WOMEN

KEEP IN TRIM

Direct Your Exercise For Good Measurement Control

By Ida Jean Kain

Pounds are perverse. Willy nilly they pile on the already padded parts. Why? It's the least used muscles which become flabby—and flabby muscles invite fat and more fat. With inactivity, pounds just naturally settle around the waist, spread across the abdomen and over the hips. The tissues of the breasts are susceptible to fatty deposit and the overly large bust is almost always due to overweight.

Dress size is determined not only by your weight but by the figure controlling measurements — bust waist, abdomen, hips. General reducig will bring your weight down. But this may give you the same proportions on a smaller scale. To have a more shapely figure with less weight, direct your exercise to improve your proportions.

To understand the role of exercise in relation to the bust . . . think of the bust as being supported by ligaments and muscles. Although the breasts are glands, they are supported by the powerful pectoral muscles which lie just underneath the breasts, spread fan-wise across the chest, clear to the collar bones, and narrow in a fan handle which inserts in a groove in the upper arm.

The first exercise helps to strengthen the pectoral muscles while stretching the area from waist to wishbone. Here we go . . .

Position: Standing feet apart, girdle muscles pulled snugly up, arms down at sides, shoulders easy.

ALTERNATE ARMS

Movement: With right arm, make wide circles, circling forward, up and around and down. Circle slowly, and pull slim all through the middle measurement, pulling the waist up and away from hips, and the ribs up and out of the waist—stretch and circle. As soon as you hit the slow, easy hythm, you will find it natural to continue with first one arm and then the other, alternating arms. Continue only until pleasantly stretched, 8 to 10 times.

The muscles which bound the waist at the sides also respond to circling. Using the waist as a pivot, hold hips still and circle at the waist with arms arched overhead. Bend sidewards and circle around in front, to the other side and up to position. Do not bend backwards, for that is too strenuous for most. Bend to the other side and circle 5 to 10 times.

To strengthen the abdominals while slimming hips, finish with this exercise:

Position: Lying on left side, head on folded arm, legs straight down.

Movement: Flex right knee smartly to chest, shoot leg straight down, then swing vigorously toward rear. Hold. Hit the rhythm of 1-2-swing, hold! Flex again ad repeat. Change sides and repeat exercise.

By toning the big muscles, these exercises increase energy while trimming measurements.

For Home Entertaining

Mrs. Angus MacEachern models a dazzling outfit just right for home entertaining whether guests come in for television viewing or just for a chat. The slim slacks of velvet with tapered legs are accented with a wide cummerbund of matching velvet and large rhinestone buckle. The blouse of black and white striped satin has three-quarter length sleeves and button front. This was shown at the "Parade of Spring Fashions." Guardian Photo.

ELLEN'S DIARY

Winter Was A Spell

"How are you liking it, Ellen-another winter over your head, another spring almost here?" Was that not the visiting woodpecker's query in code to us yesterday? "And what did you do with the season about spent? Was it a long dreary time?"

On the contrary, to us who love every season for its particular charm, winter was a spell very lovely, here on this farm in the fastness of the millvalley where echoes come in to dwell. Even James who bears his winters in order to have spring, with its fresh clad fields and its seedtime, arrive agrees too that "It's remarkable how fast the time has slipped away." To us it was even more fleeting so full and interesting were its hours. None lagged, none was difficult to fill. . .We look into memory now to find winter was only an odd storm and a calm. It was at first-how winsomely the sight returns!-lighted trees of Christmas in windows and on lawns. And then that scene changed to another: the ice-storm of January, strangely beautiful in its crystal trappings yet leaving us its aftermath of trying concerns, the shadow of it to relieve perhaps, the pure white of the season.

It was snowflakes edging our small windowpanes and drifting down also to rest on the cool quiet fields; it was the glitter and crackle of frost-jewels in the sunlight, the sheer witchery and magic of moon-glow silvering subtly the precious winter-nights.

Yes, fleeting winter was, yet it left us many a memory indeed: a winding road along white fields and bares and men intent on their haulings; the mailman snug in his furs out along the road over the hill to bring in world-news to the farms, and messages from kin and from friends. It was a car-light at the hilltop, and in a nice sequence a door opened and visitors to share a quiet evening with us about our hearthfire.

In an engaging sight, it was a shaggy black dog with mournful eyes saying "au revoir" to a little girl and boy at the gateway on a sparkling morning as the two set out by leigh or from lane's end by truck for school. To us now that we think of it, Winter was just "as a tale that is told". . .a bright corner in memory only.

