

# WOMEN

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## KEEP IN TRIM

### Accomplishes Miracle

By Ida Jean Kain

In the spring of the year everything is made new again. There is a promise in the air, the promise of all that makes life young. Suddenly you can hardly wait to banish the burdensome pounds that stand between you and your slim, trim self.

If you are toting 50 or more pounds of excess weight, the one point on which you must have assurance is that reducing will help you to look and feel young again. There is no better way to inspire you to start this spring to make yourself over than to pass along a true-to-life story of a reducing miracle. Look over my shoulder at an amazingly matter of fact account of a woman who lost an incredible number of pounds—not 50, not 100—but 150 excess pounds!

**FEELS BETTER**

"I have been an ardent follower and user of your column, so hope you can help me in my problem since losing from a size 50 to size 14. I lost quite a lot—285 pounds down to 135—without feeling weak or distressed. In fact, I feel better than ever, and even though I'm in the 50s people take me now for as young as 30.

"What I would like to know is how to make my breasts firm. Also, the inside of my thighs are flabby. These are the only two places where my body's isn't firm—even my chin and throat are in perfect condition. I have exercised and also taken passive exercise on machines. I would like to correct the thigh flabbiness so I may be able to wear shorts and a bathing suit this summer."

This remarkable reducer slimmed down eight full sizes—from 285 pounds to a bathing beauty! When a woman in her 50s can accomplish this slimming miracle, every overweight in the land can await more news.

While she made no mention of the diet, she emphasized that she

had lost without feeling weak or distressed. That feeling of well-being could come only with a highly protective diet. We are eager to hear again from this record making reducer, sharing more of her experiences.

Exercise is a health measure and should be a regular part of a reducing program. However, with excessive overweight, it is often inadvisable to exercise before part of the burden of fat has been reduced—say 30 to 40 pounds. Passive exercise in which the machine does the work is excellent to stimulate circulation, and is particularly helpful when other exercise is prohibited. With no exercise, a reducer is apt to feel languid and depressed because of flabbiness of the musculature.

Special toning calisthenics for the bust and inside thigh muscles, requested by this victorious reducer, will be our subject tomorrow.

with slightly frilled edges but with closely crimped crests emanating from the center and overlaying each petal. There are also double flowered forms which, because of striking resemblances have been variously named camellia-flowered, carnation-flowered, rose bud, and even daffodil-flowered.

The plant form also has had attention and among the developments are trailing plants with drooping blooms recommended for growing as individual specimens in hanging pots or in porch or window boxes; also a type, the multiflora, with very free-flowering plant of neat rounded form and small flowers. These are recommended for pot culture and also for bedding or edgings. An outstanding feature of this latter type is its ability to withstand the heat of direct summer sunshine, indeed, all of the begonias will stand sunshine if they have a rich porous soil which never gets dry. In my experience the wind is their worst enemy, and they must have a sheltered spot to grow.

The bulbs here are now planted in sand and peat moss in shallow pans and are kept in a warm place until the small leaves appear. They must be kept moist but not too wet for fear of rotting. Then brought to the sun for further growth until it is time to set them out in the garden for summer bloom. This is after all danger of frost is over.

The garden contains the largest collection of Magnolias in the country, and there is a wonderful display in April and May of several acres of these lovely flowers. Carnellias have received a great deal of attention and there are impressive plantings. There is a path leading through a great glen where a rocky stream with a series of pools, and waterfalls, leads to other paths which wind in and out through tall conifers, some of which are among the most outstanding in Great Britain. On the fern covered slopes on either side are plantations of rhododendrons, thousands of them, cleverly grouped in subtle harmonies of color. These include the best Chinese and Himalayan species and hybrids.

**SHINE SILVER with SODA**

Cover bottom of large enamelled pan with aluminium foil. Add 1 teaspoon soda to each quart of water, heat to boiling. Immerse silver so it touches foil. Tarnish disappears quickly. Rinse thoroughly and dry with soft cloth. For a high lustre, polish with a thin paste of soda and milk applied with soft cloth.

**COW BRAND BAKING SODA**

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### STUDENTS MODEL SCHOOL FASHIONS

Students at Ryerson School of Technology, Toronto, model skirts of Canadian-made felt they designed and made themselves. The decorations, also made of felt are applied to the skirts and are attractive conversation pieces. Left to Right: Marilyn Speck, Toronto, uses the Eiffel Tower motif; Joan Hill Toronto shows a cradle telephone; and Pat Ashley, Preston, Ont. has on her skirt a tipsy champagne-drinking mouse. (CP Photo)

Begonias will grow in any reasonably good garden soil but a loam rich in organic matter is very desirable, because they respond so well to good conditions an extra effort in the preparation of the bed is particularly worth-while. Generous quantities of rotted manure and leaf mold or peat moss should be added because these materials are all of a spongy nature and their presence insures a more constant supply of very necessary moisture. The bed must be well drained for begonias as they will not tolerate a spot where water is likely to accumulate.

