

# WOMEN

Leona Caroline McClure, Women's Editor, Phone 8508

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## PRETTY-PRETTY

There's nothing like a frothy scarf or two to add a note of glamor to daytime and afternoon costumes and give the most severe of dresses a look of feminine grace and sweetness.

The two scarves pictured are of sheer organza painted with swift birds, fluttering butterflies and gently nodding blossoms done in softest pastel and brightened with gold. They are shown wrapped through a necklace and held in place with a pin to form a jutting pout.

## Many Reasons Why Girls Live At Fort Churchill

By PEGGY MacFARLANE, WINNIPEG (CP)—The military base at Fort Churchill on Hudson Bay may be isolated and it may be cold, but it's never dull. Not if you happen to be female. Reason number one for this, a tour of the base revealed, is the population ratio of men to women.

It's something like 40 men for every woman. And not even a pessimist can deny those are pretty favorable odds. Single women occupy Churchill jobs as stenographers, typists, lab technicians, clerical workers or school teachers and most are in the 25-35 year age group. Some

## CONFIDENTIALLY YOURS

—by Byrne Hope Sanders



MONTREAL, Mar. 7.—My daughter was horrified! She'd been wearing wool gloves in the treacherous March winds—and her hands were chapped and red. We were by the kitchen sink, so I just reached out for my ever-present bottle of Campagna's ITALIAN BALM. . . . A quick thumb-pressure on the convenient new dispenser on the blemish-free jar released just enough for her to rub vigorously into her poor hands. Right away they were softer, and she happily promised from then on to use Italian Balm after every exposure to work-waters-weather! Good advice for you, too, m'lady! Italian Balm is a favorite, at drug counters, everywhere.

**YOUR DOCTOR . . . WILL TELL YOU** which of the fine FARMER'S WIFE Formula Milk is the right one for your baby. It may be the Partly Skimmed Milk Formula (Blue Label) created originally at the request of baby doctors for a high-protein, low-fat formula. Perhaps he'll advise the Farmer's Wife Whole Milk (Red Label) or the Steamers Milk (Yellow Label). All are Vitamin D increased and vitamin packed in the most modern type of milk containers. I find it a pleasure telling you about these fine milk formulas, for so many mothers have watched their babies thrive happily on Farmer's Wife Formulas.

## LET'S TALK COFFEE SENSE!

Isn't it a shame that you've had 100 years of coffee experience should give the experts who have perfected the New Instant Chase & Sanborn Coffee a very special knowledge of what makes good coffee? Look in the window in the jar and see the rich coffee color that means real coffee flavor! Truly good coffee is one of the delights of life—and, thanks to the NEW INSTANT CHASE & SANBORN—we can now have the very best. Order a jar for your home and see what good sense I'm talking!

## LOVE, AFFECTION AND PRAISE . . . that's what we Budgie want . . . just like the rest of us!

That's how anyone can teach him a few little tricks. He needs, too, the "Basic Five," BROCK'S BUDGIE FEED, Treat, Conditioning Food, Cattle Bone and Gravel. Our Sir Isaac is learning to ride his toy wagon on the table. . . . I don't know who's prouder—our Budgie, or we!

## A TRIP TO EUROPE . . . on business!

All expenses paid! That was the break a friend of mine got recently. There was only one catch, though. His wife wanted to go. But she couldn't. They just couldn't afford it. No savings in the bank. . . . and saving. Why not make sure that you are ready to meet opportunity when it comes your way by steady saving at the B of M?

## JUST TASTE IT!

ORDER SOME PACKAGES of the new Lipton Green Pea Soup—and serve it tonight. It's delicious! Simply the contents of the LIPTON GREEN PEA SOUP package to cook, stir, and simmer. Taste its perfection . . . a velvety-smooth puree of green peas with that enticing, spicy, "smoky" flavor that's the secret of the finest pea soup. And Lipton's Green Pea Soup is only one of five luscious Lipton Soup Varieties. Remember too, with one empty package of any flavor you can order the handy 4-piece Thermometer and Baster Set. This set, valued at \$3.00, is yours for only \$1.00, plus 25¢ for handling, with a Lipton Soup package. Ask about this offer at your food store today!

## HEAVY DAYS WORK AHEAD!

Or mostly sitting behind a desk? Whatever it is, you'll enjoy the benefits of RED RIVER CEREAL, if you're wise! For in this one quick-cooking cereal you get three basic food grains—cracked wheat, rye and flax. Red River helps to provide energy needs for those who are in the out-of-doors a lot, or do physical work. It helps to regularize for sedentary workers and for older folks. That's why homemakers have been serving Red River Cereal at breakfast for so many years. It's so good for every one in the family, and it tastes good too. Wish you'd try Red River yourself.

## SO GOOD! SO GOOD!

Use your left-over turkey or chicken with this extra-special, economical, low-calorie recipe!