And what now of our sewing? It progresses by degrees- by a seam sewn and, when the line of it fails to "lie straight between its extreme points" as our "schoolmaister" and text-book taught in the now distant past, the same taken apart and with a sigh and a frown, a more concentrated effort on our part made. It is so difficult to give ndivided attention to cold stitches when beyond the window an icicle of an eave scintillates in the March sunlight and drips. . . and falls, reminding one that beyond every broken band of winter there lies the gold of the dandelions, the warm trills of the birdsong and every new loveliness of spring.

Until tomorrow — — — Diary — Good-night.

ST. STEPHEN'S W.A.

The president Mrs. W.J. Profitt conducted the March meeting of St. Stephen's W.A. at the home of Mrs. Ellis Profitt, Burlington. The devotional period opened with a hymn followed by the Litany for the month, lenten prayers, member's prayer, and Scripture reading from Psalm 119.

Eleven members and two visitors answered roll call with a verse of Scripture containing the word Righteousness. A number of articles and money were handed in for the bale, and it was decided to borrow from the holiday fund in order that the bale may be completed. The president read a report of the Diocesan Board meeting. April 6 was set as a tentative date for a social evening at Irishtown Hall to help defray extra church expenditures, with an auction sale of donated articles for the bale. Committee in charge of program are Mrs. Harry Sudsbury, Mrs. Borden Campbell, Mrs. Leigh Paynter, Mrs. Cecil Campbell, Mrs. Leighton Harrington.

It was suggested that a concert be prepared for the last week in April, Mrs. Borden Campbell to contact Sea View. Others on concert committee are Mrs. Keith Harrington, Mrs. Brenton Cole, Mrs. Harry Sudsbury, Mrs. H.B. MacLeod, Mrs. Cecil Campbell. Committee to report at next meeting.

It was moved, seconded and carried unanimously that materials for a flannelgraph for Sunday School and J.A. work be paid for out of the Hilliday Fund. Collection amounted to $3.05. Mrs. Borden Campbell was in charge of the Study Book: "Who Dares Stand Idle," and dealt with chapter 3-Missionary Problems in an Old Diocese. Mrs. Leigh Paynter conducted a Bible quiz. Meeting closed with a hymn and prayer. Lunch was served by the hostesses for the month, Mrs. E. Profitt and Mrs. Leigh Paynter.

WHEATLEY RIVER W.I.

The March meeting of the Wheatley River W.I. met at the home of Mrs. Harold Buntain on Wednesday, March 7. The meeting was presided over by the president, Mrs. Harold Chandler and opened with the "Ode" followed by the Mary Stewart Collect in unison. The roll call was answered by an Irish Joke. There were 10 members and two visitors present.

The minutes of the previous meeting were read, approved and signed. Red Cross sewing and knitting were passed in. The sick committee reported a treat sent. School committee reported soap, cups and blinds needed for the school. This was left for the teacher to purchase. The following committees were appointed for next month: Sick, Mrs. Harold Buntain and Mrs. Harry Ling; Lunch, Mrs. Alfred Axworthy, Mrs. James Wares and Mrs. Harold Buntain; Program, Mrs. Harold Chandler.

The correspondence was read and dealt with. The collectors were appointed for the Red Cross. It was decided that we make 3 lbs. sugar into candy for the St. Patricks concert, also to write to Eatons and Simpsons for remnants. The next place of meeting was undecided and roll call will beanswered by naming a town in the Maritimes visited. Collection amounted to 86 cents and Institute News subscription 25 cents, Cod Liver Oil Capsules were distributed. The meeting closed with the "Queen" after which a contest was won by Mrs. Harold Chandler and Mrs. Preston Rackham. Lunch was served by the hostess and committee in charge.

UNIONVALE W. I.

The March meeting of Unionvale W. I. was held at the home of Mrs. Clayton Stetson on March 12, 1956, with the president, Mrs. Earle Jelley, presiding. Meeting opened with the Ode and Creed. Roll call was answered by fourteen members with a school memory. Reports of sick and school committees were given.

It was decided that we sponsor a play in the near future and that Mrs. Errol Stetson, Mrs. Gerald Gamble and Mrs. Donald MacKenzie serve in a committee to make plans for same.

