

WOMEN

Monday, March 28, 1955 The Guardian Page 3
KEEP IN TRIM

What Are Your Chances Of Keeping Slim?

By Ida Jean Cain

According to a survey, many reducers turn right around and pile the pounds back on. Others regain the weight after only a few months' time has elapsed. It's easy to figure out why: these turn-arounds continue to think like overweights on the subject of food, and so go back to eating as usual.

Having lost the excess pounds, do you really want to keep them off? Immediately your answer is a resounding YES. But which do you want more — to keep your good figure or to lapse back into your old fattening ways of eating.

At this point you are likely to counter with "Do I always have to diet?" That is confusing the issue. The choice is not between continuing to diet or regaining the lost weight. Since you no longer have to stay on a diet, the choice is between going back to over-eating or eating for normal weight.

Here it is mathematically: To reduce, you had to cut calories almost in half in order to force nature to draw on the stored fat. To hold the loss, all that is necessary is to stay within your daily calorie quota. If there are no extra calories, you couldn't possibly gain back the lost pounds.

You may complain that this plan still cuts out some of the foods you like best. If you mean rich desserts twice a day, you are right — that's out! That is trying to have your cake and eat it too. Go back to your fattening food habits and you'll go back to your former weight. You may be able to get away with it for a time, but sooner or later, the food habits that put on the pounds in the first place will eventually do it again.

How to change and think like a slim, attractive woman? You do it by appreciating the science of nutrition that enables you to keep your figure, stay young longer, and be in the pink of condition. The real secret of keeping beautiful normal weight is to change your thinking. Once you sell yourself on the idea that the protective way eating is the best possible plan, you'll no longer be tempted to return to fattening food habits. In this way, food habits are changed for good — then keeping slim is a natural.

Perfects Method For Rewhitinging Nylon

MONTREAL (CP) — Donald J. Crawford, a dyeing and finishing expert, has perfected an "optical illusion" method of getting greyness back to their pristine whiteness.

He uses a planned procedure and nylon bleaches readily found on the market to produce the appearance of greater whiteness. Under the treatment white fabrics appear whiter, and colored ones brighter, because they reflect more light than previously.

For a slight discoloration, he recommends washing the garment in the usual manner with ordinary detergents and rinsing twice in clear, warm water. Then put a tablespoon of optical bleach or nylon whitener into a basin or hot water. Squeeze the water through the fabric for 10 to 15 minutes until the solution has penetrated every fold. Hang up and dry without further rinsing.

Can your weight shorten your life?

Are overweight people more subject to disease? Will those advertised drugs really help you reduce? Does smoking cut down your appetite?

April Reader's Digest tells you how your weight affects your health, gives you the smart (and happy) way to diet. Here are the facts about your weight from Harvard's Department of Nutrition.

Get your April Reader's Digest today: 39 articles of lasting interest, including the best from current book favourites and leading magazines, in condensed form.

for the "growing years"

The "teen-ages" challenge vitality. That's why young people so often need the extra vitamin "B" protection and building ingredients of Wampole's Extract of Cod Liver. It contains an oil and is pleasant and easy to take. A trusted family tonic for over 70 years.

ONLY 25¢

WAMPOLE'S EXTRACT OF COD LIVER

ALICE BROOKS DESIGNS

BIRDS OF HAPPINESS

Make the Bluebirds of Happiness your own personal motifs! Embroider them quickly on kitchen towels, pillowcases, dresser sets and other linens. Easy!

Pattern 7037 has embroidery transfer of six motifs 4 1/4 x 4 1/4 to 5 x 8 1/2; sixteen, 2 x 3 inches.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 69 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

Enjoy M. LARENS MACHINERY CHERRIES Everybody else does

7037 by Alice Brooks

FAMILY FAVOURITES FOR 70 YEARS

MARY HAWORTH'S MAIL

S. O. S. From Alcoholic's Wife

DEAR MARY HAWORTH: On behalf of the National Committee on Alcoholism, may I say that your column of February 2, dealing with the distraught wife of an alcoholic, was the special interest to us. Your advice in this instance clearly shows sympathetic understanding of alcoholism as a disease, and rightly indicates that hope and help are available to alcoholics and their families.