**Chicken Mousse**  
1/2 envelope Davis Gelatine 3 eggs, chopped peppers  
1 cup hot water 1/2 cup cream  
1/2 cup minced chicken 1 tsp. salt  
1 tsp. parsley Cayenne pepper

Dissolve gelatine in hot water. Mix together chicken, salt, pieces of peppers, parsley and peppers. Add to dissolved gelatine. Whip cream and mix together. Put in a hot water bath. Chill thoroughly. Unmold on lettuce and garnish with sliced olives. Serves 4.

Remember that DAVIS GELATINE has 6 instead of the usual 4 packages in every box and that it's the high fat-free low-calorie brand!

## COOK'S CORNER

**WHITE CAKE**  
Sift and measure 3 cups cake flour. Add 3 teaspoons baking powder, 1 teaspoon salt and sift to gether three times.  
Cream well 1/2 cup butter. Add gradually 1 1/2 cups sugar, creaming well together.  
To this add the flour mixture alternately with 1 cup milk and 1 teaspoon vanilla. 1/2 teaspoon almond extract.  
Lastly fold in 4 egg whites, stiffly beaten. Bake in a tube pan, in a medium oven about one hour.

## WIFE PRESERVERS

Wipe dresser drawers occasionally with a soapy cloth, rinsing with a damp, clean cloth. The plastic sheeting in the drawers of unpolished wood. It wipes clean easily and makes the wood safe from grime.

## HAPPENINGS

Mr. and Mrs. R. D. Scott of Toronto and Mr. Jack Roup of Roanoke, Virginia, arrived by plane to attend the funeral of their father the late Mr. J. M. Roup.

Dr. and Mrs. O. H. Curtis have entertained recently at several jolly square dancing parties.

Mr. and Mrs. Kenneth A. Parker entertained recently at a Bon Voyage Supper party in honor of Mr. and Mrs. E. S. Chandler who have left on a holiday trip to Bermuda.

Mrs. Sheldon Carson and Mrs. Kenneth Parker leave Sunday to attend a Vacation School Work Shop in Halifax.

Vic Runtz on Tuesday, March 5th, completed his 2,500th cartoon for the Guardian. This is certainly another impressive milestone in Vic's career.

**MARY HAWORTH**  
Day Dreams About Writer

Dear Mary Haworth: Often I sit, and ponder: over yonder is dear Mary, being daily inundated with the trials and tribulations of a cockeyed world (if you will pardon the expression); and it must get irksome to her at times. So what can I do for her? At least a moment or so? Well, here's what!

Do you know, M. Haworth, that I do feel drawn to you like the fish to Isaac Walton, and wonder if we haven't met in some past eon, on some far planet, or was it a star? But a star would have been too hot, wouldn't it?

Be that as it may, I furtively thought the almost impossible to some enchanted isle and bask amid the fringed palms. What say? I am only 83.

**FEELS PRIDE**  
Now, with that off my encumbered mind, I am going to turn quietly (while yet in one piece), to the real purpose of wanting to share with you the enclosed correspondence from one of my children. . . .

Seriously don't you think it is wonderful to have raised a daughter like her? And I have three others. Their mother is now sadly awaiting Gabriel's trumpet. The way I like it, St. Peter in A.D. 68 (was it?) and my Martha departed this life in 1935; and both will waken when Jesus returns. But the interval for both will have been the same, according to Einstein's theory. . . .

Please lift a little prayer that the good Lord may circumscribe and keep me within due bounds. No RSVP to this. Sincerely, L. T. Dear L. T.: Your letter is fun; and I appreciate the privilege of (figuratively) sharing the family visit with your daughter. The For winter recreation they can bowl, curl, skate, play badminton, learn handicrafts, act in plays, read, go to movies or bask before the stone fireplace in the officers' mess.

During the summer they can explore the surrounding tundra and go for boat rides on Hudson Bay, on the Churchill River or nearby Twin Lakes, play tennis, fish for Arctic greyling, pickerel and lake trout, and watch the Eskimos harpooning white whales.

This program has appealed to young women from all corners of Canada, and to young men of the United Kingdom and the United States.

This is not to say that there are no wives at Fort Churchill—or that the wives are less gay and groomed than the single girls.

However, married quarters are at a premium and homes are only available for personnel in "key posts". As far as possible, servicemen selected are either single or have their families with them. Their posting is for three years if their family is with them or one year if they had to leave their wife behind. Single men get two-year postings. Civilians ordinarily sign on for a two year hitch.

D. G. Ketcheson, commander of the base, has Canadian army, navy, air force and civilian employees of the defence research board under his wing, as well as United States army and navy personnel. The population is about 3,000.

**REMOVE HAIR DROPPINGS**  
Remove wax drippings from candlesticks by soaking them under very hot water, then polishing with a soft cloth if drippings are very thick, this will soften them so they can be peeled off.

**ADMIT THEY REFER TO THEIR QUARTERS** as the "last-hope hotel".  
**OTHER REASONS**  
But there are other reasons for being there. Some save money on special northern living allowance. Some say they wanted to see the romantic n. thland. Some say they came to Churchill to escape an overindulgent family or an unwelcome suitor.

