

Watch Those Calories!

By Ida Joan Kain

Statistics as well as figures reveal that this is the time of year when co-eds pile on pounds at a reckless rate—particularly freshmen and sophomores. If the get-togethers in the rooms late at night. Not to mention the candy and cookies in the weekly laundry boxes sent by lonesome mothers. Speaking of sodas and such... at ice cream parlors. Catering to "growing" appetites, they have tripled the scoops of ice cream and assorted trimmings. Some of them must contain close to a thousand calories!

And, girls, when your favorite plaid skirt begins to feel more than a little snug, don't blame the dietitian and complain that the meals are too high in starch. She's heard that before... but will calmly ask what you eat for breakfast. You hasten to tell her that you don't eat breakfast, have not time, or point out firmly that you really eat very little—but

explain that the food is so fattening. Well, there are 100 calories in a potato and 400 in a chocolate ice cream soda. After the dietitian helps you add up the score in extra-curricular calories, it will be plain to see where the pounds are coming from.

About the middle of the term, co-eds write in asking for hip slimming exercises. It seems that studying is broadening. One girl wrote that she just had to have something to eat to get through the last 20 pages. All right, but let it be limited to 100 calories... a big red apple, a banana, a coke.

While studying, take a break with a slimming session. It will do more than anything else to stir up the circulation and send fresh blood to the brain. Then the last 20 pages will be a breeze. Turn on the radio softly, and do the big bicycle for 50 counts. Up on shoulders, weight resting on shoulders and supported by elbows, pedal away merrily. In that up-a-daisy position, circulation is stimulated, the big hip muscles are brought into action and toned muscles not only hug the silhouette but discourage fat padding. Six minutes of exercise and back to the book...



Bell-MacPhail Vows

Clyde River Manse was the setting at 4 o'clock on September 24th when Miss Mona Arleen MacPhail became the bride of Mr. Orion Clyde Louis Bell. The bride is the daughter of Mr. and Mrs. (Bell) MacPhail, Argyle Shore, and the groom is the son of Mr. and Mrs. Clyde Bell, Kensington Road, Charlottetown. Rev. Donald Nicholson officiated.

The bride chose a ballerina-length gown of net and lace over tulle with matching bolero jacket and fingertip veil. Her corsage was of yellow and white carnations.

Her sister, Miss Sadie MacPhail, was maid of honor, and wore a mauve ballerina-length dress of nylon net and lace with chapel veil. Her corsage was of mauve and white carnations.

The groomsmen were Mr. Stephen Bell, brother of the groom.

A reception followed for immediate relatives of the bride and groom at the Queen Hotel. The bride's table was decorated with a three-tiered wedding cake topped by a miniature bride and groom.

Washable Furnishings Make Home Work Easy

When you hear a professional decorator discuss plans for redoing a living room these days you begin to appreciate just what the living room contributes to family life.

The decorator speaks of "traffic lanes"—you know what that means! Then there's the "conversation grouping" the piano, the desk for work or study, the dining area, if any. And now comes talk of the piece de resistance, the TV set. When you get through considering all these essentials, you begin to wonder why you need any other rooms in the house.

MORE HOUSECLEANING

From the homemaker's point of view, it all adds up to the fact that there's more housecleaning to be done in this age of TV than there ever was before. There's more family at home more often—and more guests, too. So it behooves a smart woman to organize her housecleaning schedule with maximum efficiency.

The only way to keep ahead is to introduce as many washable surfaces and fabrics as possible. If you are going to live with it, be sure you can wash it, is a god slogan these days. The happy fact is, you can—if you shop wisely.

Nothing but the safest soap-and-water slip covers, walls, rugs, furniture, draperies belong in a modern living room. As fall arrives, there's even more indoor living, so it's smart to plan your seasonal housecleaning.

Reserve your rug-washing for the last, as every bit of lint or dust will find its way to the floor.

HOW TO START

First, strip the furniture of covers and put them in the washer. While they're drying, take down the drapes and give them a whirl in the machine. Vacuum furniture upholstery and wash the wood surfaces with lukewarm sudsy water and a soft mitt.

Remember that you can't keep clean furnishings clean unless walls and ceiling are free of dust and soil. So use one of the efficient long-handled mops with swivel heads that cover a lot of territory with little effort. Months of grime, smoke, dust that has filtered into the room have left a dingy film that just won't match your freshly laundered slip covers and curtains.

When you wash a wall, start

MORNING SMILE

"What did the boss say to you when he called you in?" "He asked me whether I couldn't sandwich in a little more work, as I always seemed to have a long enough loaf."



Wed At Zion Presbyterian

Following their marriage on Sept. 17th, at Zion Presbyterian Church are Mr. and Mrs. S. David Peacock and their attendants. Left to right: Mr. Daniel Panting, usher; Mr. Joseph Peacock, best man; Mr. and Mrs.

Peacock; Miss Audrey Panting, maid of honor; Miss Isabel Farquharson, bridesmaid, and Mr. Roy Boswell, usher.

The bride is the former Mary Joyce Panting, daughter of Mrs. David Panting, Wood Islands, and the late Mr. Panting. The groom is the son of Mrs. Stephen S. Peacock, Bayfield, N.B., and the late Mr. Peacock.

The ceremony was performed by Rev. W. H. Brown and Rev. E. C. Evans. Mr. and Mrs. Peacock are now residing in Truro, N.S.

ALICE BROOKS DESIGNS

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7248 by Alice Brooks

Sportsmen's Rainwear

Clothing is becoming more and more specialized. The latest item to hit the market is rainwear for the sportsman, and judging from the reception it has received, it is filling a real need. It also makes it easier to select a gift for the man in your life, whether he is a sailor, fisherman or hunting expert.

