

WOMEN

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KEEP IN TRIM

Exercise Helps You Shape Up

In these days of soft living, against each other in a sort of little exercise is so rewarding! tug-of-muscle action. A stretching exercise can be taken from a position of lying on floor. The prone position is easier for the reason that it takes less effort. Standing stretch: Center the feet under the hips. Stand on a mat or rug. Stretch through the middle muscles, pulling waist up out of hips, and ribs up away from waist. A side-bend elongates the stretch.



Stretch for streamlines

the way figures get out of shape. Furthermore, we do not keep those muscles which are used daily sufficiently well toned to make work easy and normal daily living pleasant.

For double rewards, direct your exercises to the areas that are out of proportion. Fat settled there proves the muscles are unused and the circulation sluggish. Ease into exercise, sit-r-e-l-e-x the muscles, without stretching a muscle or improving her shape. No need to knock yourself out. The test of exercise is how well you sleep that night, and how you feel the next day. You should sleep soundly, and the next day, feel more alive and happier for having exercised. Possibly, you may feel the least bit sore, but you should not feel overly tired.

Stretching is the most natural of all exercise movements and pays slimming dividends. In stretching, the muscles act

MARY HAWORTH'S MAIL

Alcoholics Reform And Marry, But His Relatives Shun Them

DEAR MARY HAWORTH: I am 38, my husband is 62, and when we drifted together, long before we married three years ago, we were pretty hopeless drunks. I was practically unemployable, whereas he'd had the same job 25 years; and, to be honest, he was like a father to me.

I was a child of divorce, raised in a series of orphanages and foster homes. Once, while drinking heavily, I tried suicide and almost succeeded. As a result I was routed through a state hospital and analysis; and the social workers and psychiatrists focused on childhood influences. They didn't consider me alcoholic.

Out of the hospital, I met my husband-to-be in a bar, casually over a period of months. Being religious and not unattractive, he was very careful with women. Alcohol never changed his personality; I've never seen him drunk. Eventually his employers introduced him to Alcoholics Anonymous, to save his job; and through him I joined too. We both stopped drinking and got married. Gradually we ironed out our individual problems, paid off debts and got into a normal way of living.

How Dispel Dark Cloud

Now the delicate difficulty is that prior to AA and our marriage, I was often in Mike's apartment, when his close relatives would drop by, and they didn't get a very pretty impression of us. They drink and are heavy drinkers, but they quickly withdrew from us; thus never got to know us as we are today—quite different persons. I wouldn't mind for myself, but I sense the loss to Mike, and I don't know how to, well, set help.

Mike sees some remote kin occasionally, so I'm sure word gets back to his brothers and sisters how well he is looking; but no word from them. Perhaps my being so much younger is a sore point. Mike's insurance, etc., is still made out to his kin, as I am self-supporting and wouldn't change that.

I am very happy and think Mike is too. Our jobs are top-notch and we are again among the living; but there is that dark gray cloud. So I am tossing the question to you—what to do? (AA is the greatest, if anybody asks).

C. B.

Life Revises Our Company

DEAR C. B.: As you know, in taking the AA route to health of mind, body and affairs, one subscribes to the famous 12 steps, I shall cite steps 2 and 3. "We came to believe that a Power greater than ourselves could restore us to sanity. We made a decision to turn our will and our lives over to the care of God—as we understood Him."

Well, if you've truly taken these two steps, if you truly believe that a Higher Power has charge of you—and judging by results thus far, I'm sure you do—then I can't see why you are worried because Mike's heavy-drinking kin no longer drop into his apartment. One of the invariable signs of a really changed life is a spontaneous, not contrived, change of associates. It is proverbial that birds of a feather flock together, and when you take a long step forward in spiritual awareness, you automatically find yourself in different company than before. The company may differ in that a new circle of nobler persons surrounds you; or it may be that your former cronies have grown commensurately with you—for example, just as you and Mike have stayed in stride.

Critics Themselves Have Fallen Behind

Mike's close kin measured up to the standards of meekness, fairness, emotional wholeness, etc., implicit in the AA's 12 steps, they would gladly give you a hand-up socially, now that you're married into the family—thankful to have this opportunity for exercising human decency. The fact that they shun you and seem uncharitable about the past simply means that they've fallen behind you, at least temporarily, in the forward march of souls.

