

Reader Says Naming Books Is Shirking

Time For Shaping Up

When is it easiest to reduce? Most overweights think it's tomorrow... but alas, for too many overweights, "tomorrow" never comes.

The ideal time to start a diet is now, in the spring of the year. For many reasons, slimming is easier at this season. With warming-up weather, the edge comes off the appetite. Stylewise, slimming is de rigueur, for when concealing winter clothes are fast aside, the urge to reduce is irresistible.

There is still a good month before summer. In that time, you can easily lose ten excess pounds and doff many bulky inches—if you start today.

Perhaps the easiest way to curb calories is to cut down on all three meals. It will be easier to cut down if you eat more slowly.

There's a reason—when food is eaten it takes some time to get the satisfying effects.

Well into second helpings before you begin to feel content. You can reduce on seconds! Then, too, slow eating calls for thorough chewing.

You can best stay off normal with three protective meals, starting with breakfast. It's difficult to believe, but eating breakfast which includes protein can actually help you to reduce.

These hurt Late day calories are far more apt to be stored than they are to be burned.

Position: Lie on back on floor, feet elevated to low bench, arms down at sides, backs of hands on floor.

Movement: Flex right knee to chest and press small of back flat against floor, pulling up and in strongly with girdle muscles.

Here are the recipes Party Egg Dip: Use with potato chips, crisp cucumber slices, carrot and celery strips.

Hard-cook 12 eggs and rub through a sieve. Add 2 tbsp. soft butter, 1 tsp. lemon juice, 2 tsp. table mustard, 2 tsp. Worcestershire sauce.

Refrigerate. Twenty min. before serving, beat until fluffy. Pile into a chilled bowl.

Mushroom Kabobs: You will need butter - sauteed canned or fresh button mushrooms, medium-sized stuffed olives, packaged prepared poultry stuffing cubes and toothpicks or cocktail spears.

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Mr. Donald Wood, student at MacDonald Agricultural College, has accepted a position with the Dominion Department of Agriculture which will take him across Canada during the summer months.

The Rev. T.H.B. Somers and Mrs. Somers have returned from Halifax where they were attending the Convocation exercises of Dalhousie University.

Mr. and Mrs. R.S.P. Jardine and Miss Margaret Jardine were in Halifax to attend the graduation in medicine of Philip Jardine at Dalhousie University.

Mrs. William W. MacInnis leaves May 29 to attend the graduation exercises of the Ottawa Civic Hospital.

The little Theatre Guild of Charlottetown are receiving congratulations upon their splendid work at the Dominion Drama Festival.

"Curtain Time" is an especially fascinating account of the early professional theatre in Canada.

The May meeting of New Haven W.I. was held at the home of Mrs. James Tierney.

Fourteen members answered the roll call with exchange of flower slips.

It was decided to treat the school hockey team to a supper. Reports of committees were heard.

The new committee is Program, Mrs. Ritchie McPhee and Mrs. Neil McKinnon.

Correspondence was then read and discussed. The following thank you letters were received.

A paper was read regarding the Polio Clinic. It was moved and seconded to send \$100 to C.A.C.

Collection for the evening was \$1.05. Next meeting is to be held at Mrs. Everett Boyle's.

Home contest was conducted by Mrs. Hugh McDonald.

WOMEN

Page 10, The Guardian Tuesday, May 22, 1956

LET'S EAT

Basic Foods Star At Museum Show

By Ida Bailey Allen

Anyone who thinks a museum must be stuffy and subdued, should have visited the library and museum of the New York Historical Society.

There, near walls hung with priceless old documents and paintings, were shown and demonstrated foods in action.

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Spear 1 cube of packaged stuffing on a pick. Add a mushroom button and top with a slice of stuffed olive.

Curried Mushroom Biscuits: Buy a box of fully baked "butter biscuits." Split, scoop out the soft inside of each with a teaspoon.

Curried Mushroom Filling: Clean and finchop 1/4 lb. fresh mushrooms or drain and chop 1 (4 oz.) can mushroom stems and pieces.

Sunday Dinner: Asparagus saladettes; buttered rice; green peas; strawberry cream cake; coffee, tea or milk.

After a main course featuring fish, plan a dessert based on fruit for contrast, sparkling flavor and that scintillating taste resulting from a well-planned and cooked meal.

HAPPENINGS

Mrs. Wendall Stewart, Mrs. Don Tinney, Mrs. Fred Norton and Miss Anne Jenkins were joint hostesses at a miscellaneous shower held at Mrs. Stewart's apartment.

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Words Of The Wise It is part of human nature to think wise things and do ridiculous ones.

—(Anatole France)

OUR RESPONSE

Dear K.C.: First, may I say that my portion of advice isn't always so slight, or so inadequate, as it may seem.

Second, it simply isn't true that in every case I refer correspondents to further sources of information.

WONT WORK In making such suggestions, I am talking primarily to the person who wrote, and only indirectly to readers who are figuratively listening.

GLAD WE SPOKE Dear Mary Haworth: I was delighted to see your mention, in a recent column, of Adelle Davis' wonderful book "Let's Eat Right to Keep Fit".

Without going into details, I may say that, on the strength of what I learned and approval, I followed Miss Davis' suggestions, and thereby overcame, in a few months, a nutritional problem that had handicapped a member of my family for years.

MAKES DIFFERENCE This result has, understandably, fired me with a missionary enthusiasm for the book.

