

Fashion Accent On The Hipline

By Ida Jean Kain

Circle a wide ribbon around your hips and tie in a generous bow at one side. This gives a fair idea of the shape of the fashionable silhouette, with hips an important focus. The torso is one long unbelled, slender line. Most of us do not follow fashion all the way — for one thing we couldn't afford to change our basic wardrobe. But it is fascinating to

for a pliant, silken slim midsection. Standing, arms arched overhead, finger tips touching. Pull up firmly with the middle muscles, but keep shoulders nicely relaxed. Now, bending left knee, sway sideways toward the left, pulling slim all along the right side of the silhouette. Then, shifting your weight, bend the right knee and sway toward the right side. Make this long and smooth. Turn on a tune,



For smooth hips...

note the fashion trend and be alert to the general direction the silhouette will take in coming seasons.

What all this means as far as figures go is just this: To wear the new clothes with ease and that certain dash, the middle of the figure should be fluid, the waistline reasonably slim and hips smooth. With too much fat padding the hips, the effect is bound to be a bulky bundle.

In exercise, the emphasis should be on the stretch and sidebend to pull the middle measurement out long and slim, and on rolling legs swinging to tone the fleshy muscles on the back sides of the hips. Here we go— This first stretch-bend makes

like "sway", that makes you really sway—smoothly and rhythmically. It's fun when you exercise with music.

And while you're in the mood, sitting on the floor, lean back to bring weight to bear on the spot the ribbon encircled. For push and balance, have arms out at sides, slightly back, palms down. Now roll rhythmically across the hip-line over to one thighline, and giving a push with the hand, roll back across hips. Make it a slow, easy roll. The song hit "I Need You Now", provides the right rhythm for rolling. With fashion focus on the hips, if you ever needed hip slimmers, you need them now!

Happy slimming!



The Association of Canadian Couturiers staged a fashion show in Montreal to display some of the gowns designed by Canadians in an attempt to move in on the fashion worlds of London, Paris and Rome. The all-gold wedding gown (left) is really two dresses. Made up of acetate and Lurex fabric, the wedding gown with plain high neckline, long sleeves and back swept fullness, buttons down the back into a voluminous train. The complete gown with its train comes off to reveal another voluminous evening gown (right), also with back swept fullness but cut with a low V-neckline.—(CP Photo).

A summer wedding was solemnized at St. Ann's Church, Lot 65, on August 23, when Mary Louise, daughter of Mr. Daniel Woods, Lot 65, and Louis Andrew, son of Mr. and Mrs. Peter Oatway, were united in the holy bonds of matrimony.

The marriage ceremony and nuptial mass was celebrated by Father Charles McCarthy. The organist for the occasion was Miss Mary E. McElroy and appropriate hymns were sung by Mrs. Amos Callaghan.

Given in marriage by her brother, James Woods, the bride looked winsome in a ballerina-length gown of nylon net over satin topped by a lace bolero with long sleeves coming to a point at the waist. She wore a finger-tipped veil and carried a bouquet of red and white roses.

Miss Mary McIntyre was bridesmaid and wore pink nylon net over satin with matching net bolero. She wore a pink halo and carried a bouquet of yellow carnations.

The groom was attended by Mr. Wilfred Butler.

A reception was held at Sandy's where breakfast was served to 40 guests. The bride's table was decorated with flowers and a three-tier wedding cake topped with a miniature bride and groom. It was cut in the traditional manner by the bride and groom.

Mr. Wilfred Butler acted as chairman and called on Rev. Charles McCarthy to propose the toast to the bride, which was responded to by the groom.

Mrs. Woods, mother of the bride, wore a blue gabardine dress and pink carnations. Mrs. Oatway, mother of the groom, wore cocoa brown dress and yellow carnations.

The young couple left for Halifax, N. S., where they were met by Mr. and Mrs. William Fenn, cousins of the groom.

On the occasion of their marriage the bride and groom were widely entertained. Mr. and Mrs. Oatway are residing in Charlottetown, where the groom is employed at Dillon and Spillett, Charlottetown.

Roger Leger Signs With Cataracts

MONTREAL, (CP) — Roger Leger former defence player with Montreal Canadiens in the National Hockey League, has signed to coach in Shawinigan Falls Cataracts in the Quebec Hockey League, it was announced Wednesday.

Leger said he plans to be a playing coach with the club, which is returning to the loop after a year's absence.



Perfection ICE CREAM BRICKS DELICIOUS!

STANHOPE W.M.S.

The August meeting of the Stanhope W.M.S. was held at the home of Mrs. Norman Green. The meeting was opened with the theme and call to worship followed by singing "Jesus Saviour Pilot Me" and repeating the Lord's Prayer in unison.

