KEEP IN TRIM

Teen-Ager Changes From Size 20 to Shapely Size 14

By Ida Jean Kain

Once upon a time there was an unhappy teen-ager who tipped the scales at a hefty 175 pounds. Let her real life story inspire you to make your dream come true:

"It's never fun to be fat, but it's worse when you're young. So began your column one day two years ago; and I read it, fascinated. It was the bitter truth I knew by heart, but had lacked the courage to face.

"Grimly I went to the dusty scales. I was 5 ft. 5 in. weighed 175 pounds, and wore dark matron-y 20's. I was 16, and aching for the happy laughter and little romances of youth.

"I hung that column in our kitchen, and read it before every meal. I made up my mind to try your wonderful plan of fruit, vegetables and plenty of protein For breakfast, a poached egg, plain toast, milk and fruit; for lunch, a sandwich with egg or lean meat, plus some carrot sticks and celery, fruit and a glass of milk. Dinner included lean meat, plenty of vegetables and fruit for dessert.

"Actually it wasn't difficult -- it was exciting! I soon lost interest in double sundaes and my uncle's bakery -- and what joy to watch the old scales' hand retreat. My skin cleared, my hair became less oily, and I felt ready-to-go. I would concentrate only on getting below the next five pound mark. I took shaper-uppers and became interested in sports. I gained poise, assurance and new friends as my interests grew.

"This spring I weighed just under 130, perfect for 5 ft 6 in, small boned. (I grew an inch -- that helped.) Last year I started college, where the food, no longer especially planned for me, was a problem. But I followed your suggestion of only one helping, and when there was a tempting dessert I asked myself: 'Is this better than a bid to the spring formal?' Deliberately I would watch some too-plump damsel wolfing her food and say, 'Does anyone want my cake?'

"The year's biggest dance came almost on the anniversary of my crusade, and I think I was the happiest girl on the campus, waltzing in a beautiful new blue formal -- size 14!

"'I'm Cinderella tonight,' I smiled, going down the lounge steps, 'and my fairy godmother is dietitian IJK.' My handsome escort saw my smile and came to meet me with my flowers. I wouldn't have traded the look in his eyes for all the sundaes in the world I hope my experience will in some way encourage other young heavyweights, with their doctor's permission, to try this plan. It's so worth it!"

O. K. teen-age overweights--tune in tomorrow.

NUTRITION ESSENTIALS

These are the protective foods which make up the daily menus. With this list you can plan other menus.

	Calories
Milk:	
Whole milk, 3 glasses	480
Note-If total calories must be lower, skim milk or butter milk may be used for half the calorie count, subtracting 240 calories from day's total	
Fruits: Orange or grapefruit or juice, plus 2 other fruits	250
Vegetables:	
1 starchy vegetable	100
1 green or yellow vegetables plus serving of raw vegetables plain or in salad	50
Eggs: 1 or 2	25
Lean meat, fish or fowl:	75
4 to 6 ounces (not Fried)	250
Bread: 100 percent wholegrain or enriched, 3 thin slices	150
Or serving of cereal and 2 slices bread	
Butter: 2 pats, ¼ in thick	100
Total Calories	1555

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HAPPENINGS

ceived the offering for the evening. Mrs. Max Cooper invited the members to her home for the February meeting, this being the World Day of Prayer at that meeting the lunch committee will be Miss Mae Matheson, Mrs. Arthur MacKinnon, Mrs. Vince White and Mrs. Jack Peardon.

Mrs. Max Cooper, Mrs. Alexander MacPherson and Mrs. John N. MacPherson, presented the chapter of the study book "Vanishing Race" and "Coming Our Way".

Mrs. Everett MacPhee and Mrs. Elmer Gillis will prepare the next chapter in the study books. At the conclusion of the meeting supper was served by the committee in charge.

NEW HAVEN W. I.

The January meeting of New Haven W. I. was held at the home of Mrs. Elmer Boyle. Roll call was responded to by nineteen members with a dime, also a fact about P.E.I. Reading of minutes of last meeting were then heard and approved. Unfinished business took place.

The secretary reported that $71.00 were proceeds from Christmas concert. It was moved and seconded that we get $100 out of Bank to pay on piano, also that we give $25 to music teacher.

Reports of committees were then heard. Sick committee reported several treats sent. School committee reported dust bane needed. It was moved and seconded that Mrs. James Tierney and Mrs. Phemia Frizzell be on school committee for next three months.

Correspondence were then read. Thank you notes and cards were read from Mrs. Rogerson, Mrs. Devereaux and Mrs. Berrigan for remembrances sent them at Christmas time.

