

# WOMEN

Page 8 The Guardian Wednesday, January 12, 1955  
KEEP IN TRIM

## Inspiration For Slimming

FOR A BETTER SHAPE — STRETCH AND BEND

In picturing yourself at beautiful normal weight, visualize your figure slim and shapely. "I look like a sack — 5' 3", 150 pounds. I'd like a better shape," writes one overweight. Another, "I'm a dumpy 165 pounds."

Here's encouragement from a model reducer who exercised daily and slimmed off 28 inches with a loss of 30 pounds! Reducing from 172 to 142 for 5' 5", here are her



For a shapely, willowy waist.

measurement changes: Bust 40 to 35, waist from 33 to 28, stomach from 44 to 36, hips from 43 to 37, thighs from 25 to 21 3-4. "Tell your disheartened women it can be done!"

Where to begin? In the middle. Ease through slow, smooth stretch-bends. Hold each movement, and once is enough for each exercise.

Position: From a lying down position, on back on floor, left knee bent, sole of foot flat on floor, left arm down at side. Have right leg straight down on floor, right arm stretched up on floor beyond head.

Movement: Contract with abdominal muscles and pull small bit of back against floor. Now raise right leg 12" from floor and hold. S-t-r-e-t-c-h, pushing down with right toes, stretching up with right fingers — p-u-l-l. Breathe naturally. Hold to slow word count of 7 — trim, streamlined — strong, elastic middle muscles. In a held stretch, muscles act against one another. Now bend right knee and s-t-r-e-t-c-h along left side, holding for the word count. Ease into a side-bend . . .

Position: Stand on knees, then sit back on heels and pull up strongly with middle muscles. Have arms out at sides, shoulder level.

Movement: Bend slowly and smoothly sideways, aiming to touch fingers to floor at right side . . . don't strain. Hold to a slow word count: Slim — lithe — limber; shapely willowy waist . . . hold. That's what you want, say the words, hold the movements and visualize a slim, shapely waist. Then bend to left side. A prolonged stretch bend is beautifully toning.

Choice Diet Tomorrow's Menu  
Breakfast 200 — 275 Calories  
Citrus Fruit Juice 5 oz.  
Choice of:  
1 or 2 eggs — thin slice toast  
Butter, 1-2 pat  
Or: Toasted flakes, 3-4 cup  
Whole milk 1-2 cup, Sugar 1 tsp.  
Black coffee

Note: If black coffee makes you want to snap at your husband, add 1 Tbsp. cream, 30 calories. Sweeten with saccharine, Sugarine or Sucaryl.

Luncheon 350 Calories  
Hot Vegetable Soup — 1 cup  
Choice of: Swiss Cheese on rye lettuce and mustard  
or Grilled cube steak on Thin slice bread  
Small serving Fruit — Hot Tea  
LATE AFTERNOON ENERGY PICK-UP: Glass Skim or Buttermilk — 80

Dinner 420 Calories  
Protein Mixed Grill, liver, lamb chop  
Choice of: Strip lean bacon 250 Or: Frankfurters 2 Or: Broiled Mackerel lemon 200 calories  
Choose one 100 calorie vegetable  
Baked potato (medium) corn or lima beans 1-2 cup  
or Baked squash in shell — generous wedge  
Butter, 1-2 tsp.  
Combination Green Salad — special dressing  
Coffee only  
Total Calories for Day — 1050 to 1120

## Dianne Phillips Wed To John Donald Large

The wedding took place in Trinity United Church, Charlottetown, P. E. I. on December 31st, 1954, of Miss Dianne Phillips, daughter of Mr. and Mrs. Harry E. Phillips of Charlottetown to Midshipman John Donald Large, R. C. N., son of Mr. Marlon L. Large and the late John Newton Large, Charlottetown, P. E. I. The ceremony was performed by Rev. Mr. Frank MacLean.

The bride, given in marriage by her father, looked charming in a gown of coral silk velvet, ballerina-length, with matching headpiece and carried a cascade of white carnations.

Miss Joan Large, sister of the groom, was maid of honor and Miss Ann Phillips, cousin of the bride, was bridesmaid. Both wore jade green silk velvet gowns, ballerina-length, with matching headpiece and carried nosegays of yellow mums. Miss Wendy Phillips was flower girl and wore a forest green silk velvet dress with iridescent trimmings and matching headband. She carried a nosegay of pink carnations.

Midshipman Brian Elson, R.C.N., was groomsman and the ushers were Midshipmen R. T. Wilson, R. G. Campbell, J. J. Harwood and D. F. Bowie, all of the R. C. N.