Mrs. Harry Lawson read the scripture followed by prayer and hymn "Stand Up Stand Up for Jesus". Mrs. William Youland presented a reading on Christian Stewardship and Mrs. Lewis Kelly read a chapter in Hurl-

butts Bible Stories.

Mrs. Keith Douglas invited the members to meet at her home in September. Roll call is to be answered with a verse containing the word "Nation" Opening Hymn will be "From Ocean unto Ocean."

Mrs. Malcolm MacLaughlan and Mrs. Harry Lawson will read the stories. Hymn "Breathe on me, Breath of God," and the Benediction by Rev. Mr. Green closed the meeting after which Mrs. Green and committee served lunch.

WHIM ROAD W. M. S.

The monthly meeting of the Whim Road W. M. S. met at the home of Mrs. Cecil Campbell on Monday evening, Aug. 30, with an attendance of nine members and two visitors. The president, Mrs. Cecil Campbell presided.

The devotional period opened with the hymn "Take Time To Be Holy", followed by prayers. Scripture readings were given by Mrs. Robert Campbell, Mrs. Dick Campbell and Mrs. Russel Hicken. The next hymn sung was "All The Way My Saviour Leads Me".

Roll call was answered by a verse of scripture. An enjoyable reading entitled "Why Are We Here?" was given by the president. The meeting closed in prayer. During a social that followed, the hostess served delightful refreshments, assisted by several of the ladies.

Oranges stuck full of whole cloves were known in the days of Queen Elizabeth, and were used to hang in closets. The spicy fragrance lasts for years.

Some Scots Feel Outrage Over Sale of Tartans to General Public

By ARCH MacKENZIE Canadian Press Staff Writer

LONDON, (CP) — The highland clan tartans are still caught fast in a tussle between trade and tradition.

Export and internal sales of cloth, clothing and other products in the vivid clan colors have never been better, said a spokesman for the Scottish Industrial Council.

But, continuing letters to The Times and other newspapers testify to the deep sense of outrage some Scots feel at the prospect of any Tom, Dick or Harriet donning legitimate tartan patterns. "Just like wearing an old school tie to which one is not entitled," said one correspondent.

TARTAN UNDIES

Notwithstanding such sentiment, sales were booming in tartan commodities that bear little connection with national highland dress past or present.

A Glasgow women's wear firm reported that it couldn't keep pace with Canadian and American de-

mand for women's undies in the old clan colors. Bras and garter belts in such lighter clan tartans as the Macpherson, Royal Stewart and Buchanan went like hotcakes, it reported. Some purists purchased to match their bloodlines.

Now, the firm is producing the same outfits in darker Fraser, Campbell and other patterns which incidentally are going to Canada to provide warm—and colorful—winter protection.

FEARS KILT'S EXTINCTION

The Tailor and Cutter, last word on matters sartorial, has an article in the current edition which warns the Scot to look to his kilt in view of the new popularity of tartan. Otherwise, it says, the United States is going to make the Scottish national costume extinct by ridicule.

The writer, a Roger West described as an "unbridled contributor" whose opinions don't always mesh with those of the editors, refers to a little garment called "bonnie breeches" unveiled recently in New York and to a half-

skirt, half-kilt called "the skilt." These apparently are aimed at the feminine market.

"And if the kilt is going to be mucked about with by the fair sex, it will fall into disrepute and turn the Scots into trouser-wearers—which will be a pity not only for the kilt-makers but for the Scotland tourist industry." Switch to something like leather shorts, he advises Scots. "We can guarantee that no woman worth her salt will want to take sex equality to the point where she has to lark about in leather breeches. Leather is after all a very tough and unfeminine material."

It's fun to paint with SWING SATIN latex base wall paint

Wesco 39 beautiful colours — dries in 50 minutes

WESCO WATERPAINTS (CANADA) LIMITED (a Division of National Gypsum Company)

Get the EXTRA PROTECTION of PRESTONE BRAND ANTI-FREEZE TODAY at FIRESTONE Home and Auto Co. Ltd. 187 Gt. George St.

Supply Range Benefits Indoors!

TOP-FEED FUL-O-PEP SUPER GREENS PELLETS

Give your laying flock all the benefits of lush, tender, green grass, plus other vitamin-rich ingredients and antibiotics by top-feeding Super Greens Pellets daily.

Top-feeding Super Greens Pellets builds resistance to disease, improves flock health and will control feed intake to maintain body weight.

It is an easy, economical way to give your layers that extra vitamin boost so necessary to maintain heavy egg production.