New business followed. It was moved and secouded that Mrs. James Tierney, Mrs. Murphy, Mrs. E. Boyle and Mrs. S. Newman form a committee to make arrangements for a variety concert and a one act play, to be put on in the near future. It was moved and seconded that all bills be paid. Collection for the evening was $1.25. Next meeting at the home of Mrs. Phemia Frizzell. Roll call to be answered with an auction sale to the value of 50 cents, also have an auction sale of the remnants.

The meeting closed with the Queen. Lunch was served by hostess assisted by several of the members.

SAVAGE HARBOUR W. I.

The January meeting of the Savage Harbour W. I. was held at the home of Mrs. Ernest Doyle. Meeting opened by singing the Ode. Roll call was responded to by a silver collection. The minutes of the last meeting were than read and on approval signed.

The sick committee then gave their report and presented bills for fruit which was paid by the treasurer. Cards of acknowledgement received from members for fruit were read. Other correspondence was read and discussed. Collection for the evening was received by the secretary, Mrs. C. Murphy.

The following committees were appointed: Sick, Mrs. Ernest Doyle, Mrs. Cyril Morrison; Lunch, Mrs. James MacKay, Mrs. Chas. Campbell: Program, Mrs. John Morreson, Mrs. Clarence Murphy.

Mrs. Cyril Morrison invited the members to her home for the February meeting. Roll call to be answered with a Valentine Verse. A dainty lunch was then served by the lunch committee, Mrs. John Morrison and Mrs. Cyril Morrison, assisted by the hostess, Mrs. Ernest Doyle. The meeting closed by singing of the National Anthem.

TRINITY SOCIAL CLUB

Trinity Ladies Social Club held their first meeting in the new year on Thursday Jan. 26th in the Sunday School room. Mrs. Harry Cannon who has consented to carry on the duties of president for the second term, conducted the meeting with Mrs. Roy MacLean as recording secretary, also beginning her second term of office.

The meeting opened with singing "Fight the Good Fight" followed by the Lord's Prayer in unison. The minutes of the last meeting were read and the treasurer's annual report was given by Mrs. Harold MacLennan, which showed the club had a busy year in 1955, with several needed improvements made to the kitchen, the latest of these being the installation of a new sink and wash bowl.

Various reports of committees were heard and new ones formed for the ensuing year. Many of the members of these committees consented to act again for this year. Mrs. Melvin Bridges will take charge of the clubs finances for the new year. It was decided to hold our annual valentine supper, in spite of obstacles, on Thursday, Feb. 16th. with Mrs. Peter White acting as convenor of the committee, appointed to arrange this event. Money was voted for the flower and fruit fund. The meeting closed with Mizpah benediction followed by the serving of refreshments.

IRISHTOWN W. I.

"The British people are wonderful", said Mrs. Archie Johnstone, and their kindness to Canadians was emphasized in her informal talk before the members of Irish town Women's Institute at the close of their regular meeting on January 3. Mrs. Johnstone joined her husband in Britain where he spent a P. E. Islander; all of them of the past summer on a Nuffield Agricultural Scholarship, and encountered many sights, strange to a P. E. Islander; all of them of interest, from the uncounted chimney pots atop London buildings, and the lefthand drive to the rushing underground trains and the thronged Edinburgh festival, where a long anticipated view of famed Princes Street was denied her due to the great crowds of people.

The trip included a brief visit to Ireland, and a tour of the famous Wedgwood Potteries in Staffordshire, and Mr. and Mrs. Johnstone attended the wedding of the other Canadian Agriculturist, "Fred', and his fiancee from Canada before leaving for home on September 16. A vote of thanks was extended to Mrs. Johnstone for her informative talk by the president, Mrs. George T. MacLeod.

The meeting was held at the home of Mrs. Robert Stavert and opened with the singing of "The More We Get Together", and roll call was answered with "name the person you'd like to be". The treasurer, Mrs. Clair Campbell reported a balance on hand of $403.99. Letters were read from the Red Cross and from Mrs. Matheson, convenor of Health and Welfare. Red Cross sewing and knitting is to be ordered. New committees were appointed— sick: Miss Thelma Cameron, Mrs. Ruth Carr and Mrs. Thomas Campbell, school: Mrs. Leigh Paynter and Mrs. Archie Johnstone. Hot lunches for school children to be in charge of school committee,, and the contents of the birthday box totaling $9.84 to be used to buy supplies.

A box of used clothing and knitted goods for children was contributed, to be shipped to the Unitarian Services, Ottawa. Also included was a quilt donated by Mrs. Mary Profitt.