Our committee is mindful of the far-reaching success of Alcoholics Anonymous, commended by you; and we too recommend the AA program to a very large percentage of our inquiries. We do, however, feel that no one program of treatment can suit each case; and, as a result of co-operative planning by leading specialists, we now have a variety of remedies to offer victims of this affliction.

In addition to the AA program, these include medical and psychiatric clinics, private therapists and physicians keenly interested and competent in treating alcoholic addiction. For the family of an alcoholic who is resisting the treatment, we find that education about the disease of alcoholism, plus professional counselling in human relations, are "musts" in helping all concerned.

Insight Better Than Sympathy

Better by far is the insight gained by education, than the merely sympathetic ear which only temporarily eases the crucial tension of an alcoholic episode.

Our committee is working to remove the stigma from alcoholic illness and clear up centuries-old misconceptions about it. We strive to educate the public regarding the difference between voluntary drunkenness, and the insidious disease of compulsive alcoholism. Thus, we value recognition of the problem and its possible solution, such as your article affords.

Revolutionary New Concepts

DEAR MR. E.: Thanks for your instructive letter. Here revised and condensed a bit. I think it is useful for readers to have your headquarters address, and I hope all interested will promptly call and save this article for future reference.

They might also ask you for Mrs. Marty Mann's booklet "Can We Conquer Alcoholism" — copy of which you enclosed in your packet of literature addressed to this column.

I am impressed with her opening paragraph, to wit: "We are not dealing here with a minor problem. We are dealing with what a former Assistant Surgeon General of the United States Public Health Service has rightly called 'our greatest, unsolved public-health problem'."

Fiery, Itching Skin Gets Quick Relief

Here is a clean stainless penetrating antiseptic oil that will bring you speedy relief from the itching and distress of Eczema, Itching Toes and Feet, Rash and other itching skin troubles.

MOONE'S EMERALD OIL not only helps promote rapid and healthy healing in open sores and wounds, but boils and simple ulcers are also quickly relieved. In skin afflictions — the itching of Eczema is quickly eased, Pimples, skin eruptions dry up and scale off in a very few days.

MOONE'S EMERALD OIL can be obtained at any drug store satisfaction or money back.

HUGHES DRUG CO. LTD.

Household Hint

How often have you wished you could keep the beauty of a growing thing like cacti? By dipping the dry cacti in thinned fresh shellac you can keep them from shedding. Then you can keep them in a vase in your home for a long time.

Handsomeness Hand Knit

Here's a real spring attraction that will go perfectly under a fur coat for chilly days, fine with a light topper and smartly on its own as the weather grows balmy.

This model is the height of luxury being a superb hand knit suit fashioned of gray boucle-type yarn with the reverse side up for an unusual effect. Hand embroidery and self fringe decorate the collar and front of the short fitted jacket. Slender skirt.



Pink And Pretty

Cecil Chapman, one of America's most eminent designers, created this gorgeous dance dress that is chic and flattering enough to delight the most meticulous beau or husband.

It will be the belle of the ball on any dance floor with its full, flaring skirt underlined with taffeta petticoats and its fitted bodice and becoming scalloped square neckline. The frock is made of pink chantilly lace with matching jeweled velvet rosette appliques for added glamor.

ELLEN'S DIARY

by an Island Farmer's Wife

It was Granddaughter who, this afternoon spied the March snowdrops, strange first-flowers of the spring, pushing up through the dark cold earth the small green leaves and edging white promise of blossoms.

"A day or so of warm winds and sunshine," she nodded, "and they will be in bloom."

There was sunshine today. We remember now, how fetching was its sheen on the millpond, in its shades of light reminding of the silken gowns of olden days, the changing "shot" taffetas that a little girl's admiration rustled in demure whispers of sound up a Church aisle on a Sabbath of remembered summers . . .

In the daytime so beautiful in the shading; in the evening when the rich hues of the reflected afterglow vied with the lights of the lamps in wall-brackets and in the impressive black chandelier, also enchanting "joys forever" . . .

How easy it was then for us to forget the Israelites gathering Caleb and Joshua — and the old Minister's words as he would give us glimpses of that fair and promised land.

