



"QUEEN OF SECRETARIES"

Like most secretaries, Sheila Ward of Montreal could write a book about her boss. Instead, she condensed his vices and virtues into a 200-word essay which won her the title of "Queen of Secretaries in Canada, the U.S. and Mexico."

LET'S EAT

Cook Dry Beans Ahead For Many Quick Dishes

By IDA BAILE YALLEN
"Nothing makes getting meals easier than preparing foods in advance," I remarked. "I do not mean enough for just one menu, but sufficient food to serve for several meals. Unless frozen, these should be foods that keep well under refrigeration such as pot roast of beef, boiled brisket or tongue, potatoes, cereal such as oatmeal, fruit sauces, salad dressings, tomato aspic and so forth."

By planning ahead, an appetizing summertime dinner can be quickly turned out with just a little cooking.
"Dry beans are a good basic food to cook in quantity, madame," observed the chef. "You see various kinds lined up on the market shelves, including the dried peas and lentils we use in France. They can be used in making appetizing and inexpensive dishes."

"One plain cooked," he continued, "the beans can be made into quick casseroles, chili con carne, succotash or into a ragout of lamb or duck, as in France."

SUBSTANTIAL SALADS

"Lentils, red kidney beans or lima beans combined with raw or cooked vegetables make excellent substantial salads; and well-seasoned green pea puree, applied with a pastry-tube, adds a touch of color as a border-garnish to a casserole of chicken and mushrooms in cream sauce."

SHORTER SKIRTS

But last week Simonetta, Fabiani, Capucci, and Mingolini-Gugenheim showed us that if you follow the Italian line—which is almost certainly anticipating the new Paris line—then your skirt will be short—just below the knee—and will be slim for day, full or balloon-shaped later. Your jackets will be hop-length and double-breasted with a rather flat-chested look in front and dipping at the back with a slight fullness.



TAILORED COTTON

Fine cottons simply but effectively handled along softened elastic lines, always do well and especially in summer when the unbuttoned look is at its best. The unbuttoned dress a pleasant dress, if

Rounded Cup, Slender Stem Describes Style

NEW YORK (AP) — Maurice Rentner glories the chalice silhouette for fall—the rounded cup above a slender stem—and uses it with telling effect in suits, costumes and evening dresses.
Although he shows a large and opulent collection of fur-laden coats and suits, with such things as ermine sailor collars and leopard accents, there is no doubt where the headlines of the Rentner collection belong.
These must go to the strictly fabulous evening gowns, in which countless rows of nylon tulle ruching contrast with smooth satin with the effect of whipped cream frothing over the top of a glass goblet.

In one evening gown a white satin tunic top is superimposed on a bell-shaped skirt made entirely of a half-mile of narrow white net ruffles, which look like down. In another, an underskirt of black tulle rushing burst unexpectedly from the back of a plain satin tunic skirt. Prices of these confections naturally are in the upper brackets.

OPULENT LITTLE SUITS

The Hattie Carnegie collection, carried on in the tradition of the late, famed designer, goes in for opulent little "Carnegie suits" in rich plaid woolsens as soft as down and as carefully shaped as a Greek statue, always with the identifying feminine touches.
Oleg Cassini, the irreverent Canadian of the fashion industry, shows a collection typically designed to glorify the female form divine and presented with such provocative titles such as: "America's natural resources" (a chiffon dress with a harem skirt); "I'm all shook up" (a black mesh dress over nude chiffon, with peekaboo front of swag fringe); "false front" (black jersey shirt dress); "this is a holdup" (black velvet halter sheath).

Top Wren Will Retire

OTTAWA (CP) — Cmdr. Isabel Janet Macneil (O.B.E. and R.C.N.) and only woman to hold an RCN command, retires July 31.
Cmdr. Macneil, a native of Halifax, trained Canada's Wrens in the Second World War and re-entered the navy in 1954 to help establish Wrens on a permanent service basis.

Lt.-Cmdr. Jean Crawford-Smith of Toronto succeeds Cmdr. Macneil as Wrens staff officer on the staff of the chief of naval personnel at Ottawa.
Cmdr. Macneil said in an interview that she plans to return to Halifax, for a rest, but has no other definite plans at the moment.

Fur Collars And Cuffs Featured

By JENNY NICHOLSON
ROME (Reuters) — Important Italian designers have decreed the new line for next autumn in the current fashion showing which is being held in Florence.
The lesser Italian designers agreed earlier that next autumn and winter the well-dressed woman would be wearing brown and dark green and black in the day, almost exclusively black for cocktails, and breaking gently into pale blue and white and yellow in the late evening. They also agreed that the latest materials will be thick tweed with fur collars and cuffs and, for the afternoon and evening, velvet, taffeta and crepe. With an eye on the wholesale market, they presented restrained wearable collections adapted from the lines of other seasons.

ELLEN'S DIARY

Friend Sparrow Has The Right Evaluations
"This can't be Thursday," one of the farmers said with some surprise this morning. But here it was, heralding the approach of week's close — a cool day come in on a wind of the north.