"The Lord's Prayer" was rendered by Miss Maida Rogerson before the service and during the signing of the register, Miss Rogerson sang, "Because."

The bride's mother wore a two-piece dress of beige corded silk with rhinestone and pearl trimmings and brown accessories and a corsage of bronze poms. The groom's mother wore a gown of navy blue tulle with brocaded bluish pink trimmings and a bridesmaid hat of the same shade. She wore a corsage of pink delight roses.

The reception was held in the lounge of the Charlottetown Hotel where approximately 100 guests were received. The bride's table was centered with a two-tier wedding cake which was cut in the traditional manner by the groom's sword. Friends of the bride, Misses Anne Hunter, Phyllis Clarke, Jean Campbell, Priscilla Griffiths, Marion Stretch, Ann Bell and Elizabeth Atkinson assisted in serving. During the reception music was supplied by Mr. Don Hill.

For going away the bride wore a beige two-toned suit with gold colored accessories and brown moulton coat and a corsage of yellow mums. The groom's gift to the bride was a pair of matched Spanish luggage.

Midshipman and Mrs. Large are residing in Halifax, where Midshipman Large has been posted to H. M. C. S. Magnificent.

Out-of-town guests were: Midshipman E. R. A. Gullwick, of H. M. S. Alouquin, Mrs. Clifford MacGuigan and daughter, Elleen, Miss Marion Stretch, Miss Jeannie Campbell, Mr. and Mrs. West MacDonald, Mr. and Mrs. Perley Taylor, Mr. and Mrs. Millar MacPherson and Mr. and Mrs. John A. Smethurst.

## MARY HAWORTH'S MAIL

### Husband can't Decide Between His Wife And His Sweetheart

DEAR MARY HAWORTH: I am a grandfather, 60, with three children and six grandchildren none by my present wife Sara. We are of different faiths, and when we married 17 years ago we agreed not to ask each other to change. Some years I began to wish for someone to go with (or take) to church.

Then about six years ago I met Ruth, 16 years my junior, and I fell in love with her and saw her frequently. My wife learned of this and we separated four years ago the separation agreement costing me \$8,000.

Last June I thought I was ready to give up Ruth and return to my wife. I had an out-of-state divorce decree that lacked one day of being final, that my wife stopped when we reconciled (in a platonic way). But I haven't been able to give up Ruth. It seems I am ashamed to say that I don't know what I want. But one thing is certain — I am always happier with Ruth than with my wife.

### He Can Hardly Live With Self

Certain questions worry me to the point where I can hardly live with myself, or sleep nights. Is she after security? Had the divorce gone through, it would have cost me another \$8,000 in payments, in response to her demands. She is 49, in good health, makes about \$3,000 a year and owns a good car and a houseful of furniture and labor-saving devices. Weren't her divorce terms exorbitant?

2. Is it the lesser of two evils to drop Ruth after taking six years of her time? She knew from the start I was married, though not happily. I am sure as a person can be that I would be happy with her. I have talked eight or 10 lawyers and different faiths and only one ventured to counsel me. One advised divorce; the other said the choice I made would be right, inasmuch as I've prayed over the problem for years.

Why my wife wants to live with a man who doesn't love her unless it be for security, is beyond me. I don't intend to do anything for the time, and I will appreciate your views to guide me. E. S.

### Wife Manifests Real Attachment

DEAR E. S.: As for your wife's motives, she probably cares for you incurably, else she wouldn't cling so tenaciously, making you pay so dearly for your attempts to separate from her. Divorce her in the circumstances, she would be more politic than downright greedy. She may believe the best way to hold you is to lessen your financial appeal for other women, including Ruth.

Then, too, she probably figures that a bird-in-hand is worth two in the bush, and besides, she may aim to prove that no other woman can take her man away from her — and make it stick. Likely she is digging at Ruth indirectly, in taking you back, though aware of your conviction that you don't love her.

Is the lesser of two evils to quit your girl friend? The question is rather beside the point of your basic problem — which has to do with your emotional instability. Even you are beginning to realize, at long last, that it isn't the woman in your life, but your own unheroic character, that keeps you unfaithful. That's why you don't know which way to jump at present.

### Weakness Turns Him To His Wife

You say you are always happier with Ruth than with your wife, and although this may signify natural congeniality, it is equally possible that Ruth's outsider status in the circumstances keeps her ever eager to please you on your terms. If she felt securely entrenched as a wife, she might reveal a different face, a more difficult personality, the exasperated real self she can't express now.