Tuberous begonias are remarkably free from diseases and insect pests. If flower buds drop prematurely, it is probable that the plants are not getting enough water. On the other hand, too much water or poor drainage will produce similar results. Careful watering is very important.

### Elegance On A Budget New Decorating Trend

High praise is in order for the decorators of model rooms shown in many department stores. Rather than opulence that denotes a full purse, the majority are doing rooms that speak of elegance on a budget.

Young-marrieds and home-makers looking to refurbish their homes will find ever so many interesting ideas. A beautiful handling of subdued color schemes and interesting accessories do wonders for a set of five model rooms worked out by one of the stores. The furniture is light grey-beige, the lines are slender and easy to live with through the years and the theme is Italian classic.

**WHITE WALLS**

We especially admired the living room with its white walls and white curtains of sheer drip-dry fabric, trimmed with brilliant peacock embroidery. Instead of draperies, white shutters are used. The sofa is done in turquoise, the chairs are covered in bronze and mustard stripes and the carpet is olive green.

One bedroom goes in for a color range that runs from off-white through pale yellows to deep gold with the most attractive results. Washable velvet in two tones of yellow is used for the swagged drapery and one tone is repeated in the washable velvet bedspread. Throughout the display, fabrics are

### ELEANOR ROSS

#### Easy-To-Clean Floors

If you've looked around at any of the exquisite table settings on display in any of the stores, you can't help but be aware of one thing: almost any room of your house will serve as a dining room at some time. This generation seems to have become bored with the idea of a static dining room. Even when there is a formal dining room, most moderns like to dine wherever it suits their mood.

**A TRAY SNACK**

Dinner is just as likely to be a meal or a tray snack in front of the television set or in the music corner of the living room or in some alcove that's especially cosy and adaptable to dining. Maybe, and quite often, it's in the kitchen, especially if that room is as inviting and attractive as it should be.

This is part of the secret of today's casual living—nothing too set, nothing too rigid and there's even informality in the formal.

**RIGHT FLOOR COVERING**

Naturally, the right floor covering is important. No hostess can be gracious or relaxed if she's worried about something being spilled on the nonwashable carpeting or the too-precious-to-clean rug. So if you're planning a new home, or

plan to remodel the old one, give plenty of thought to floors.

**COMFORTABLE HOUSE**

The house that is good to live in, the one that is as worry-proof as possible. It's the one that is easy to maintain, that is suds-and-water washable, so that no square foot or it is too fragile to live in.

Naturally any kind of dining room floor or the floor where any member of the household chooses to dine is going to take a lot of wear and tear. Somebody will sooner or later spill something, especially in a household where tray meals are popular. That's why easy-to-clean floors throughout the house are just about the wisest investment a homemaker can make.

**WASHABLE FLOORINGS**

The variety of beautiful, washable floorings available is nothing less than amazing. There are colorful tiles that are easily installed and there are by-the-yard floor coverings that represent the same kind of economy. Rubber composition, plastic, linoleum, all come in an endless variety of patterns so that one may make up one's own design. And they're all washable so that they are practical as well as pretty.

### Plant And Animal Proteins In Meals "Go Together"

People agree that peaches and cream, ham and eggs, bread and butter, are "made for each other."

A twosome, naturally made to go together in the realm of good nutrition, combines plant and animal proteins.

Food scientists have found that proteins are complex substances made up of many amino acids.

At least eight of which are essential to man since they cannot be manufactured by the body. If a protein food does not contain proper amounts of the essential amino acids it is said to be "incomplete."

Food scientists have found that proteins are complex substances made up of many amino acids.

Mostly washable for easy upkeep.

Another bedroom is done in celadon green and brilliant and light pinks. A celadon sheer with a pink print is used for a cornice drapery and the same fabric is repeated in the bedspread. Cotton velvet in a delicious sherbet pink is used for café curtains and a white and brown striped fabric covers white frame bergere chairs.

**FOR DINING ROOM**

Blue green and periwinkle blue is the pretty color scheme selected for a dining room. White is used in cast iron benches and dining table, a television set and iron brackets for plants above the window cornice. The carpet is periwinkle blue. Other colors accents are supplied by bench cushions covered in bold awning stripes of blue, green and lavender.