A quilt tp and lining prepared by Mrs. H. B. MacLeod was handed in for quilting. A paper on Ceylon where the A. C. W. W. biennial meetings will be held in 1956 was read, and two contests enjoyed.

Lunch was served by the committee incharge, Mrs. Robert Stavert, Mrs. H. B. MacLeod and Mrs. James Evans. BUR

SPRINGFIELD W. I.

The members of Springfield W.I. met for their Jan. meeting at the home of Mrs. Keith Mayne. Health and Social Welfare was the theme out out with good Health Rule posters prominently displayed. The president occupied the chair and opened the meeting with the action song, "Smile Awhile", followed by the Collect and Roll call to which eleven members and five visitors responded by naming a food and its content. Following the reading of the minutes the acting treasurer gave the report and bills were ordered paid.

Notes of appreciation were read for cards and treats received and other correspondence was discussed. Reports various committees were heard and it was decided to bring the clothing to the Feb. meeting for shipment to U. S. C. of Canada.

The program for 1956 was outlined by the Booklet Convenor, Mrs. Keith Mayne and convenors were appointed for each month. Mrs. Gerrit Loo kindly invited the meeting for Feb.

An interesting report of the Leadership Course in Kensington was given by the secretary, Miss Muriel Haslam and a Christmas parcel of attractive aprons made and sent by the members of our adopted W. I. in England were displayed and distributed.

Mrs. John Hickox, Convenor, conducted an entertaining and educational programme which began with a reading, "No Worries for the New Year" by Mrs. Clarence Haslam, and was followed by a letter from the Provincial Health and Welfare Convenor and a paper, "What You Want to Know about Nursing" by Mrs. Hickox. Misses Beryl and Betty Haslam sang two appropriate duets "Paddy's Garden" and "John Brown's Mother Says".

Mrs. Andrew Hughes was chairman and the judges were Mrs. Sutherland MacKay, Mrs. Clarence Haslam and Miss Muriel Haslam for the debate, "Resolved that Life in the Country Is Healthier than Life in the City". The Proside was upheld by Mrs. John Hickox (leader), Mrs. Keith Mayne and Mrs. Crawford Sinclair, and the speakers for the Conside were Mrs. Gerrit Loo (leader), Mrs. Clare Haslam and Mrs. Reginald Haslam. The Con side were declared the winners with a majority of points.

The closing song, "Annie Laurie" was followed by a contest, "Parts of the Body" which was won by Mrs. Reginald Haslam and stunts by the members were carried out while the hostess and committee were preparing lunch.

TRINITY W.M.S. EVENING AUXILIARY

At the annual meeting of the Trinity Evening Auxiliary of the W.M.S. held at the home of Mrs. Allison MacLean on Wednesday evening, Rev. C. D. Matheson installed the officers for the coming year.

The following is the elected slate: President, Mrs. Jack Scott; first vice-president, Mrs. Lorne Campbell; second vice-president- Mrs. Carl Crockett; recording secretary, Mrs. Morley Wylie; corresponding secretary, Mrs. Wyman Cairns; treasurer, Mrs. Ferno Rogers; christian stewardship secretary, Mrs. Clifford Rankin; community friendship secretary, Mrs. Harold Milligan; christian citizenship secretary, Mrs. William Jenkins.

Literature secretary, Mrs. William Roach; supply secretary, Mrs. Richard Hinton; missionary monthly secretary, Mrs. Duncan McGougan; associate members secretary, Mrs. Erland Ramsay; baby band superintendent, Mrs Harold Harkness; mission band superintendent, Mrs. Kier Duggan; explorer superintendent, Mrs. Wilfred Bu.ns.

The worship period was conducted by Mrs. Jock Hopkirk, the theme being "The call to the mission of the church through one's vocation" hymn 375 "Jesus Thou Divine Companion" was followed by various portions of the Scripture read by Miss M Linkletter, Mrs. William Roach, Mrs. Daniel Matheson, and Mrs. Archie Martin. Mrs. Hopkirk then led in prayer and this was followed by hymn 206 "Behold Us Lord." Chapter four of the study book was presented by Miss Hopkirk, assisted by Mrs. Roach, Mrs. Matheson and Mrs. Allen Jenkins.

Mrs. Jack Scott presided over the business session. Twenty members and one visitor were present. The treasurer's report showed that the allocation for the year had been reached. Mrs. Allen Jenkins and Miss Mable Linkletter were appointed delegates to the Presbyterial held in Charlottetown on January 24th and 25th. Due to the absence of several of last years officers it was decided to postpone the annual reports until the Feb. meeting. The meeting then adjourned and refreshments were served by Mrs. MacLean, assisted by the ladies of the lunch committee.