On the hither side of Jordan, in a pew with parents and kin we planned our plans as little girls will. A gown like that we should have when we were grown: a blue one intriguingly shaded with green. Or would one of green be more becoming, shot with yellow? A rose overshadowed with subtle dusky tones, would that not suit our coloring better? And a cream gown we should have, not for Church but for funerals . . . to be worn with a wide hat of black and one — no two sweeping ostrich plumes, also black, and lacey half-fingered gloves.

What a fine wardrobe we should have tomorrow . . .

MORNING SMILE

While they were exchanging confidences over coffee, the fair-haired girl asked: "What did Horace say when you told him you would be a sister to him?"

"You'd hardly believe it!" replied her companion. "He actually had the nerve to ask me to lend him \$2 so that he could take another girl to the pictures!"



Handsomeness Hand Knit

Here's a real spring attraction that will go perfectly under a fur coat for chilly days, fine with a light topper and smartly on its own as the weather grows balmy.

This model is the height of luxury being a superb hand knit suit fashioned of gray boucle-type yarn with the reverse side up for an unusual effect. Hand embroidery and self fringe decorate the collar and front of the short fitted jacket. Slender skirt.

LET'S EAT

Oranges For Dessert

By Ida Bailey Allen

ORANGES FOR DESSERT the capillary walls.

It was a milestone in the field of nutrition when the importance of using whole oranges in the diet was reported at a recent symposium at the New York Academy of Sciences in New York City.

After years of experimentation and clinical research, Dr. Albert Szent-Gyorgi, Nobel prize winner, isolated the bioflavonoids, which are found in plentiful supply in citrus fruits, especially oranges and lemons.

And what are bioflavonoids?

Important to Diet

They are substances present in the white material and in the covering of the juice sacs of citrus fruits. They are highly important in the dietary scheme because they act with, and greatly increase the effectiveness of, vitamin C in maintaining the health of the capillaries, part of the circulatory system.

As we all know, the work of the capillaries in the human body is almost staggering to consider. All the life-giving ingredients found in the blood pass across the capillary walls of this huge network. The medical profession reports that it is clearly indicated there is no diseased state in which the capillaries are not detrimentally affected.

"Protective" Foods

It is obvious that as far as possible we should include in our daily menu plentiful supplies of the foods known as "protective," in order to help maintain health. Orange juice has proved to be of great service in this regard. But whole oranges, with their high concentration of bioflavonoids, when taken during the day or evening in addition to the customary morning orange juice, will greatly accentuate the effectiveness of vitamin C in its work of protecting and strengthening

Keep an "orange bowl" ready for out-of-hand eating in mid-morning after school or before bed. Add whole sections or sliced oranges to tossed green salads. Or serve a refreshing "orange dessert" often.

Quick Orange Desserts

Fresh Orange Compote: Peel oranges, slice crosswise, add orange juice to half-cover, sweeten if desired. Serve chilled.

Orange Ambrosia: Peel oranges, slice crosswise, layer with shredded coconut, and chill. Combine with sliced figs or bananas if desired.

Orange Custard: Pour chilled soft custard over chilled peeled oranges sliced crosswise. Garnish with whipped cream or a whipped topping.

Orange Slice a la Mode: Cover slices of sponge or plain cake with slices of whole oranges; top with a scoop vanilla ice cream.

Jellied Orange-Date Slice: Peel and slice 4 whole oranges crosswise. Arrange in a 9" x 5" pan in layers with 1/4 c. quartered pasteurized dates. Prepare and pour in 1 pkg. lemon or orange-flavored gelatin.

Refrigerate 4 hrs., or until firm. Unmold on a platter. Slice 1/2" thick with a sharp knife.

Serve plain, with whipped cream or with 4 oz. cream cheese, blended and whipped with 3 tbs. orange juice.

TOMORROW'S DINNER

- Celery-Radish Saladettes
- Corned Beef Platter with Potatoes
- Sliced Orange Compote
- Gingersnaps
- Coffee Tea Milk

TRICK OF THE CHEF

Add 1 tsp. pickling spice when cooking corned beef.

