad season by serving Clover Leaf Seafood salads often.

Canada's Most Popular Seafood

BRITISH COLUMBIA PACKERS LIMITED, VANCOUVER, CANADA

4 delicious treats ...make them from One Basic Dough!



It's amazingly simply with wonderful active dry yeast!

If you bake at home, find out the wonderful things you can do with Fleischmann's Active Dry Yeast! Serve fragrant rolls or fancy breads in variety from a single dough! Always get Fleischmann's Active Dry Yeast—it stays fresh in your cupboard, and acts fast in your dough!



BASIC ROLL DOUGH

Scold
1 cup milk
4 tablespoons granulated sugar
2 1/2 teaspoons salt
4 tablespoons shortening

Remove from heat and cool to lukewarm. In the meantime, measure into a large bowl 1/2 cup lukewarm water
1 teaspoon granulated sugar and stir until sugar is dissolved. Sprinkle with contents of
1 envelope Fleischmann's Active Dry Yeast

Let stand 10 minutes, THEN stir well, stir in cooled milk mixture and 1/2 cup lukewarm water.

Stir in
3 cups once-sifted bread flour and beat until smooth and elastic; work in 3 cups more (about) once-sifted bread flour.

Turn out on lightly-floured board and knead dough lightly until smooth and elastic. Place in a greased bowl and grease top of dough. Cover and set dough in warm place, free from draught, and let rise until doubled in bulk. Turn out dough on lightly-floured board and knead lightly until smooth. Divide into 4 equal portions and finish as follows:

1. PARKER HOUSE ROLLS
Roll out one portion of dough on lightly-floured board to 3/4-inch thickness; cut into rounds with 3-inch cutter; brush with melted butter or margarine. Grease each round deeply with dull side of knife, a little to one side of center, fold larger half over smaller half and press along the fold. Place, just touching each other, on greased cookie sheet. Grease top. Cover and let rise until doubled in bulk. Bake in a hot oven, 400°, about 12 minutes. Makes 8 rolls.

2. CLOVER LEAF ROLLS
Cut one portion of dough into 8 equal-sized pieces; cut each piece into 3 little pieces. Shape each little piece of dough into a ball and brush with melted butter or margarine; arrange 3 balls in each greased muffin pan. Cover and let rise until doubled in bulk. Bake in a hot oven, 400°, about 12 minutes. Makes 8 rolls.

3. PAN TANS
Roll out one portion of dough on lightly-floured board into a rectangle a scant 3/4-inch thick; loosen dough, cover and let rest 5 minutes. Brush dough with melted butter or margarine and cut into strips 1 1/2 inches wide. Place 7 strips one upon the other and cut into 12 1/2-inch lengths. Place each piece, a cut side up, in a greased muffin pan, separate the slices a little at the top. Cover and let rise until doubled in bulk. Bake in a hot oven, 400°, about 12 minutes. Makes 8 rolls.

4. CRESCENT ROLLS
Roll out one portion of dough on lightly-floured board into a 14-inch round; brush with melted butter or margarine and cut into 12 pie-shaped wedges. Roll up each wedge of dough, beginning at the outside and rolling toward the point. Arrange, well apart, on greased cookie sheet; bend each roll into a crescent shape. Brush with melted butter or margarine and sprinkle with salt. Cover and let rise until doubled in bulk. Bake in a hot oven, 400°, about 12 minutes. Makes 12 rolls.

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Laboratory Tests Prove CUTICURA SOAP IS MILD! MILD! MILD!

Kind to your skin because it's superfatted

Contains Cuticura Medication for extra skin protection

"SUPERFATTED SOAPS ARE BEST," most skin experts agree. Best, because they are gentlest, least drying, least irritating even to the most sensitive skin. Then remember: Cuticura Soap is superfatted.

LABORATORY TESTS PROVE this fact: Cuticura qualifies in every way as a superfatted soap. What's more, mild, gentle Cuticura Soap contains soothing, healing Cuticura medication.

Does More for Your Skin
Cuticura Soap does an extra special cleansing job. It supplements the natural oils—makes your skin soft and satiny—forms a thin, invisible, protective film. It's a superb, hard-milled complexion soap—fragrant, deep-cleansing, long-lasting—and is mildly medicated with soothing ingredients for extra skin care!

7 Days to a More Radiant Complexion
Cuticura often a proved way to a softer, smoother, clearer complexion, for it is especially made to protect—preserve—help keep it fresh and young-looking!

Why Cuticura is So Effective
★ mild medication for even the most sensitive skin
★ for dry skin: new, petal softness
★ for oily skin: new freshness
★ for itching skin: quick relief from skin blemishes, irritations
★ gentle, persistent Cuticura medication: hair, deep skin radiance, smoother, younger looking

For Complete Skin Care
A tested Plan that thousands upon thousands have tried, found remarkably effective! (Letters of glowing praise are in our files)... Simply do this—lather-massage morning and night with Cuticura Soap; then before bedtime, lightly smooth on fragrant, emollient Cuticura Ointment—and leave it on overnight! During the day, use "gentle" Cuticura Antiseptic Liquid to speed results. This specially clears up blackheads, sun-ruddy skin, pimples and rashes, long Cuticura impurities sweep work immediately. But—be sure for yourself! Get Cuticura Soap, Ointment and Antiseptic Liquid this very day.

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