All things considered, your best bet in the circumstances is to handle the situation gently in prayer—asking God to flood these critical minds with His love, and also to dissolve your driving anxieties carried over from childhood, which cause you to feel apprehensive even when things are going well. Read "Stake Your Claim" (Harpers) by Emmet Fox, to get the pitch of deeply confident creative thinking.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.



Bonnets To Top The Easter Parade

The shy violet, so fragile, so downright pretty, so appealing, is used in charming array in this new spring hat. Rivera uses violet clusters and here and there a single blossom and entwines them intricately in the crushed velvet band of this violet colored linen straw sailor. The hat illustrates smartly this designer's feeling for soft tone-on-tone color combinations. A nice Easter offering!



The flowered hat has the proper vernal look and so is well-nigh irresistible at this time of year. Irene has created a colorful spring garden in miniature, a colorful gala, luncheon-cocktail-evening hat that is perfectly lovely with dark furs. Budding blossoms and cluster of fruit are intricately combined with hand-woven braid in this tempting design.

ELLEN'S DIARY

by an Island Farmer's Wife

What a nice day this was, with sunshine and blue sky and warming April wind of the west! And quite busy about. Sleigh runners catching edgings of snow, farmers hauled logs to the mill, from a field beside the stream "up the creek" came the whine and wail of the "circular" where folks sawed their fire-wood; out the road where the younger farmer went in the afternoon to lend a hand, a neighbour pressed his surplus of hay.

It had been busy at Alderlea. And then all at once quiet. Even the smokes from the chimneys seemed to take on a leisurely quality as they rose to mingle with the blue above. Because in a twist of circumstance somewhat rare of late at this place, James too was missing, he having joined Rob and a farmer from down the River Road in an excursion which took them to a dispersal sale on a farm some distance away.

It had been no easy decision for James to make, in the prospect of the younger farmer's absence too. However the sun called and the gentle breeze. And with "Perhaps you may as well bring down my other overalls, Ellen, and a clean shirt..." and don't forget to put a pair of gloves in the pocket of my coat!" he yielded to the fancy to go. It was however a man somewhat weary and pleased to be off the spring-roads whom the twilight returned this evening to us and his own roof-tree.

He talks now of the sale to Mr. D., odd words drifting to us in this room that is ours. And hearing we wonder what it would be like, in the event that other climes should call us away from this

Island farm, or that strength should fail us or illness overtake, and we too should call a sale of effects.

How should we like to part with our belongings—things of little worth perhaps as money is considered and yet of inestimable value to us: the little rocking chair, gift of their grandfather, where in the young years with them we rocked our babes; the old kitchen clock which has marked so much time for us; the old beds and chairs, the haircloth suite in the parlor; the dishes we have known, the pans that through times of stress and strain of busy seasonal work have held our cookery; the tea kettle that sings to us—even if we might hope to replace them with expensive items of buying, how would we like to part with these?

And what about James when some favorite of the piggery was being offered: she whose "Mother and grandmother before her" had proven her worth in select progeny to the place? Or the old-bland-faced ewe and the first lambkin, its plaintive bleat touching a responsive echo in his heart? Or the horses!... dear, dear just to think of it, how extremely disturbing to walk through the empty rooms, to look in at stalls where tying ropes and chains lay limp and silent by the mangers, to come to this in exchange for other lands or circumstance is not a pleasant thought upon which to dwell.

"Ellen!" James calls now a chuckle in his voice "Come and put down the 'kittle' I feel an empiness!"

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

Decorative Tops Make New Tables The Talk

By ELEANOR ROSS

The stark simplicity and box-like design of contemporary modern has become yesterday's discard, so far as designers are concerned. And what have we today in place of the box-like modern that delighted so many moderns?

New Designs

Well, we have, or we'll be having as soon as the stuff reaches the stores, rich surface treatments, lushness, even sumptuousness and

imaginative combinations of materials. Tables are important, beautifully done, and one of them could just about make a room. Just think of the effect of a coffee table, large, impressive, graceful, with a top of jewel-like, iridescent leather in such shades as amethyst and aquamarine or a top of pigskin tiles.

Beautiful Woods Usually, these tops are used with beautiful woods in pale tones,

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The FASHION SHOPPE

Use Lemons For Flavor

By Ida Bailey Allen

"In the Near East, on the Isle of Cyprus and in Greece, the lemon is a much appreciated fruit, Madame," the Chef remarked.