For Their First Home

By ELEANOR ROSS

The budget gets a break in one of the nicest of the new Spring furniture fashion shows. After all, it's young people planning their first home who are the biggest buyers of furniture and accessories at one time. Most of the rest of us have to be content with occasionally doing over a room, or adding a piece here and there.

The new grouping consists of two bedrooms, a combination living and dining room, and two dining rooms.

Mostly the furniture is in the elegant 18th century style, with fabrics decidedly modern, since they are mostly synthetic, and the use of color is certainly ultra modern. The decorator has employed the same furniture throughout to create a smart and spacious atmosphere that is most beguiling.

The wood is mahogany in a honey-light finish that is very modern in feeling and goes well with the pieces that are lightly scaled. The soft beige of the finish is repeated in walls, bedspreads, canopy and window draperies in one of the bedrooms.

Back scenes of bygone years come back to us today in the sheen of the pond-water. It was a first day of a new workaday week, to lead us around a bend of road into the future.

Until tomorrow Diary
--- Good-night

Cook's Corner

SALMON BALLS

Large can salmon
2 onions, cut fine
Garlic if desired
2 eggs
Pepper and salt
Sweet pepper, cut fine
Celery, cut fine

Enough cracker crumbs so balls will hold together. Mix together. This will make six large balls. May be fried in margarine as butter sticks.

BUTTERSCOTCH SAUCE

1 1/2 c boiling water
Stir in following:
1 c brown sugar
1 1/2 tbs. cornstarch
1 egg
1/4 tsp. salt
1 tsp. vanilla or lemon
in the vinegar
2 tbs. butter.

BUTTER CRISPS

1 e butter
1 e icing sugar
1 egg, pinch of salt and vanilla
3 c cake flour
Cream butter and sugar, add egg, salt, and vanilla and work in flour till formed a dough, turn out on board and cut in 3, make in rolls, put in frig. till chilled. Slice thin and bake.

Press half cherry or walnut in centre if you like.

Color Pictures Of Princess Margaret

Gaiety, goodwill and sunshine were the keynote during the visit of Princess Margaret to the Windward Isles and Barbados.

In The Standard this week, you'll see some more beautiful color photographs of Princess Margaret on her Royal Tour of the British West Indies, including the arrival of the Princess in sunlit Granada. Be sure to see these photographs in The Standard this week. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

CLEANS KILL GERMS BLEACHES REMOVES STAINS DEODORIZES

Better with French's PREPARED MUSTARD

"5-in-1" Action

Javex does so many jobs faster



Good Theater

Here is a preview of what will be what when a smart audience gathers for a big theatrical first night in the post-Easter season. Goethe, who does this sort of thing superbly, has created an exquisite spring night town costume, a short formal, strapless dress, a long coat. The dress is of white silk organza with a delicately etched floral design in royal blue. The coat is of silk taffeta in matching dress print, and is cut on easy lines to complete a costume of elegance and distinction.

ANNE ADAMS PATTERNS

LINE DIVINE!

KEEP COOL and look like a cool million all season in this halter dress and jacket. Molded bodice above a whirling skirt — this line is magic for any figure.

Choose a gay print cotton — accent the bodice with contrast color, white eyelet or lace.

Pattern 4738: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 ensemble. 5 1/2 yards 35-inch; 1/2 yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.

COBALT MINES

The Belgian Congo has long been the world's principal producer of cobalt.

Wife Preservers

In measuring liquids in cooking, two cups make one pint; four cups, one quart. Three teaspoons of liquid make one tablespoonful; one gill is one-half cupful; 16 tablespoons of liquid equal one cupful.

Caledonia was the name used by the ancient Romans to describe Scotland.

END OF MONTH SPECIALS SPECIALS

- DRESSES—**
1 RACK GOING AT— \$2.00
- SPRING COATS—**
LAST SEASONS—Up to \$52.95. GOING AT \$15.00
- SPRING SUITS—**
UP TO \$57.95—GOING AT \$15.00
- BLOUSES—**
GOING AT \$1.00
- KENNEDY'S LADIE'S WEAR**

CLEANS KILL GERMS BLEACHES REMOVES STAINS DEODORIZES

Better with French's PREPARED MUSTARD

"5-in-1" Action

Javex does so many jobs faster