

WOMEN

KEEP IN TRIM

The Short-Waisted Figure

By Ida Jean Kain

The short-waisted figure has an affinity for fat. You can get the idea quick as a wink by measuring the distance between the tip-top of the hipbone and your natural waistline. The less the distance between the two, the easier it is to add padding . . . and, alas, the more it shows!

A tall girl might have a five or six-inch span, compared to a scant three-inch span for the shorter chunkier figure. That is why ten added pounds has such bulging consequences for the short girl, while some tall, long-waisted creatures can add ten pounds with no noticeable change. To add to the trouble, the short, stocky type has relatively lower calorie requirements than her taller sister. So all in all, it's no cinch for us short gals to keep weight down.

Exercise helps, of course, for toned muscles rebuff fat. But it is not possible to overeat and keep svelte through exercise alone. The best anchor toward normal weight is to steer clear of too many sweets and starches. Get in the habit of having only one starchy food with a meal. If you like a nice fluffy potato with butter, have it, together with lean meat, another vegetable, and a salad and fruit. Leave off calories by not eating bread with that meal and not having a rich dessert.

If you love bread, then have that starch in place of potatoes. You can have two thin slices of bread with a meal. Limit the butter to a half pat, for the butter counts higher than the bread. Always trim off fats from meat. Get out of the gravy habit and use salads. Cut the oil in the dressing, using only half as much oil as vinegar, and add brown sugar to take off the sharp edge. Shake the dressing well before taking out your spoonful. That salad is only 30 calories per serving.

For the short-waisted figure, exercises which keep the entire midriff supple are most helpful. Here's a good one . . . Position: standing on knees, arms stretched high overhead. Movement: Pull firmly up and in through the middle measurement, then bend slowly to the right, feeling the pull all along the left side. Hold. Return to position, then bend to the left . . . again hold. Repeat slowly 6 times, gradually increase to 12.

Do a few limbering stretch bends each day . . . this will do wonders for your figure. Stretch up, hold the stretch, then bend sideways, long and smooth, reaching through your fingertips, and again hold. If your back is strong, add a turn at the waist to wring off inches.

ELMWOOD W.I.

On Tuesday, July 10, the monthly meeting of Elmwood W.I. was held at the home of Mrs. Waldron MacPhee.

The meeting opened with the Institute ode and repeating collect. Roll call was answered by eight members. Two visitors were present. Minutes of the last meeting were read, approved and signed. Sick committee reported bringing two treats.

Mrs. Neil Campbell and Mrs. Waldron MacPhee were appointed on the programme for next meeting. It was decided to subscribe to the Polio Post. \$2.00 was passed in by Mrs. Alice MacPhee in lieu of the pantry sale. It was moved by Mrs. Wilfred Campbell and seconded by Mrs. Waldron MacPhee that bills for fruit, ice cream for school picnic and expenses of delegates at Convention be paid.

Some discussion took place regarding an entertainment to be held in the school to raise funds—this was undecided until next meeting which will be held at Mrs. John MacPhee's, Tuesday, August 7th. Roll call at next meeting will be responded to by the members paying one cent for each inch of waistline. Collection for the evening amounted to 60 cents.

Mrs. Neil Campbell gave a very interesting report on the annual convention held in Charlottetown. Mrs. Stanley Colwill was the winner of two contests conducted by Miss Hilda Gallant and Mrs. John MacPhee. The meeting closed by singing God Save The Queen. A delicious lunch was served by the hostess assisted by Mrs. William Paul.

AIR FORCE DICTIONARY

WASHINGTON (AP)—The United States Air Force now has its own dictionary. It is distributing a new, official United States Air Force Dictionary, compiled by the air university at Maxwell Air Force Base, Ala., and based on interviews with hundreds of fliers about thousands of different words that have special meaning to airmen.

Headdresses Nod Royally Elegant Styles Prevail

By NADEANE WALKER
PARIS (AP)—A swaggering elegance harking back to 1910 marked the Pierre Balmain collection Monday as the second week of the new Paris fashion season got under way.

Pricedless furs bordered trains on fabulous evening coats. Birds of paradise, egret and ostrich plumes shot up from formal hats to nod royally in passage.

One mink evening coat was cut to floor—sweeping proportions. Many Balmain necklines were down to the waistline—in the back.

Instead of capes, which are becoming something more than obvious this season, Balmain does jackets and coats which look like capes in back view. They get their fullness from a deep fold on each side, starting from a sloped shoulderline.

Bosoms are emphasized with bra draping and generous décolletage, usually in three big scallops. Sometimes these bra tops are in contrasting color or fabric.

Queen Nefertiti hats—blown-up bulbs—are in harmony with Egyptian frieze embroidery in hands of jet, cut steel or gold. Balmain proclaims a revolution in cut. It's all too tricky to explain, but the result is that the shoulders look thrown forward, and the waist is unbelievably small.

