

This Is Certainly No Year For Wardrobe Of A Tomboy

By ELEANOR ROSS
 THIS is no year to be a tomboy like their mothers, big and little girls will be wearing elegant, ladylike clothes, reminiscent of Renoir portraits and the Edwardian era. Nowhere is this more true than in party dresses which have an old-fashioned prettiness. The trend starts with toddlers' togas and goes right up to smart clothes for the pre-teens.

The bouffant sheers for parties come in easy-to-care-for pastel nylon or cotton over wide, tiered or flounced petticoats.

One dress has a layer of white or nylon organdy over pink, with a midriff of embroidered pink roses and a trailing pink sash. A pastel nylon has a ring of embroidered red cherries at the hip-line and nylon lace edging on sleeves and collar.

The dress with a full skirt, Peter Pan collar and puffed sleeves, featured in so many turn-of-the-century portraits, is back. And something new has been added—cummerbunds or separate waistcoats of bright or dark washable velvet.

A few sub-teen dresses are slim exceptions to the flouncy party look, but have their 1912 overtones in princess line and bow trim. Roses, bows and embroidery play a big part in these old-fashioned new fashions. Practically every dress is flowered or bowed. Bows go naturally with sashes that trail to the hemline in self-fabric, velvet, satin, taf-

feta or chiffon.

Black and white is remarkably smart and somehow right for these very youthful party clothes. It manages to look as right for a youngster as for a femme fatale.

CHECKED COTTON
 Black and white checked cotton is used for some of the prettiest of these little dresses. Red is good, too. One of the nicest red dresses seen so far comes in no-iron puckered cotton, that looks like shirred ribbon.

There are white eyelet pinafores to go over long-sleeved red cottons. Knit red jumpers have white flock-dotted nylon blouses.

Beige is big, too. Think of a cream cotton satin print, edged with gentle beige lace. Or beige-and-white dotted silk and cotton with a ruffled sleeveless bodice and gray sash.

Peach, pink and light blue join the pale-look colors, especially in tucked and ruffled sheers. Orion sweaters go over many of the tricked up with hand-painted roses, velvet collars or dyed-to-match lace ruffles.

Underneath, size one and pre-teens alike need layers and layers of washable non-iron nylon taffeta or marquisette petticoats to puff out the huge skirts of party clothes.

Fabrics are a mother's dream. Elegant, expensive-looking tafetas often turn out to be made of cotton and synthetic blends that are completely washable. Many cottons drip dry after washing. Many velvets can be laundered.

W. COVEHEAD W.M.S.

On the evening of Monday, Mar. 11th., West Covehead W.M.S. met at the home of Mrs. Ira MacDonaid, with nine members and one visitor present. The devotional leader, Mrs. Leith MacKinnon, opened the meeting, assisted by Mrs. Donald Allen at the organ. Mrs. Hilbert Hughes and Mrs. Lorne MacMillan with scripture readings. Mrs. MacKinnon gave an interesting reading, "Mary Jones" and Mrs. Geo. Bell read the prayer.

The business meeting was conducted by the president, Mrs. G. MacMillan. Minutes of last meeting were read and approved. Treasurer gave a satisfactory report. Easter thankoffering to be in for next meeting. Articles for the port box may be given to Mrs. MacLauchlan. Friendship secretary reported fourteen cards sent, four home calls and seven hospita, calls since last meeting. Five books were read by members.

Devotional leader for next meeting Mrs. Geo. Bell. Lunch committee, Mrs. R. Beairio, Mrs. E. MacLauchlan and Mrs. L. MacKinnon. Next place of meeting, the manse. Collection for the evening \$2.35. Meeting closed with the Mizpah Benediction.

A delicious lunch was served by our hostess and committee in charge and a pleasant hour enjoyed by all.

INLAND PORT

Big ocean-going tankers dock at Baton Rouge, La., 250 miles from the mouth of the Mississippi.

MR. AND MRS. MORRISON AND PARTY

Pretty Wedding Is Solemnized In Hamilton

A wedding of interest took place at St. Ann's Church, Hamilton Ontario, when Dora Doreen Anne, eldest daughter of Mr. and Mrs. Wilbur Fullard, Galt, Ontario, was united in marriage with Allen Joseph, son of Mr. and Mrs. Peter Morrison of St. Georges, P.E.I. A double ring ceremony was performed by Rev. Phillip Sherratt, who also celebrated the Nuptial Mass.