The fact that you've coasted back to your wife after a six-year fling suggests weakness on your part, and a prodigal son kind of yearning to relate yourself anew to strength and respectability. Evidently your wife symbolizes these sterling qualities, to your way of thinking — in contrast, Ruth, who is more like yourself, in your opinion. If you were stronger man, you'd probably choose Ruth and be happy. But being a weakling, you lean reluctantly towards your unloved wife for a sense of certitude in life, it seems. M. H.

### GREAT RIVER

The Congo river, one of Africa's great waterways, was discovered by Portuguese navigators in 1482.

Use large needles, heavy knitting worsted — and watch the inches g-t-o-w: Easy to knit in a small pattern stitch. Toss this toast-warm shrug over everything!

Knitting Pattern 7099: Easy shrug! Misses' Sizes 32-34; 36-38 all included in pattern.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 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, irresistible — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — right NOW! You'll want to order every wonderful design in it!



## Teaches For U N

Miss Patricia Desjardins of St. Boniface, Man., has a job with an international flavor. She carries a Canadian passport but it is stamped United Nations. Her native tongue is French but she speaks Spanish or English most of the time in her job as expert in psychiatric social welfare in Panama for the technical assistance administration of the United Nations.—(CP Photo).

## Her Husband Prepares An Anniversary Meal

By IDA BAILEY ALLEN

"We just had the loveliest dinner. Mother! I must tell you about it."

It was daughter Ruth Allen Castelli on the phone.

Family Tradition

"Alberto prepared it all! It's a tradition with us. He cooked the dinner the day we became engaged, and now he prepares it for every wedding anniversary. I was sternly ordered out of the kitchen at 5 o'clock—even had to fix a picnic supper for the youngsters in the living room! At 8 when they were in bed, Alberto threw open the door: 'Madame, dinner is served.'

"The table looked lovely; red candles in wrought iron holders, a bed of scarlet carnations massed in a low bowl, my best cream white doilies with the red applique and red napkins, and the first course in place."

WEDDING ANNIVERSARY DINNER

Tomato Hors D'Oeuvre Salads  
Fillet Mignon Mushroom Sauce  
Buttered Asparagus Tips  
Dinner Rolls  
Fresh Strawberries  
Whipped Cream  
Coffee

"There were some oddments of smoked tongue in the refrigerator," Ruth continued, "so for the tomato salad stuffing Alberto chopped this with celery, added a few capers and some of my peppered-up mayonnaise."

"What's that?" I asked.

"I buy a quart of commercial mayonnaise at a time. To personalise it."

## MORNING SMILE

"Yes, Ma'am," said a sailor, relating his experiences to an old lady. "I was torpedoed in the Atlantic and lived for a week on a tin of sardines."

"Dear me," exclaimed the old lady. "Weren't you afraid of falling off?"

## ALICE BROOKS DESIGNS

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## HOUSEHOLD HINT

Electric cord plugs should be handled with care. Don't hit them against hard objects. Don't yank the cord, kink or twist it sharply, or knock it. Never let the cord touch hot surfaces, and don't let it get wet. Never handle a wet electric cord except with a thick pad or dry cloth or a pair of rubber gloves.

## Sometimes a Person Has To Much Blood

While some persons don't have enough blood and are anemic, others actually have too much blood. This condition, called polycythemia, is, of course, exactly opposite from that of anemia. In this case, the number of red cells varies from six million to ten million per cubic millimeter of blood. The normal count should be five million. The blood volume is increased, too.

This disorder comes on gradually, and may last from 10 to 20 years.

First Symptoms

The first symptoms are headaches, weakness, dizziness and pain in the abdomen. The blood frequently hemorrhages into the skin and lining membrane of the mouth. The skin has a deep red flush.

A doctor probably will find that the spleen in the upper left part of the abdomen is enlarged. Often the heart will be dilated.

## Affects Older People

Usually this condition occurs in middle and later life. It affects twice as many men as women. It is more frequent among Jewish people than among others, and only rarely occurs in Negroes.

While the cause is not known, efficient treatment is. Early discovery of the condition and prompt treatment are important.

One way to aid the sufferer from this condition is to remove a quantity of blood from a vein every month or two.

X-ray treatments have halted the course of the disease for two years or longer. Radioactive phosphorus, injected into the veins, usually checks the condition for periods ranging from six months to five years.

## Iron Is Poison

Now, while iron is important to one suffering from anemia, as I pointed out yesterday, it is a virtual poison to a person with polycythemia.

If a person has too much blood, his doctor probably will recommend an iron-poor diet. He probably will have to eliminate red meats, glandular meats such as liver and giblets, certain vegetables such as spinach and beets, some of the dried fruits, among them prunes, figs and raisins.