Next meeting is to be held at the home of Mrs. Ivan Andrews and new committees are as follows: lunch, Mrs. Ivan Andrews, Mrs. Errol Stetson, and Mrs. Harold MacNeill; sick, Mrs. Harold MacNeill and Mrs. Isaac Harris; school, Mrs. Bruce MacDougall and Mrs. Douglas Cornish; program, Mrs. Clayton Stetson and Mrs. Douglas Cornish. Roll call is to be an exchange of Easter bonnets.

Offering amounted to $3.10. A panel discussion in the form of an immitation radio broadcast was held on the topic "Is This Your School". This was led by Mrs. Sterling Ellis, assisted by Mrs. Earle Jelley, Mrs. Bruce MacDougall and Mrs. Donald MacKenzie. Mr. Earle Jelly, teacher of Grade XI in O'Leary, spoke further on schools and education stressing the part we as parents and W. I. members could play in the business of education.

Mrs. Gerald Gamble and Mrs. Edwin Dignan presented an informative study on the Women's Institutes and training centres in Ceylon. The meeting closed by singing school days. Lunch was served by the hostess and committee in charge and a social hour was enjoyed.

Feminine And Casual

The sweater, always a darling with young careerists and collegians, has taken a decidedly feminine trend this season and is a decided asset to daytime wear. This version is a cardigan with soft, blouse detailing. It has a pretty white inset with a rolled collar, ribbed for texture effect and traced with band ing that ties in a bow at the open neckline. The colors include brown, red, blue, green, and charcoal.

Continued from page 8

HAPPENINGS

ORWELL COVE W.I.

The regular meeting of the Orwell Cove W.I. was held at the home of Mrs. W.E. Morrissey on March 14th. The president presided and the meeting opened by repeating "Creed" in unison. Seven members answered roll call.

The minutes of the previous meeting were read and approved. School committee reported dustbane, etc., was needed for school. Sick committee reported one call. Three "thank you" notes were received. Correspondence was read. It was moved by Mrs. W.E. Morrissey, seconded by Mrs. F.E. Rooney that we donate $5.00 to Red Cross, motion carried. It was decided to hold a card party on April 3rd., with lunches and prizes.

Next place of meeting with Mrs. John MacRae. Roll call each member bring a "get well" or "sympathy card". Mrs. John A. MacLeod and Mrs. Edison MacLean will be on entertainment committee. There will be a "parcel post" sale at this meeting. An interesting program was enjoyed with prizes won by Mrs. W.E. Morrissey and Mrs. John MacRae.

Meeting adjourned. Lunch was served by the hostess, assisted by Mrs. John MacRae during a social hour

MILLCOVE W.I.

The March meeting of Millcove W.I. was held at the home of Mrs. Elmer McQuaid on the fifth with an attendance of twelve members. The meeting opened in the usual manner and the roll call was answered by "Sing, Say, Play or Pay"

The minutes of the last meeting were read and approved. Correspondence was read and discussed. The sick committee gave their reports. All bills were ordered paid and one member paid her membership fee.

It was moved and seconded that in the future sick treats be limited to members and their families. The secretary was asked to buy more cod liver oil capsules. Proceeds from card party amounted to $18.83.

It was moved and seconded that a singing teacher be engaged for the school for the remainder of the term.

New committees appointed are: Sick, Mrs. Louis Bradley and Mrs. Ollie Shreenan; Program, Mrs. Reg Hooper. The next roll call will be answered by an exchange of plants or seeds. Collection amounted to $1.40.

Mrs. Peter Hughes kindly invited the members to her home for the April meeting, meeting closed with the singing of the National Anthem. The hostess then served a delicious supper to all present.

SOURIS WEST W.I.

Ten members of the Souris West Women's Institute met at the home of Mrs. Felix Peters on the evening of March 14.

The meeting opened by repearing the Mary Stewart Collect in unison. Roll call was answered by each member donating an article towards the grocery box.

The secretary read the minutes of the previous meeting which were approved and signed. Reports of the various committees were heard and correspondence read and dealt with. The sick committee reported having visited the sick and taken fruit.

The school committee reported the following articles needed at the school, hand basin, book case, map of Canada and paper towels. Mrs. Henery Peters was appointed to inquire about book-case and map. It was also decided to have the school scrubbed this month.

Mrs. Joe Deveau drew the lucky ticket on the lottery for groceries. The holder of the ticket was Claude Gallant. Proceeds of lottery amounted to $14.50.

Mrs. Henery Peters invited the members to her home for the next meeting. Roll call is to be answered by each member donating an article for bingo.