Works On Cars And On Faces

LONDON (CP) — A 20-year-old British girl, Ann Lacey, of Maidenhed, Berks., "lives a double life. By day she's a well-groomed beauty assistant in her mother's salon, and by night she does oily overalls and works as a mechanic in her father's garage."

Hans Place, Knightsbridge Is School Prince Attends

By ALAN HARVEY
Canadian Press Staff Writer
LONDON (CP) — If Andrew Smith ever gets a schoolboy urge to toss a paper wad, he'd better aim carefully. He might accidentally connect with a royal noogie. Andrew, a nine-year-old Canadian, goes to the same school as Prince Charles. In fact, he sits just a couple of desks away, and had his picture on newspaper front pages the other day taking part in a sports program with the heir to the throne.

Teacher Is Now Model

By SYLVIA HACK
Canadian Press Staff Writer
LONDON (CP) — From teaching children to modelling fashionable clothes is an unusual switch, but Nancy Archibald of Toronto finds it a pleasant change.
The tall, 23-year-old blonde, who came to Europe on holiday last August, used to be a kindergarten teacher at Ogden public school in Toronto. Now she's modelling exclusive collections in London.



CANADIAN GIRLS POISED As THEY BOW TO QUEEN

Forty-four Canadian debutantes who were presented to Queen Elizabeth at Buckingham Palace rose after making their bows without mishap. Mrs. S. D. Pierce, (center, rear), wife of the acting Canadian high commissioner in London, congratulated the debs for their "magnificent performance." She had put the girls through a stiff rehearsal before the ceremony. Later, the excited visitors mingle with some 8,000 guests at a royal garden party.

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Diet Perfects Weight But Exercise Proportions It

By MARY BURKE
Canadian Press Staff Writer
TORONTO (CP) — A sure way to attractiveness is through diet, exercise and beauty treatments.
Just make the most of what you have, says Dorothy Fleming who has been dealing with beauty problems for most of her life.

Weight Big Factor

It all begins with weight. If you are overweight, you're out of shape if underweight, you probably have no figure to speak of. Then, although your weight is just right, you may bulge or flatten in the wrong places.

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KEEP IN TRIM

Can Dieter Shrink Stomach By Eating Small Meals

By IDA JEAN KAIN
There is a popular controversy as to whether you can shrink your stomach by the practice of eating smaller meals. As Voltaire once remarked when asked to discuss a subject, "delighted, but define your terms."

The term shrink is misleading. We should rather think in terms of expansion and contraction. The stomach is a muscular organ which is fairly elastic—it has to be. Compare the stomach to a balloon. When considerable food is consumed, the stomach is forced to expand. The continual practice of overeating tends to keep the stomach distended.

One of the advantages of dieting is that on smaller meals the stomach contracts. According to Dr. Alfred George in his excellent book "Your Weight And Your Life," the size of the stomach becomes adapted to the smaller meals and the feeling of fullness develops more rapidly.

COMFORTABLE FEELING
This comfortable feeling of having had enough to eat is believed to be caused by the tension exerted from within on the circular muscle fibers of the stomach. It is shape and preserves a good shape.

When you first gain those extra five pounds, Miss Fleming recommends diet and exercise immediately or else before you know it "it's 15 extra pounds."

POSTURE IMPORTANT
How you carry yourself is all important, says Miss Fleming. "The quickest way to a good figure is better carriage," she says. The neck should be straight from hairline to shoulders, shoulder blades flat, shallow curve in back at waistline, abdomen flat and feet should be straight ahead.

Only a clean skin can be radiant, says Miss Fleming. The only make-up she recommends is lip stick, mascara and eye-shadow. "Your eyes set the character of your face — sullen or serene, blank or glamorous, wild or studious," she says.

Learn to give yourself a perfect manicure. Miss Fleming recommends lacquer to accentuate your color scheme.
Miss Fleming says a daily bath should not be a duty but a luxury to enjoy. Don't begrudge the time you spend on yourself. "Daily practice is what makes a woman look beautiful," says Miss Fleming.

Don't be a starter and a stopper about your diet, exercise and beauty treatments or else you'll never look "naturally attractive."

Place in fashionable Knightsbridge. The headmaster is Stuart Townsend, a retired army colonel who has pleasant memories of running for England on a winning relay team at the British Empire Games at Hamilton, Ont., in 1930. "We've always had Canadian boys here at Hill House, ever since we started this school in 1931," says Townsend. "They're no trouble at all."

Both are students at Hill House, a preparatory school on Hans Place, Knightsbridge.

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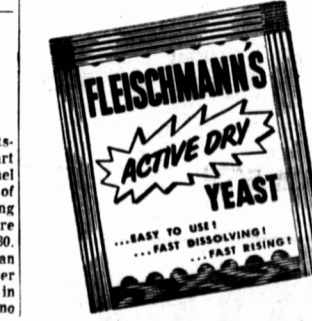
The practice of getting up from the table short of that full feeling is the ideal way to shrink your appetite down to size. And that is why dieting gets easier.

TURKEYS IN CONTRACT
CRANSTON, R.I. (AP) — Turkeys for Thanksgiving for the 300 to 400 employees of the Atlantic Tubing and Rubber Company is one of the provisions of a new contract agreed upon Tuesday by the plant workers, who ended their week-long strike.

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