The little black dress is back in its glory this year. Balmain dose dozens of them, beautifully draped and generously décolleté, with high, tight corset waists.

On the other side of the picture are sumptuous cut velvet, gold lame and sequined lace ball gowns haloed with swaths of pastel tulle around bare shoulders. One has big mink bows tied all down the front.

Balmain waistlines are the prettiest and tiniest seen this season. He does day coats in big plaid, and is fond of the smoky browns of autumn.

HOUSEHOLD HINT

Before tackling an attic-to-base cleaning campaign, sit down and list all the cleaning supplies and equipment you'll need to do the job. It's annoying to run out of cleaning powder or soap in the middle of a job.

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LISTER-TAYLOR WEDDING AT FREETOWN

Mr. and Mrs. Jack Lister, Fredericton, N.B., were married in the Freetown United Church. The bride is the former Phyllis maid; Linda Taylor, flowergirl; the groom; the bride; Mrs. Will Taylor of Freetown. Wanda Francis, bridesmaid. BACK Dane Bradshaw, bestman; Edwin Heckbert Studio.

MARY HAWORTH

Tortured By Unfounded Jealousy

Dear Mary Haworth: I have been married just a year, and in that time my husband has been completely loving and devoted; yet I have tortured myself and him by morbid curiosity about his past experiences.

He has been honest with me always; but I have been hurt nonetheless—to the extent of making up false stories about myself, to hurt him as I was hurt. I've known at the time that such behavior is wrong and cruel, but it seems some compulsion drove me to it.

I try to be honest with myself, to learn what makes me act that way. Could it be lack of parental love when I was a child? Am I some sort of masochist? Am I resentful of being female; and therefore jealous? Am I just a spoiled brat, wanting to be possessive?

WANT HIM TO BE HAPPY
Perhaps the fact that our sex relationship was unsatisfactory in the beginning, has caused much of my resentment. Even now my needs seem greater than his; could this stem from my feeling of wanting to possess?

The problem has tortured me for a long time. I want more than anything to make Bob happy; but I know I hurt him greatly as I fight this factor in me. I've discussed it with Bob and tried to explain it and he has been so patient and sympathetic, giving me the type of love that I hope will help me overcome it, eventually. Yet I know it shouldn't exist at all.

Please help. I want so much to be a whole person, in harmony with my husband. C.P.

SELF-CONCERN
Dear C.P.: As I get the picture, you aren't oriented to love, but rather, geared to embittered anxiety and self-concern. Inasmuch as you aren't able to love (in your hostile, defensive, mixed-up state) you have no inclusive experience of "at-oneness" with Bob; no inner sense of real psychological relationship, or togetherness, with him.

Psychologically you've been playing a lone hand in the marriage, as if appearances of Bob's devotion aren't to be trusted. Being neurotic, you are therefore a meager personality, in affection matters, at this writing. And it may be, as you suggest, that your sense of jealousy is somewhat associated with being female and that you unconsciously resent the feminine role in life; or rather, resent man's larger range and lesser pains, comparatively (as it seems to you).

HURTING BOTH
Thus it's possible that you cry to protect or save yourself, or "even the score," in relation to man—your man—by being maliciously, peevishly and inventively difficult, rather than receptive to his influence. Maybe this is your kind of "response" (in the framework of intimacy)—which you call compulsive.

In hurting yourself and Bob, with morbid auditing of jealous fantasies, you are trying to keep alive some acute feeling in yourself and in the marriage, I suppose—as if to make sure you are not emotionally dead. You take this wrong and cruel tack, of perpetuating an unhappy ferment, largely because you aren't on the right track. It's as simple as that, at bottom.

Cruelty has a sick of its own, like forms of drug addiction, that tends to wear personality from wholesome behavior and the joys thereof. In my opinion, you need first-hand, psychiatric help, supplemented by spiritual therapy, to launch you on the path of confident loving. M.H.

Mary Haworth counsels through her column not by mail or personal interview. Write to her in care of this newspaper.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

DAISIES
Over the shoulders and slopes of the dune I saw the white daisies go down to the sea. A host in the sunshine, an army in June. The people God sends us to set our hearts free.

The bobolinks rallied them up from the dell, The orioles whistled them out of the wood; And all of their saying was "Earth it is well" . . . And all of their dancing was "Life thou art good." —Bliss Carman

Daisies and clover make the fields fragrant and lovely, garden visitors tell me that our native wild flowers are beautiful to them and they also like the geranium (musk to some and matrimony to others) in pink and white. The mallow is an airy, dainty wild flower similar to the Sidlicea grown in the garden and taller than the wild flower. They are very dependable perennials and they add a beauty to the flower borders when the Hollyhocks and Astilbes bloom.

The feathery spikes of Atilbe are fine for cutting and they come in creamy spikes, rose and pink and in several varieties, requiring little care and persisting through the years in the garden here.