## Proper Foods

The following foods have a low iron content and probably will be all right:

Milk, cream, butter, cheese, egg white, white bread (not enriched), barley flour, fats, wheateas, white or wild rice, halibut steak, dried cod and haddock fillet.

All canned or fresh fruits except dates, prunes and loganberries. All fruit juices except prune juice.

Asparagus, corn, celery, lettuce, mushrooms, artichokes, cabbage, potatoes, sweet potatoes, onions, cucumbers, squash, turnips, rutabagas, and eggplant.

## QUESTION AND ANSWER

H. E.: Are hair removers dangerous in any way? Is there any way to remove superfluous hair outside of electrolysis?

Answer: Hair removers properly employed are not dangerous. Some of them may be irritating to the skin. The only known method of removing hair permanently is by electrolysis.

## Wife Preservers

Do not cut large peeled potatoes in pieces until just before they are to be cooked. If cut potatoes are kept for some time, they will lose important food substances.

## Plenty of Butter

"The filet mignon was pan-cooked with plenty of butter. It was served with a mushroom sauce made with the pan juices as a basis."

Continued on page 10

## Pepped-Up Mayonnaise

To 1 qt. commercial mayonnaise, add finely crushed peeled section garlic, 1 tbs. Worcestershire sauce, 2 tbs. lemon juice and 3 shakes tabasco.

## Wife Preservers

"This was a no-good day," Mack youngest grandson of ours offered gravely this evening when he came by, the dog with him, both powdered with the snow they had picked up in prowling through the new drifts in the yards.

"A no-good day?" we queried.

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## ELLEN'S DIARY

by an Island Farmer's Wife

"Yes—that's what stormy days are," he returned. "But," he brightened, "isn't snowing now? Do you know what I felt on my face a minute ago? Raindrops! That will settle the snow. Tomorrow will be better."

So today's gusty storm is now apparently about spent.

"What goes into the making of a bowl of gruel?" James asks, putting a stick on the fire. "As I recall it, there was a nice appetite about it Ellen . . . nutmeg it was, I believe. Seems like in memory gruel went well on just such a night as this."

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

## Bringing Up Baby

Hints Collected by Mrs. Helen Barber (Mother of 5)

Ever wonder why baby puts most everything he can manage into that sweet, rose-bud mouth? The experts tell us that the mouth is baby's "first great teacher." With it, he gets the first taste of one of the great pleasures of life: comforting food. Next, "mouthing" teaches baby texture and shape. When little teeth make their debut, gnawing is the first step in learning how to chew!

## Safety First

You'll feel easier if you keep baby's horizon clear of all easy-to-swallow objects. Pliable, washable toys, small enough to chew (but too big to swallow), help keep baby "mouth happy."

## Strengthening subject

Meat, as you probably know, is one of the best-known sources of the complete proteins so vital to growth and the development of all body structures. All Gerber's Meats for babies . . . both Strained and Junior, are rich in strength-giving proteins. Made from selected savory cuts, they're specially processed for minimum fat and fiber . . . are easy as milk to digest. All 100% meat with just enough broth to give the pleasant texture and flavor babies like. 6 Strained Meats, 3 Junior Meats for short cut to longer life for little clothes. An ingenious mother writes: "When Barbara outgrows her dresses, I snip 'em off slightly and use them for blouses under little jumpers. They're charming."

## Vitamin C . . . easy as 1-2-3.

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## ANNE ADAMS PATTERNS

FOR HALF-SIZERS

Half-sizers! Be well-dressed every day with a separate wardrobe! Proportioned for the shorter-waisted, fuller figure — no alternation problems! Whip this up with ease—have weskit and skirt match, blouse in contrast.

Pattern 4877: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½; weskit and skirt, 2½ yards 34-inch, blouse 1½ yards 34-inch. 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.

## HERE'S ANSWER TO COUGHS OF COLDS PROBLEM!

Here is a new, pleasant cough medicine — Vicks Medi-Trating Cough Syrup. It's different! A combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries the medicine to irritated crevices of the throat, where the medicating ingredient can go right to work.

That's why it's named Vicks Medi-Trating Cough Syrup. It medicates as it penetrates.

VICKS MEDI-TRATING COUGH SYRUP  
It Medicates as it Penetrates

## How to speed up your reading

To get ahead in a job — or land one — the ability to read quickly can spell the difference between success and failure. Yet most of us are poor readers.

January Reader's Digest reveals the bad reading habits that cost you time, money — even a better job; offers simple suggestions to help break them. Get January Reader's Digest today: 37 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

## WINTER COATS

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## "THE GLORIA" "WHERE SMARTER WOMEN SHOP"

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