ELLIS BROS., CENTRAL ROYALTY, DIAL 3223

SLICE FOR SLICE THERE'S More Nourishment in Butter-Nut Bread THAN IN HOMEMADE

WHY DO YOU encourage your child to eat plenty of bread? For nourishment, of course. You know it helps build strong healthy bodies and sound bones and teeth.

BUT DO YOU KNOW there's more nourishment in Butter-Nut Bread than in the bread you bake at home? It's a fact! So why go to all the work of baking bread yourself when slice for slice you can give your child more nourishment in the new Butter-Nut Bread at your grocer's today!

Free — AT YOUR GROCERS, THIS BUTTER-NUT Growth Record & Growth Chart

Is your child gaining properly? This chart will show you the proper weight and height for his or her age. It has a special chart for keeping your child's growth record. It will help you to know if your child is getting a proper diet for steady, healthy growth. Simply ask your grocer. There's nothing to buy. They're free as long as they last. So get yours today!

*Comparison made with bread recipe taken from famous cook book.

THERE'S EXTRA NOURISHMENT IN BUTTER-NUT BREAD AT YOUR GROCER'S TODAY!

Notice to Doctors: Evidence supporting these facts will be sent upon request on your letter head.

BAKED IN THE OVENS OF EASTERN BAKERIES, LTD.

2 SLICES OF BUTTER-NUT BREAD A MEAL, AND A SANDWICH DAILY SUPPLY:

- For Sound Bones and Teeth... as much Calcium as in a helping of cottage cheese.
- For Strong Muscles... as much Protein as a serving of roast sirloin of beef.
- For Healthy Red Blood... as much Iron as in 3 lamb chops.
- For Normal Body Cells... as much Phosphorus as in 1 whole egg.
- For Work and Play... as much energy as in 2 glasses of milk.
- For Healthy Growth... as much Vitamin B2 as in 3 slices of yellow processed cheese.

HOW TO KEEP REGULAR ON A REDUCING DIET

When you're eating less, and irregularity due to insufficient bulk becomes more of a problem, remember this simple, natural answer.

Many people these days are dieting to lose weight—some for their health's sake, others for appearance's sake. Some are able to stick to their diets until they lose the desired number of pounds. Others run into difficulties and give up after a few days.

One of the most common of these problems is irregularity. A reducing diet usually means a big change in eating habits. You eat less than you normally would. You get less of the natural bulk that normally and naturally aids the rhythmic process of elimination.

When, as a result, there is a slowing up of this natural process, the first thought of some people is to "take a laxative".

They try to substitute unnatural "forcing action" for natural regularity. When the condition persists, many fall into the habit of a daily dose of some product intended only for over-night relief of a temporary stoppage.

BUT THE USE OF DRUG-TYPE LAXATIVES CAN BE AVOIDED ENTIRELY BY SIMPLY EATING ONE OUNCE (about 1/2 cupful) OF KELLOGG'S ALL-BRAN EVERY MORNING FOR BREAKFAST AND DRINKING PLENTY OF WATER.

This "ounce of prevention" supplies only 93 calories, but it does supply the necessary bulk your restricted diet lacks.

The natural laxation effect of All-Bran has been demonstrated time and again in clinical studies reported in medical journals. On this basis alone it merits a place in the well-planned reducing diet.

One of the more common complaints of folks who are eating less is a feeling of "emptiness".

However, because All-Bran's soft, smooth bulk absorbs and retains water and liquids, it helps relieve this "empty" feeling.

And you need not add one single extra calorie when you substitute a serving of All-Bran in your breakfast every day. Reducing diet plans usually allow up to one-third of your calorie allowance for this important meal. The typical breakfasts given below show how a serving of All-Bran fits right in to various diet plans.

360-CALORIE BREAKFAST Eaten as part of a 1200-calorie diet

- Tomato juice (4-oz. glass)
- All-Bran (1/2 cup) served with 4 oz. milk, 1 teaspoon sugar
- Egg, one, boiled or poached
- Toast, one slice
- Coffee or tea, plain or with milk

450-CALORIE BREAKFAST Eaten as part of a 1400-calorie diet

- 1/2 Grapefruit
- All-Bran, (1/2 cup) with 4 oz. milk, 1 teaspoon sugar
- Slice Toast
- Butter (1 teaspoon)
- One egg, boiled or poached
- Coffee or Tea, plain or with milk

When you consult your doctor about your diet (and every reducing diet should be planned by a doctor), ask him about including Kellogg's All-Bran. And to keep regular be sure to eat All-Bran regularly. It has helped millions. Why not you?