At the conclusion of the business programme a delicious lunch was served by the hostess assisted by Mrs. Bert Mullally and Mrs. Francis A. White.

HUNTER RIVER W.I.

The regular monthly meeting of the Hunter River Women's Institute met at the home of Mrs. Chester Whitlock on March 5th. The meeting opened by singing "When Irish Eyes are Smiling" followed by repeating Mary Stewart Collect in unison.

The president, Mrs. Allan presided, Mrs. C.H. MacGuigan called the roll which was answered by 22 members and 4 visitors telling of their first school memories.

The minutes were read and approved. A committee was appointed to purchase black-out curtains for school and also to buy bookds. It was moved and seconded to send an Institute entry to the Musical Festival.

The April meeting will be held at the home of Mrs. Frank Bagnall, the committees are as follows: Refreshment committee, Mrs. MacKay, Mrs. Moase and Miss S. Miller; School committee, Mrs. MacKay; Visiting commtitee, Mrs. LePage and Mrs. Bolger.

An interesting talk was given by Mrs. Uldine White, school principal. Both Miss White and Mrs. Haslam of the primary department invited the members to visit the school during Education week. The study of Ceylon was conducted by Mrs. C.H. MacGuigan.

Mrs. C.B. Matheson read a paper on Newfoundland which was followed by films on the same province. Lunch was served by the committee in charge, assisted by hostess. The meeting closed with the National Anthem.

READ'S CORNER W. I.

The February meeting of the Read's Corner Institute was held at the home of Mrs. George Small. Thirteen members and one guest were present. The minutes of the last meeting were read by the secretary. Ten dollars was voted for the March of Dimes.

The sick committee reported making several calls. Mrs. Bob Schurman and Mrs. Eldred Simmons were appointed to the new sick committee. The treasurer reported $112.13 on hand. Next meeting is to be held at the home of Mrs. Bradford Cairns. Lunch committee to be Mrs. Hiram Leeco, Mrs. Wanda Matheson and Mrs. Geo. Read.

WEEKEND SPECIALS AT CUDMORE'S

Strawberry Jam	24 oz. 43c	Queen's Royal Peaches	2 tins 35c
Fraser's Chicken Sandwich Spread	3 tins 29c	Molasses	Qt. 33c
McCormick's Fig Bars	Lb. 29c	Bulk Tea	Lb. 79c
Cake Gum Drops	Lb. 35c	Reg. 40c Size Noxzema	29c
RINSO TIDE CHEER	Large Size Box each 37c	Marven's Molasses COOKIES, 3 doz. box	39c
Shirriffs Vanilla, Orange TAPIOCA PUDDINGS	2 pkgs. 15c	Bright Yellow Halves WALNUTS, ½ lb. bag	39c
Clark's Veg. and Tomato SOUP	Tin 11c	Raspberry JAM, 24 oz.	39c

EACH PACKAGE MAKES 4 PIES 39c BOX

EXTRA SPECIAL
CANADA PACKERS
Maple Leaf Smoked PICNIC HAMS, lb. 39c
Devon SLICED BACON, lb. 45c

Large GRAPEFRUIT	4 for 29c	Burford PEARS, 2 tins	33c
First Grade CREAMERY BUTTER	2 Lbs. 1.25	Heinz SPAGHETTI, 2 for	15 oz. tin 35c
Clark's PORK & BEANS, 2 for	20 oz. tin 39c	Cloverleaf Fancy Pink SALMON, ½ lb. tin	29c
MARMALADE	24 oz. jar 33c	Lynn Valley PEAS, 2 tins	25c

1 ELM AVE. FREE DELIVERY C.O.D. ORDERS ACCEPTED DIAL 3813

Moore & McLeod Ltd.

OFFER SPRING STYLES FOR THE YOUNGER FRY

Just as the Ladies' and Men's Departments cater to Mom and Dad so does the Children's Department meet the needs of young Prince Edward Islanders . . . Fashion-wise as the oldsters watch their eyes light up when you outfit them for Spring at MOORE & McLEOD LTD.

FOR THE LITTLE GIRL ---
* ACCESSORIES * BLOUSES
* SHIRTS * DRESSES
* COATS * SWEATERS

FOR THE LITTLE MAN ---
* SHIRTS * JACKETS
* COATS * SWEATERS
* PANTS * TIES

SEE THE WONDERFUL SPRING FASHIONS FOR THE YOUNG AT

MOORE & McLEOD Limited