"Lemon juice is used plentifully in preparing many Mediterranean fish dishes. It is rubbed over poultry before cooking Thin-sliced lemon, with the skin on, is added to lamb stews and casseroles. Lemon juice or a lemon slice or two are often added to chicken soup, just enough to give a slight tartness that's most intriguing!"

Sauce for Vegetables

"Lemon juice plus melted butter also makes a fine sauce for vegetables, such as asparagus, fried or mashed eggplant, parsnips, carrots, beets, salify, celery, spinach and other greens, quick-cooked cabbage, and snap beans."

"And here's a suggestion, Chef. Since so many persons are reducing, it's a good plan to serve this lemon-butter sauce in a small pitcher, so the amount used can be controlled."

"One caution: lemons are a rich source of vitamin C, whose potency is partly dispelled by the application of heat. So melt the butter first, then stir in the cold lemon juice to retain full vitamin content."

TOMORROW'S DINNER

Grapefruit
Casserole of Lamb with Spring Vegetables
Flaky Rice

TRICK OF THE CHEF

Season lamb casserole before cooking with ¼ tsp. dried mint.

New Way Relieves Arthritic, Rheumatic Pain Without Pills

Greaseless, odorless cream penetrates deep, speeds flow of fresh, rich blood into sore areas, helps drive away pain-causing pressure.

Toronto, Ont. (Special)—Science has now developed an odorless, greaseless cream that acts in a new way to bring hours and hours of relief from pains of arthritis and rheumatism—without the need of taking pills and other medicines that may upset the system.

Rubbed gently into painful areas, this cream penetrates so deep it actually vanishes into the skin. It speeds the flow of fresh, rich blood into sore muscles, joints. Actually helps drive away pain-causing pressure and congestion.

Used by doctors in England, France and the U.S.A., this remarkable cream is now available without prescription at drug stores everywhere. Ask for InfrarUB. Only \$1.39 a large tube. InfrarUB is guaranteed to give comforting relief from arthritis-rheumatism pains or your money back.

*Reg. T.M.

MORNING SMILE

A small girl was entertaining her mother's visitor.

"How's your little girl?" the child asked.

"I'm sorry to say, my dear what I haven't a little girl."

"How's your little boy?"

"I haven't a little boy, either."

"Then what are yours?"

Cook's Corner



ORANGE COCONUT ICE CREAM PIE

1 package orange-flavored gelatin
1 ½ c. hot orange juice
1 pint vanilla ice cream
1 cup shredded coconut
1 eight-inch baked pie shell, chilled
fresh orange sections and shredded coconut for garnish.

Dissolve gelatin in hot orange juice in a two-quart bowl or saucepan. Add ice cream by spoonful, stirring until melted. Chill until thickened but not set, about 30 minutes. Fold in one cup coconut and turn into pie shell. Chill until firm, about 15-20 minutes. Garnish with orange sections and shredded coconut.

Household Hint

Metal screws will drive into wood easily, and come out just as easily, if you ever wish to remove them, if their tips are dipped in petroleum jelly before driving them in. The grease will also prevent them from rusting.

HP SAUCE
Adds FLAVOUR to meat
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ADD TWO dresses to her wardrobe! Sew only ONE! This princess sundress for your hard-playing little pet becomes an angelic Sunday frock in a jiffy. Just button on that frilly collar. Pattern for bonnet too! They're sew-easy!

Pattern #762. Children's Sizes 2, 4, 6, 8, 10. Size 6 frock, 1 ½ yards 35-inch; ¾ yard contrast; bonnet, ½ yard; ½ yard contrast.

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.

SARNIA, Ont. (CP)—Elizabeth Wood, 16, was picked as the "youth of the month" by the Y's Men's Club for her services as a swimming instructor, as a worker in the children's library and in athletics and music.

For Easter Glaze Your Ham with Tulip-Red Cranberry Glaze

Use together:
3 cans Ocean Spray Jellied Cranberry Sauce
1 cup brown sugar

Boil half this mixture over heat, but 20 minutes of boiling. Heat remaining sauce and serve with ham. Delicious!

Ocean Spray CRANBERRY SAUCE

Enjoy **MELARENS CRISPIE PICKLES** Everybody else does!

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Prowse Bros. Millinery Department has an entire spring collection of hats, braided and polished straws, polka dots and fine Italian braids, in flattering shades of Fiesta Rose, Ice Blue, Lilac, Miami Red, Avocado Green, Carnation Pink, and Citren Yellow.

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