FOR CASTING AND TROLLING

For the fisherman, for instance there are outfits specially designed for casting and trolling—everything, in fact, except for a dunking when a big one yanks him overboard.

For the sailor, there are weather-proof suits that range all the way from styles that would become a noted yachtsman to those the owner of a 15-foot cruiser would feel at ease in.

For the caster, there's a nifty knee-length plastic pull-over shirt with a front zipper closing, elastic wrists, and a detachable hood—the whole thing big and roomy. With it go plastic waders with stocking feet designed for wear inside canvas shoes. This is for casting with comfort, indeed!

The plastic shirt for the troller is similarly styled, except that it's 50 inches long and has a large pocket with a flap.

A plastic suit for the sailor or fisherman has a three-quarter length jacket which closes with snaps down the full length of the front. It also has a huge pocket. The accompanying trousers have an elastic waistband.

For more fashionable sculling, there is a faded blue suit of featherweight, rubber-coated fine cotton with vulcanized seams. Trousers are cut full with a drawstring top and have easily accessible pockets. The jacket, which has fly front and a drawstring hood attached, is snap-fastened for quick removal in emergencies.

USE LUKEWARM SUDS

Made in spruce green, the suits are eminently washable and easy to do. Just dip them in and out of lukewarm suds, rinse thoroughly and hang them to drip-dry.

If there are any grimy spots on collar, cuffs or hemlines, go over these areas first with a sudsy sponge, or need only wash them briefly because most dirt does not penetrate a waterproof finish.

But be sure to rinse thoroughly, as soap left in rainwear tends to let the showers through, thus defeating the original purpose of the clothing.

Children's Colds

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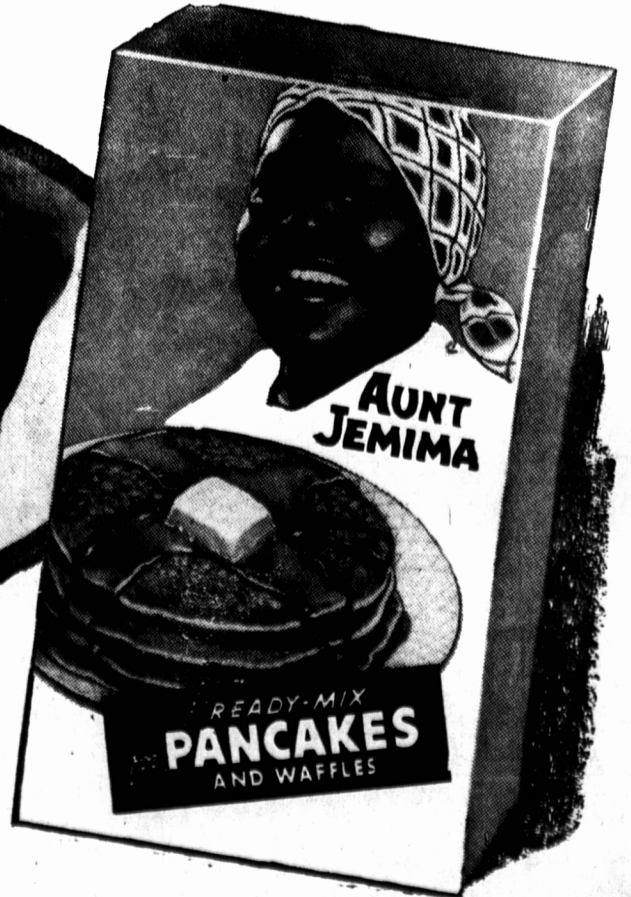
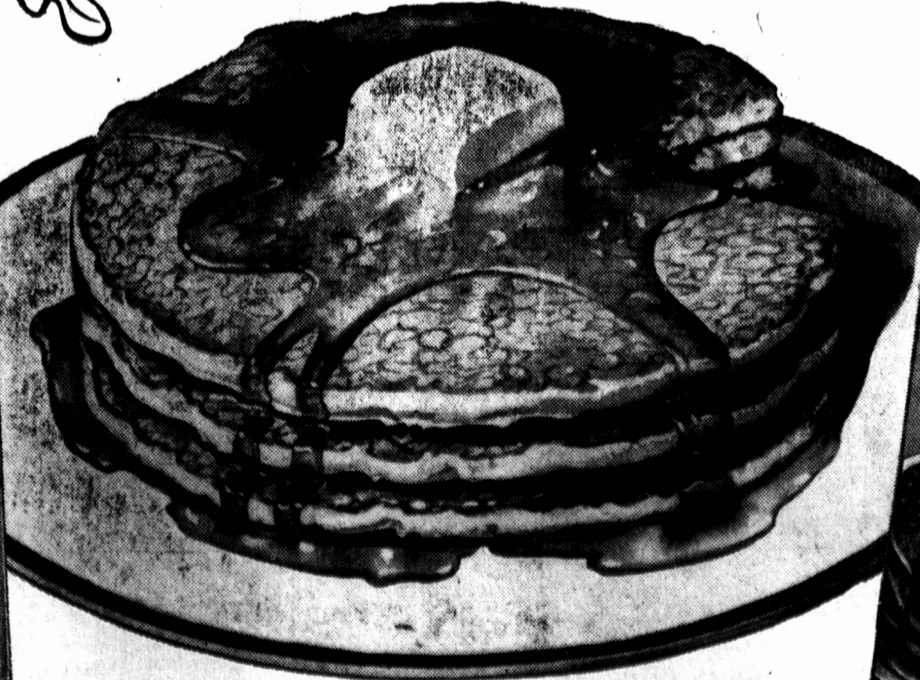
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