Whatever their reasons it does seem to be open season for husband-hunt. And no wonder. The social life at Churchill might well be considered a "gay mad, whirl". There are dances and parties in the military messes. The civilian women eat in the dining room of the officers' mess and have mess privileges there as well. For winter quarters they must dress for dinner each evening.

Churchill women keep the garrison shop fashion buyer hopping. Shopping is limited to this one all-purpose store managed and manned by the regimental institutes. But it seems to serve its purpose well as an outfitting for the girls in low-necked gowns and sleek-fitting daytime wear.

Their living quarters are comfortable. Each room is shared by two girls.  
**PLENTY TO DO**  
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## KEEP IN TRIM

## The Secret Of Restoring Beauty To Throatline

By IDA JEAN KAIN  
Middle age is a wonderful time of life, and most women do not wish to turn back the calendar. But let's face it, the years past 40 could be more beautiful if the muscles on the front of the throat were a bit obliging about hanging on to a firm contour. In the mind of dieters, particularly, there is at least a splinter of worry about the appearance of the throatline.

What can be done about it? Can the throatline be restored to full beauty after 40? Yes, if bracing tone is restored to the supporting muscles. Of course, head carriage is important to the appearance of the throatline. But from middle age on, it takes more than that! Specifically, the measure needed is systematic exercise, and for a definite reason.

In youth the muscles of the throat are round and firm and thus fully support the skin. Result, youth has no lines or wrinkles. As the years fly by, the throat muscles lose elasticity and tone. And so, no longer being fully supported, the skin in that fragile area takes on "that look."

Dieters, note: It is not fat padding that makes for a lovely throatline. . . . the throat of youth is not beautiful because fat is stored there! No, it is muscle tone or lack of it that can make or mar the throatline. And, thin girls, exercise most certainly will not make a thin neck thinner. Exercise normalizes and restores tone to muscles that have deteriorated in strength and elasticity. MORE NEEDED

To be sure, beauty creams help to keep the skin soft and pliable, and astringents and measures which stimulate circulation are all to the good. But bracing tone in the throat muscles is basic to beauty.

Through systematic exercise, tone can be restored to any healthy muscle. Are you game to accept a challenge and take one simple chin bracing exercise night and morning? Set a definite time, and do this faithfully from now until spring!

On awakening in the morning, stretch and yawn to greet the day in a relaxed way. Then slip a flat pillow down under your shoulders, and rest the back of your head on the bed. (Be sure only a flat pillow is used.) The exercise simply to lift your head to shoulder level and hold for a slow count of six. Repeat twice. Do this every morning and every night, but do not look for improvement until spring. The reward of this simple routine will be a spring tonic to your spirits. Are you game to try this toner-upper and report in a letter on the first day of spring? I'll report too!

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**STERLING W.I.**  
The regular monthly meeting of the Sterling W.I. was held at the home of Mrs. Gordon Fyfe on Feb. 12. The president, Mrs. Lea Reid, presided and the meeting was opened by singing "Let me call you Sweetheart," and repeating the creed in unison. Roll call was answered with an exchange of valentines. One new member was welcomed.

**CORNWALL W.I.**  
Mrs. Walter Gregor was hostess to the Cornwall W.I. on Monday evening, Feb. 4th. Meeting opened with "Silver Threads Among the Gold," followed by The Ode and Collect. Roll call was answered by an exchange of Valentines. Minutes of last meeting were read and approved. Treasurer reported \$99.57 on hand.

**HUNTER RIVER**  
The auxiliary of the W.M.S. was held at the home of Mrs. W. I. Bowman on Thursday evening, Feb. 7th. Mrs. C. R. Moase was in charge of the Worship period and opened the meeting with a reading and hymn 73. "Ye who the name of Jesus bear" was sung followed by prayer and Scripture. Eph. 4: 17-32 and 5: 1-20 read by Mrs. Lloyd Carew and Mrs. C. B. Matheson.

**REGULAR GRIND**  
A BARGAIN PRICE TO INVITE YOU TO TRY A REALLY DELICIOUS COFFEE!

**Chase & Sanborn**  
COFFEE OFF regular price!

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## Lenten Specials

OPEN FRI. & SAT. UNTIL 10 P. M.

**GRAVES**  
APPLE JUICE  
20 oz. 2 for 29c

**PILOTT'S DINNER**  
2 for 31c  
**COTTAGE CHEESE**  
25c

**Pilchards**  
Clover Leaf 1 lb. 29c  
**SARDINES**  
Key Wrapped 4 for 49c

**SALT HERRING**  
2 for 25c  
**SMELTS**  
23c lb.

**ICE CREAM CAKE ROLL**  
Reg. 45c  
Only 29c

**AYLMER SOUPS**  
WE HAVE TOMATO VEGETABLE ASPARAGUS CHICKEN NOODLE BEEF BROTH

**GIANT**  
Quick Robin Hood Oats  
5 LB. BAG 55c

**FREE DELIVERY**  
8569  
**AJ. ZAKEM'S**  
THE BEST SHOP TO SHOP BEST!

**Chase & Sanborn**  
COFFEE OFF regular price!

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