Another good cut flower in rose is Lythrum, easily grown from seed and hardy and strong. When there are quantities of these perennials in the garden there is always something new coming in flower each day. The daylilies are now blooming and if your planting contains the lilies that bloom at different seasons you can have them blooming in your garden all summer without much care after planting. There are many new Canadian hybrids in all the colors of the rainbow, sunshine yellow, flashing golds, bright reds, midnight purples, sea-shell pinks, dashing scarlets, and hundreds of color tones never before seen in garden flowers. They have such luxuriant foliage and not any disease that I know about. Certainly they do not require much care for the beauty they give us.

Sedums in cream and pink, and red shades is making the rock gardens gay at this time and the habit is good with creeping fresh green foliage covered with flowers among the rocks. The dahlias are showing lovely scarlet color in the singles, effective in any spot in the garden and looking well against the grey house. Other dahlias in many different colors, some new to me and others old favorites are blooming and are a comfort and joy for the rest of the season.

I come to the velvet, imperial crown The wine-red, the gold, the crimson, the pied The dahlias that reign by the garden side. They now come with strong stems suitable for cutting and are prized for beautiful arrangements for fragrance in the garden we have the honeysuckle vine, first a cloud of fragrance. Then one sees coronets of ivory, coral, and gold, full of luscious treasure for the bees. The fragrance is most delicious and the vine was slipped from a very old plant around an old home. But the glory of the garden are the roses in many colors and the red roses are so very fragrant. "The Glory of One Red Rose". If some despicable deer should pluck from the gardens of the earth, all their flowers except one—and it were left for me to decide which bright blossom should remain to bless the hungry eye—I would choose the red rose. As the Gospel of John catches up the spirit of all the other gospels, a red rose holds

with her velvet petals the fragrance and beauty that prompts the heart to plant a garden. The gate of Life swings to and fro, and soon, too soon, it closes; and that is why beside my door, I grow red roses, a sentiment so universal it becomes the anthem of those who worship at its lovely, fragrant altar.

The growing of roses and flowers of every kind is of great interest to many folk in England and a record number of almost two hundred and forty-three thousand paid admission to the Royal Show held at Newcastle from July third to the sixth. Once again the Farmer's Union won the Challenge Cup for the best exhibit of a group of flowers, fruits and vegetables. In Sweden, the Kings is a celebrated amateur gardener, and the English Queen's State visit has centered attention on the gardens of Sweden. The King's favorite pastime—when on holiday at the summer residence of Solfero—is gardening, and he may sometimes be seen weeding the herbaceous borders in the beautiful grounds.

The nation's biggest "gardener," however, proves to be the Swedish State Railways—S.J. Fifty employees, under a director of horticulture, are full-time professional gardeners, and their task is the planning and maintenance of some four thousand station gardens, many of which are charmingly landscaped in an informal style popular with the Swedes at present. The Horticultural Section operates four regional nurseries. These supply railway stations with about two thousand fruit trees, twenty-five thousand assorted bushes apart from sixty thousand rose bushes, as well as nearly a quarter of a million annuals and perennials each year. The total area of these gardens has been computed at four thousand acres. They are now specializing in hardy strains that make a good showing in the short though intense summer north of the Arctic Circle.

Words Of The Wise

When a man says money can do anything, that settles it; he hasn't any.—(E.W. Howe)

MORNING SMILE

Throughout the meal neither the wife nor the husband had spoken. But as soon as the plates had been cleared away and they were seated by the fire, the husband's face lost some of its hardness.

"You know, dear," he said, breaking the long silence, "I've been thinking over our argument." "Well?" she snapped, without looking up from her book. "Yes, dear, I've decided to agree with you after all," he said meekly.

"That won't do any good," she sniffed. "I've changed my mind." A coked how many thefts he had committed, a prisoner in Izmir, Turkey, told police his job was stealing and theirs was to keep the records.

New Way Relieves Arthritic, Rheumatic Pain Without Pills

Greaseless, odorless cream penetrates deep, speeds flow of fresh, rich blood into sore areas, helps drive away pain-causing pressure.

Toronto, Ont. (Special)—Science has now developed an odorless, greaseless cream that soaks in a new way to bring hours and hours of relief from pains of arthritis and rheumatism—without the need of taking pills and other medicines that may upset the system. Rubbed gently into painful areas, this cream penetrates so deep it actually vanishes into the skin. It speeds the flow of fresh, rich blood

into sore muscles, joints. Actually helps drive away pain-causing pressure and congestion. Used by doctors in England, France and the U.S.A., this remarkable cream is now available without prescription at drug stores everywhere. Ask for InfrARUB. Only \$1.39 a large tube. InfrARUB is guaranteed to give comforting relief from arthritis-rheumatism pains or your money back. —E.W. T.M.

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