The bride, given in marriage by Mr. Billy Rogerson formally of Peake's Station, P.E.I., was attired in a ballerina length gown of nylon net over white taffeta with tight fitting bolera which had long sleeves tapering to points over the wrists. Her finger-tip veil was of nylon net with an oval shaped halo of pearls and rhinestones. She carried a white prayer book, covered with pink sweetheart roses, from which fell white lily of the valley and forget me nots. The prayer book was the gift of the groom.

Her only attendant was Miss Shirley Rogerson, who wore a ballerina length gown of aqua net over satin with bolera jacket, matching head band and mittens. She carried a nosegay of red sweetheart roses and pink carnations.

The groomsmen was Mr. Ed.

KINGSTON W.I.

The regular monthly meeting of Kingston W.I. was held at the home of Mrs. Keith Dixon on Feb. 7th. Meeting opened by repeating Ode, followed by creed in unison.

Roll call was answered by 12 members and 4 visitors giving a house cleaning hint. No school report. Treasurer gave report. Two new members were welcomed. Correspondence was read by secretary. One letter from Mona Wilson, Mrs. Jones, Mrs. Gaudet. \$5. was voted to be sent as a group membership in musical festival. \$25. was voted towards painting hall.

Bills were presented and paid. Collection \$11.10. Red Cross sewing, knitting was passed in. Capsules were got from Red Cross. It was decided to write Eatons and Simpsons ask for donations. Different papers on Education were read by Miss MacEachern and Mrs. Yeo and discussion on same, Mrs. Dixon taking part.

Committees next month same school; lunch—Mrs. Heber Campbell; Mrs. Leith Newson. Programme—Mrs. Stewart Colwill, Mrs. Tyrus Holmes. Roll call something for a auction sale. Programme, reading by Mrs. Dixon "A Man's Idea of Women's Institute," contest name the birth stones, won

MORNING SMILE

"Are you sure you've used every argument with which to convince your husband?"
 "Absolutely. There isn't a whole dish left in the house."

Marconi took out his first patent for a wireless invention in Britain in 1896.

By VERA WINSTON

LINE CHANGES

Not in many a year have suits been treated with such distinction and made to look quite different from those seen the last few seasons. One change that is strongly stressed is the bloused back, whether in the belt or half-belt. Men's wear worsted flannel in pearl gray is used for a charming spring suit the jacket made with a bloused back with a half belt following the dipping line of the jacket which rises to short peplum length in front. There is a classic collar above jeweled buttons, straight and narrow line for the

KEEP IN TRIM

When You Stop Losing... Step Up Your Exercising

By IDA JEAN KAIN
 When the pounds play hard-to-get-off, add some exercise to your slimming routine. Exercise will help to step up the burning of calories. No doubt about it, in this push-button age, more physical exercise is needed.

Many of you who have made record progress in reducing weight that you have stopped losing although you are still 20 some pounds above ideal weight. In most cases you have lost considerable but now, on the same diet, you can't budge an ounce. You ask if calories should be cut still further.

The body is a working machine. You will have more bounce and resume losing if you will help your system to burn more fuel. Your best move at this point is to add a little daily exercise—nothing strenuous. Walk regularly and take a few daily stretches. Spring is a wonderful season to get the walking habit. Or, if you prefer the lazy way and it's within your budget, go to an exercise place where the machines put the muscles through their paces and stimulate your circulation. You'll feel more fit for taking some kind of exercise.

PHYSICAL REASONS
 To appreciate the need for exercise, it is important to understand the physical reasons back of a lull in losing. Weight loss is determined by the deficit between the calories burned for energy and the number consumed. One pound of body fat contains 3,500 calories. In the beginning of a reducing program a 1000 to 1200 calorie diet establishes a deficit of approximately 7000 calories. Result, a 2 pound a week weight loss. This is true if your daily calorie requirement is 2000 to 2200 day, which is average.

However, as body weight is lowered, fewer calories are required. It took fuel to carry the excess fat—now removed. In short, your calorie requirements were higher at your heavier weight. Since the deficit has diminished, you do not lose.

Two measures are needed. First, more exercise. Exercise will increase the calorie burning and restore tone to muscles. After part of the burden of fat has been lost, it is easier to walk and take simple toning calisthenics.

Secondly, make sure to have a protein with each of the three daily meals. Distribute the calories so as to take them in the active part of the day and avoid overeating at dinner.

Try exercise—you'll be the winner.

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