Elegance is the keynote of another dining room with walls of silvery dining room and a dado of silver and white grass cloth. Gray and gold for the carpet and gold cotton damask for the chairs. Curtains are a gray and gold print on sheer white.

**HOUSEHOLD HINT**

When you have a basting job to do, use thread in a shade that's easily seen so it can be removed after it's served its purpose.

**Words Of The Wise**

I never think of the future. It comes soon enough. —(Albert Einstein).

### COOK'S CORNER



**BANANA ICING**

1 tsp butter  
1/2 tsp vanilla  
1 small banana  
Pinch salt

Mix all together, then add icing sugar till thick.

### MORNING SMILE

A woman motorist was driving along a country road when she noticed a couple of repairmen climbing telephone poles.

"Fools!" she exclaimed to her companion, "they must think I never drove before."

**"complete" sources of proteins**

Pairing off the "incomplete" protein with the "complete" protein in daily menu planning is a simple but sensible chore. One type of protein supplements the other when cereal proteins are combined with animal proteins. The results like when milk is added to enriched white bread is a protein twosome can also be accomplished by serving and eating enriched white or whole wheat bread with meat, eggs or other animal food.

**MORE EXAMPLES**

Other examples of wise protein sandwiches made with cheese, meats fish or peanut butter. The children's perennial favorite bread and butter and a glass of milk is a perfect "made for each other" protein combination.

Wise wives and mothers include a variety of protein foods in daily meals. They not only protect their

### Miss Hope Dingwell Widely Entertained

On Thursday, March 15th., there was a linen and china shower given at the home of Mrs. William Hamby, North River Road, in honour of Miss Hope Dingwell who was married on Monday, Mrs. William Hamby and Mrs. James O. MacLean were the joint hostesses.

The home of Miss Isobelle Dawson, Pownall Street was the happy scene of the miscellaneous shower given to Miss Hope Dingwell on Wednesday, 21st. March. The hostesses were Miss Isobelle Dawson, Mrs. Louis Monaghan, Mrs. Henry Fisher and Mrs. Richard Dowd.

Miss Mildred Dingwell, Prince Street, entertained for her niece, Miss Hope Dingwell on Wednesday, 23rd. March, at her apartment. Miss Hope Dingwell was the recipient of a beautiful brass wall plaque, heavily embossed with a coaching scene.

On Thursday afternoon, March 29, Miss Hope Dingwell was presented with several pieces of china from her colleagues in the Charlottetown Post Office, and the Royal Mail Clerks Association presented her with a stainless steel dutch oven; she was also the recipient of an electric frier from the Postal Area Superintendent and staff.

Prior to their marriage, Miss Hope Dingwell and Mr. Robert Norton were entertained at the Kensington Road home of Mr. and Mrs. Douglas Gass, on Saturday, March 24th. The bride and groom elect received beautiful silver candle holders.

families by supplying the necessary assortment of proteins for good nutrition and health. They protect precious budgets too, by combining economical cereal foods, like enriched white and whole wheat bread with the more expensive animal foods.

Why not give in to the spring-time urge and make the foods in your meals go together, protein-wise!

### Country Garden

shrubs including a superb Wisteria, and long raweines of white fragrant flowers each June.

At the far end of the canal terrace is an outdoor stage with wings formed by carefully clipped yew hedges and flanked by cypresses with a backdrop of Pines. A classic white bench and two marble statues complete the composition.

This garden contains the largest collection of Magnolias in the country, and there is a wonderful display in April and May of several acres of these lovely flowers. Carnellias have received a great deal of attention and there are impressive plantings. There is a path leading through a great glen where a rocky stream with a series of pools, and waterfalls, leads to other paths which wind in and out through tall conifers, some of which are among the most outstanding in Great Britain. On the fern covered slopes on either side are plantations of rhododendrons, thousands of them, cleverly grouped in subtle harmonies of color. These include the best Chinese and Himalayan species and hybrids.

**BEGONIAS**

Tuberous begonias give us silken gorgeousness for our gardens, indoor and out in the garden. Where may beauty be found to compete with the glorious blooms of the tuberous begonias? I thought of this when potting up the old bulbs this week and also some of the very new varieties. In this garden they were the most admired flower. Radiant colors, some brilliant, some soft, and all of exquisite texture and form.

Perhaps their exotic appearance places them in the rare class but more and more folk find them much easier to grow than they had expected. These bulbs never grew in the wild but they are the achievement of hybridizers in Europe and now in our own country. During the past few years a number of outstanding flower forms have been developed. We now have immense single flowers, some plain, others



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