

WOMEN

Page 8, The Guardian Monday, Nov. 7, 1955

KEEP IN TRIM

Jolt Stubborn Pounds

By Ida Jean Kahn

"I'm ready to give up," writes a discouraged overweight who finds reducing terribly slow going. To continue her letter...

"I'm short and seem to gain on 1200 calories a day. Could this be possible, or is it my old scales? The pointer seems stuck at 167. In May, I weighed 167. In August 160. Not an ounce off since. My blood pressure is high and I must lose. I crave milk but use little. Could I eat a piece of cake if I count the calories? My husband can eat and does not gain. Ah, me. I need help!"

If those discouraging words echo your own gloomy feelings, tune in. First off, I would like to suggest these emergency measures to jolt the pounds into moving. Pare the diet down to the essentials: use extra protein to stimulate metabolism; and have the main meal in the middle of the day so the advantage of the extra heat produced is extended over a longer number of hours. To help counteract the tendency of the body to store water, use no salt for 2 days only.

Breakfast should include one whole orange or half grapefruit, a choice of one egg served on a thin slice of high protein bread (no butter) or one serving of hot cereal with one cup of skim milk; black coffee or tea with a non-nutritive sweetener if desired.

The noon meal should include hot soup made with a cup of skim milk. Also have a large meat pat. 5 ounces, ground round steak.

Ask to have the fat removed before the meat is ground. This patie should be broiled. No salt. For something crisp, have celery and radishes.

For the evening meal, have clear bouillon and a broiled cube steak, 1/2 pound, with sliced tomatoes. Follow this pattern for two days and, for that limited time only, omit salt. This should result in a 2 to 4 pound loss. After that, keep the menus pared to the essentials: an egg; one pint skim milk or buttermilk; 6 ounces of lean meat, fish or chicken; one green vegetable; one other vegetable; a raw vegetable salad with low calorie dressings; a citrus fruit or juice plus 1 or 2 other fruits.

About cake which this overweight particularly enjoys... sponge cake or angel food cake may be eaten occasionally. One 2 inch slice of angel food cake, unfrosted, contains 100 calories, as contrasted with a 2 inch serving of layer cake for about 350 calories.

Once the pointer on the scales is jolted below the mark at which it appears hope stuck, you can apply the science of nutrition with fresh enthusiasm.

Add a stretch, bend and swing routine for a few minutes daily. Exercise stimulates circulation and helps you feel fit. In case of high blood pressure, talk with your doctor about exercise. He may advise a daily walk. That, too, is wonderfully invigorating. You can budget those stubborn pounds!

ELEANOR ROSS

Placed For Best Sound

Now that suites of furniture are more or less out of fashion there's no definite rule about placing chairs, tables or sofas. Furthermore, it's fun to move the pieces around like pawns on a chessboard in order to play a winning game of decorating. But when it comes to sound-producing equipment, that's another matter.

In order to get the utmost in quality of tone and sound, there are certain rules about placing a piano, radio or television that should be observed. Experts have worked out these rules and they do not vary.

PAPERED OR PLAIN WALLS

Record players work best when placed in a corner against papered or painted - not draped - walls. Drapery can be used on the wall directly opposite the player. The plain surfaced wall will cause the sound to "bounce" back into the room giving it its full quality while the drapery - which should be of a closely woven fabric - on the opposite wall will help keep it within the room.

The floor should be covered. Wood "carries" base tones and may amplify them many times. A thick

TO PROTECT A PIANO

A fine piano should be placed so as to avoid temperature changes as much as possible, which means that it should be kept away from air conditioners, radiators and windows. An inside wall is best.

As for that new indispensable, the television set, it usually should not be placed near a window for the contrast of intense light adjacent to a darkened wall makes viewing more difficult.

The room should not be artificially darkened during the day. At night, the light should be softly diffused and placed behind the viewers. Experts say that no matter



MARY HAWORTH'S MAIL

Married Man Interested In Another's Wife

DEAR MARY HAWORTH: Two married people, not married to each other, are mutually attracted by a sort of romantic magnetism. They live in a small community where they can't get psychiatric help - nor would they seek it, for fear of embarrassment. Moreover, they aren't entirely dissatisfied with their present mates.