MUSICAL EXPERT Emmy Destinn, the Czech opera star who died in 1930, started her musical career as a violinist.

Alice Brooks Designs

Star this SPRING "Riviera" shirt atop your summer shorts, slacks and skirts.

Send TWENTY-FIVE CENTS in coins for this pattern. Charlotte-town Guardian, Household Arts Dept., 60 Front Street W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

MORNING SMILE Big Game Hunter—Yes, out there on the field it was either the leopard or me.

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SEAGOING GAL

This little Miss has a very nautical look with her three-masted ship and her dress named "Ship A'Hoey".

The frock is double-breasted and made in fine white cotton broad cloth with a wide pleated skirt and a sailor collar.

Experts say parsnips are sweeter and more palatable if cooked whole until soft.

COOK'S CORNER

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KEEPS FRESH LONGER TRUGGEL SHOE POLISH

Clean Baby's Bath with SODA

VARIABLE OUTFIT BY VERA WINSTON

Here is a blouse, a skirt and a sweater just made for each other and adding up to a useful and variable outfit.



WRAP-AROUND DRESS

PARIS—Styled in lightweight beige wool tulle, this Paris-designed dress features a high waistline in a wrap-around effect.

Fine Fading Between Men's Women's Work

Women are showing a definite trend toward individualism in employment, says Marion Royce, director of women's bureau of the federal labor department.

Addressing the Ottawa University Women's Club, Miss Royce said the line between "rightful" work for men and women is disappearing.

However, the "perpetuated myths" of what women are interested in tend to limit employment opportunities, she added.

Women, who form 25 per cent of the Canadian labor force, need to develop their own personalities and abilities in the labor force rather than copy the pattern set by men.

The changing pattern of the family, from a patriarchal organization to a group of individual wage-earners, has affected the role of women in modern society.

Miss Royce said the trend is growing toward employment outside the home for women, including married women.

Faster DRY CLEANING SERVICE CUDMORE'S DRY CLEANERS

Drive out ACHE JUST RUB IN MINARD'S LINIMENT

Now Many Wear FALSE TEETH With Little Worry

AEROWAX IS DOUBLE-RICH IN WAX SAVES RE-WAXING SAVES FLOOR WAY

COW BRAND BAKING SODA PURE BICARBONATE OF SODA

Pond Peeper's Love Song

"It's a great life!" Granddaughter said this evening looking up at us with the happiest of smiles. She was seated in a nook of a feed-alley in a stable.

"They'll get a great surprise some morning—these hens," Mack laughed softly at the thought.

"I suppose you won't drown them for a day or two—before their eyes are open," James suggested in passing.

"Drown them!" she returned anguish in her voice. James chuckled. "No," she smiled, "you didn't mean that—we couldn't drown these."

"Yes," she offered, "it is a great life. It seems there's something new every day."

"Someone wrote recently," we said, "that farming is a profession where hardly a day passes that some biggest or smallest, mostest or littlest event, does not occur."

"And isn't that true!" she nodded. "An how busy it is. At milking-time I feed the cats and take supplement-milk to some of the lambs.

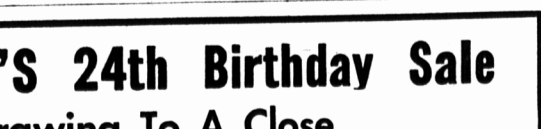
Stolen from a loading dock in Chicago: a truckload of electric fans.

HOUSEHOLD HINT

Be careful about using solutions of household detergents on a rayon carpet, or you may wet the pile excessively, causing matting.

Another danger is that some detergents are alkaline and may tend to produce a yellowing of light colors.

Disinfects as it Cleans and Sweetens! Whitens linens, cottons! Soaks diapers stain free! Kills germs! Deodorizes! Protects Family's Health! Keeps toilet bowls pure! Four handy sizes!



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Ladies' Spring Coats and All Weather Coats. Values to 29.50— Special 14.24

One group of Ladies' Dresses. Reg. \$12.95— 4.24 and 6.24

Ladies' Cotton Blouses. Striped, plaid or plain. 1.00

Ladies' Cotton Skirts. Reg. to \$2.95— Special 1.42

Ladies' All Weather Coats—including fitted styles— 18.95 to 29.50

Ladies' Nylon Gloves. Reg. to \$1.50— Extra Special 49c

Rayon Bedspreads. Rose, Yellow, Blue or Green. Reg. 3.95— 2.24 and 2.94

Men's Suits—nylon gab, flannels, etc. Plain and flecked patterns in grey, blue and brown. 1 and 2 pants. Values to \$54.50. Sale 29.24

Men's Suits—all wool worsted, assorted colors. Sizes 35 to 44. Values to \$69.50. Sale 34.24

Men's Sport Coats and Blazers. Values to \$29.50. Sale 14.24 and 19.24

Men's Topcoats—nylon blends, tycondas, all-wool tweeds, etc., including zip-lined. Values to \$35.00— Sale 14.24 and 18.24

Men's Sport Shirts—assorted patterns. S, M, and L. Values to \$3.95. Sale 2.24

Men's Jackets, including gabardines. Values to \$10.95— Sale 3.24, 4.24 and 6.24

Boys' Jackets—Corduroy, Gabardines, etc.— Sale 3.95

Boys' Sport Shirts—Values to \$2.50— Sale 1.24 and 1.64

Men's Dress Pants—Value to \$12.95. SALE— 5.24, 6.24, 7.24

Men's Shirts and Shorts— 44c

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