ST. ANDREWS C. W. L.

The sub-division of the C. W. L. of St. Andrews parish held their January meeting on the 22nd. in the parish hall. The president, Mrs. George MacCormac was in the chair and the Rev. Director, Geo. MacCormac opened the meeting with prayer.

The minutes of the last meeting were read and approved. Thr treasurer's report was submitted by Mrs. Ernest McEachern and showed a substantial bank balance. Mrs. Geo. MacCormac gave the report of the card partis, which was very creditable. Bingo report was submitted by Mrs. Bertram MacDonald.

Many letters of thanks and appredation, from all the sick and shut-ins of the parish for gifts sent them at Christmas, were read by the secretary.

The presidnt thanked the committee who so capably handled the wrapping and mailing of these gifts. Mrs. John F. MacMillan was appointd convenor of the card parties.

The ladies of Mt. Stewart south of the bridge are asked to clean the church this month. It was dicided to hold a pantry sale in Mt. Stewart on Sat., Feb. 4. Mrs. Cyrene MacIntyre, Mrs. Pter Doucett. Mrs. Daniel Mullen, Mrs. Wilfred Affick to look after same. It was further decided to hold a dance in the hall on Feb. 8. Mrs. Clarence Murphy to look after arrangements.

Rev. Father MacCormac in a brie ftalk stressed the necessity of unit meetings and urged the mothrs to teach their children to read with intelligence and understnading, stressing the importance of using the dictionary.

Th meeting closed with prayer. Lunch was served by the hostesses, Mrs. Peter Doucette, Mrs. John MacIntyre, Mrs. Dr. Reddin, Mrs. Ernie Affleck, Mrs. Jas. Doyle.

HAMILTON W. I.

The January meeting of the Hamilton W. I. was held at the home of Mrs. W. Hamilton and Mrs. Heber Pickering on the evening of Jan. 5th. The meeting opened with "The More We Get Together", followed by repeating creed in unison. Roll call was answered by twelve members giving a Health Rule.

The minutes of previous meeting were read, approved and signed. The school committee reported towels and school treats bought. Sick committee reported boxes sent to shut-ins at Christmas. Moved by Mrs. Wendell Crozier, seconded by Mrs. S. Carruthers that Mrs. James M. Ramsay be assistant Red Cross convenor.

Correspondence was read and discussed. Letter from Mrs. Matheson, convener of Health and Welfare, thank-you notes for gifts to shut-ins; letter from Miss Munroe; letter from Mrs. McLellan and an acknowledgment from Mrs. Henderson for gifts sent to orphanage. Collection was 80 cents. Money received for cans $5.75.

Next meeting to be held at the home of Mrs. Everett and Mrs. Alton Ramsay. Meeting adjourned Program consisted of two readings, games and contests. Lunch was served and the meeting closed by singing National Anthem.

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SAUCE IS BEST

WOMEN

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Normal Silhouette Shown In Patou's Spring Collection

By NADEANE WALKER

PARIS (AP)—Patou opened the spring fashion showings in Paris with a collection featuring a normal silhouette.

After years of flattened busts, high waists, low waists and no waists, this designer at least has decided the only way to be different is to be natural. His new line, curvy, neat and discreet, is rather a sight for sore eyes.

Skirts are shorter at Patou, but this is nothing to blow the bugles about. Knees are still covered by several decent inches, and Patou is just catching up with Dior's length.

Since dress designers seldom put all their eggs in one basket Patou puts in some bloused-over tops that still have an air of 1920, and bloused-back coats that have a hip-high back-belt. But in general, his clothes are small-waisted and well-fitted.

JACKETS SHORT

Skirts go in for flare, by way of pleats or princess panels. Most jackets are short, some having no basques at all (the basque is the part of the jacket that continues below the waistline). Many jackets and some coats are short-sleeved.

White and grey, off-whites and beiges are leading daytime colors, with reddish corals and brilliant turquoise blues making the bright splash.

Highly popular with Patou are neck-to-hem flat panels in front, often buttoned down each side for a double-breasted-all-the-way look. In fact, buttons are plentiful, both usefully and decorative.

The typical hat is a pudding basin or baby bowler with a V nicked-out centre front. Lace-ruffled stocks or cravats match lace-ruffled hats.

Wife Preservers

It is a dangerous practice to put boxes, toys, and various other things on the stairs to be removed when you go up. They may be the cause of an accident.

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