They have decided definitely that they intend to stay married - as children, finances and lack of legal grounds makes divorce impossible. But they must somehow get rid of the mutual attraction for the sake of all affected. So will you please write an answer, explaining what any competent psychiatrist would tell them - bearing in mind that they positively won't consult any such expert themselves.

For your information, there's no point recommending "hard work" as a means of forgetting. Both are hard working as is - though naturally they have some spare moments, in which temptation grips them. What they most need, I am sure, is advice on "demeaning", plus advice on how to resume normal companionship with their respective spouses - for whom they have the greatest regard.

EXISTS IN MIND

May I also explain, there is no use advising these two to live paths apart from each other. They normally meet fairly frequently in routine support of social and civic obligations, in company of others. And it is economically unfeasible for them to seek employment in other communities.

P.S. Not all their kin recognize the situation, hence the need for utmost secrecy, in trying to find a solution. There has been no affair. The problem exists mainly in the minds of the principals, and can't be solved merely by actions - which might reveal the situation to others in the family and cause further rift and/or complications. G.Y.

WRITER STEELED

DEAR G.Y.: The narrowness of your life, and the unlikelihood of a change in your circumstances (all things considered), probably has much to do with your mental adventuring, as it were, in the field of forbidden but imagined experience.

It is problematic whether the party of the second part feels as you do. But in any case, you recognize that the romantic magnetism, so called isn't love that is why you have no intention of jumping the traces to pursue temptation.

You, the writer of this letter, are an exceptionally self-enclosed, emotionally defensive, uncommunicative character. I think - a person who is steeled against warm-hearted trustful self-giving or self-revelation. Hence you have a rather cheerless time of it, psychologically, in duty relationships. And consequently, you are peculiar.

RECENT NUPTIALS

A floor-length gown of net over nylon fashioned with a lace bodice was chosen by Miss Antoinette Maddix, St. Gilbert, on October 22, when she became the bride of Mr. Henry Bernard, St. Philip, at Egmont Bay Church at 9 a.m. A bridal train of sequins and pearls held her chapel veil and she carried a bouquet of American beauty roses with green fern.

The bride is the daughter of Mr. and Mrs. Wiliam Maddix, St. Gilbert, and the groom's parents are Mr. and Mrs. Emilien Bernard, St. Philip. Mr. Maddix gave his daughter in marriage.

Rev. Eric Cormier, Moncton, N. B. officiated at the ceremony and Mrs. Leo Gallant, Wellington, was organist.

The maid of honor, Miss Louise Bernard, chose a floor-length gown of lime green styled with net over taffeta. She carried a nosegay of yellow mums.

Mr. Leo Maddix was best man. The wedding breakfast for 55 guests was served at Richard's Inn Wellington, and a reception for 150 guests was held at the home of Mr. and Mrs. Emilien Bernard, which was decorated with pink and white streamers and wedding bells.

For travelling, the bride donned a charcoal black suit with matching accessories and topped by a light grey fur jacket.

what the size of the set is, seating should be eight to ten feet away from the screen.

And despite the trend to lower the position of the screen, engineers of the network stations still favor placing a set on a table or chest twenty inches high. The same rules that apply to a record player and radio should also apply to television.

COOK'S CORNER



CHILI CON CARNE

- 1 lb hamburger
 - 1 medium onion
 - 1 can tomato soup
 - 1/2 can water
 - 1 tin kidney beans
 - 1 tsp. chili powder
 - Salt to taste
- Simmer for two hours.

ELLEN'S DIARY

By An Island Farmer's Wife

Damp pensive-faced pansies, we picked this morning in one of the last bouquets of the year. We tucked it too, a browning sprig of southernwood pieces of alyssum and twigs of snowberry, the white fruit of the latter turning thoughts to days that are to come. And while any of our concerns of the moment were so small as to be inconsequential in our own or in the lives of others, across the sea a Prince of the Realm was making her lone way through the Vale of Indecision over a matter about which there was neither rote nor rule to go by, because it was an affair of the heart. And of so much consequence that a whole world waited breathlessly for her to make a choice. And like others of the sisterhood of women, doomed to it ever since

time began all alone, she must "keep these things and ponder them in her heart."

Should she, the world wondered, follow the promptings of that heart and consider "the world for love well lost?" Or would she, as one of a line to whom a vast Commonwealth of nations looks for worthy example at all times and in every situation and circumstance, sacrifice a share of her personal happiness for others' weal?

If a daughter of a farm were nonplussed over a situation somewhat similar what council would or could another woman give her? None! Only kindly sympathy and prayers, trusting that in some way, direct or roundabout as it might be, whatever the decision she should make, it would work together for good to herself and those most concerned.

And later when the tidings of her decision came to ours - and millions of the homes of her people this afternoon, words out of history came to mind: "It is the Lord's doing - and marvelous in our eyes."

So this was "the Lord's doing." And some day, all in good time it will be, the story of Britain's petite ("She's so small and sweet" one who has seen and spoken with her says) and charming Princess Margaret's romance with a handsome, love-ending, in which her people to the last one may affectionately and proudly join. It will run like this: "Then while the Commonwealth and nations world-over rejoiced with her in her great happiness, the Princess Margaret and her Prince Charming were wed in a fine ceremony in an ancient and historic Church of the realm, and he took her home to his castle where they both lived happily ever after."

A day out of the usual it has been on this farm. Somewhere along his paths this afternoon, Mack, little lad of the house across the lane lost a first tooth, to leave an intriguing gap in a young smile. To leave too a little un-smile over the thought that if one has nothing to sell to the night-fairy who looks under pillows to take away such lost pearls, there can be nothing to gain for the loss! Today too, brought home his first report card from school, a document of no small notice to him and the family.

"Here it is - and here are your glasses!" he hurried his Grandfather to read it this evening.

"Well, well!" James smiled drawing the lad to his knee there in the old armchair. "Did I ever think you'd be so grown-up as to be bringing home one of these! Let's look it over and see what it says."

And another day - one of much moment world-over, and to a little boy of this farm, now goes silently away.

Until tomorrow - Diary - Good-night. . . .

It is interesting to observe how you, with compulsive rigor, declare that psychiatric help is positively out of the question. This back-to-the-wall attitude is to be expected when a chronic neurotic, getting further mixed-up, finally signals for aid - and hopes to get it without ever dropping his problem-making armor.

In the city through which you write, there is a mental hygiene clinic, affiliated with a leading hospital, that might give you good guidance in getting emotionally clarified and integrated. M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

Words Of The Wise
Nine-tenths of wisdom is being wise in time.
—(Theodore Roosevelt)

MORNING SMILE

"After you were held up, did you call the police?"
"Yes, Your Worship. Everything I could think of."

Words Of The Wise

Nine-tenths of wisdom is being wise in time.
—(Theodore Roosevelt)

ANNE ADAMS PATTERNS

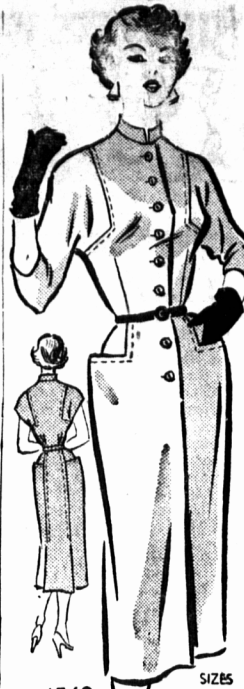
SHAPELY SHEATH

With this shapely sheath in your wardrobe, you'll never have another "what-to-wear!" worry! It's so versatile, smart, new-looking! Note the easy squared armhole squared hip pockets. Sew this NOW in faille, wool jersey, or winter cotton - you'll love it!

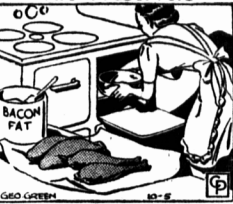
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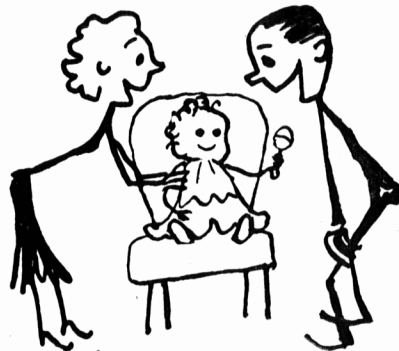


If you use a heat-proof glass casserole to bake chicken - whole, cut up, fresh or frozen - put some bacon fat, butter or margarine into the pan first and heat it in the oven. Put the chicken in, sprinkle with salt, pepper and dot with bits of the fat, and bake until tender and brown.

4560

by Anne Adams

SIZES 12-20: 40



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