KEEP IN TRIM

Healthful Slimming Teens

By Ida Bailey Allen

Overweight teen-agers, the dietitian is in your corner today.

First, some typical problems. "I am a 14 year old, and trying hard to lose 35 pounds. I am 5' 6" and weigh 144. I would like to weigh 110. I've dieting for two weeks without losing. In my diet, I take smaller amounts of food and have left off sweets, soft drinks and desserts. I drink skim milk. Here is the problem: my mother insists that I eat potatoes or rice. Should I eat these starchy foods? And how much should I weigh?"

Before we answer, let's take two more examples. "We are two girls of 13 years who need your help. Most of the girls in our class weigh about 106 pounds. But our height and weight is as follows: 5' 6", weight 145 pounds; 5' 1", 120 pounds. We feel so bulky! We would appreciate receiving your Teen-Age diet and exercises."

First, what is normal weight? For a 13 and 14 year old of 5' 6", healthy normal weight is 124 pounds. For the shorter girl of 5' 1", normal weight is 101 pounds. So the goal is 20 pounds off in each case.

But girls, a teen-age reducing diet is quite different from adult reducing fare. Nutritionist Ruth Leverton of the University of Nebraska, in her excellent book "Food Becomes You" explains teen-age nutrition needs this way: "Although we stop growing in height sometime between our fifteenth and twentieth birthdays, the body goes on building in other ways. If there are materials available from a good diet, the body deposits more minerals inside the bones to make them stronger. It puts more protein into the muscles and vital working organs to make firmer, sturdier tissues. It tucks some fat here and there for shock aosorbers, insulation and pleasing curves. Finally, it builds up a nutritional savings account for use in emergencies." URB CALORIES

CURB CALORIES

This health building process should be sacrificed if you aim at ultra streamlines. The teen-ager in our first letter is on the right nutritional track . . . curbing calories by taking smaller helpings, cutting out the extras and the unnecessary sweets. A teen-age reducing menu is built around 1400 calories a day, in all the protective foods—lean meat, eggs, skim milk, green and yellow vegetables, potato, fruits and fruit juice, and whole grain cereal and bread. A small portion of a starchy food with each meal is helpful in burning the fat clean. A potato or other starchy vegetable, or a slice of bread or roll, acts as "kindling" fuel. The rule: Starches in moderation.

And girls, to reduce in the right places, there is nothing to beat exercise along with curbing calories. Frolic through rhythm slimmers. Also get out and walk—and you'll shape up and look and feel alive.

WOMEN

HAPPENINGS

Mrs. L.H Poole, Montague, has returned to her home following a trip to Ottawa and Montreal. While in Ottawa she was a delegate at the Liberal Women's convention, after which she travelled to Montreal on business.

Mr. Milton MacLeod, Chicago, has returned to his home after attending the funeral of his sister, the late Mrs (Dr.), Preston McIntyre.

Mrs. Frank W. Lockhart has been spending the past few days with his mother, Mr. A.A. Lockhart, at his home in Summerside after returning from Toronto, where he has been a post-graduate student at the University there during the past year. He will serve in the Chaplaincy Corps of the Canadian Army for the summer months, and left for Halifax on Tuesday.

Miss Carol Ann Wasson returned by plane on Monday to her home in Moncton, after spending the week-end in Summerside, the guest of Mrs. A.A. Lockhart.

Mr and Mrs. Leslie Simmons and Miss Ruth Simmons, Summerside, are attending the convocation exercises at Acadia where Mr. and Mrs. Simmon's son, Gordon is graduating in arts.

Mrs. R. Aitken, Charlottetown, is visiting with her sister and brother-in-law, Mr. and Mrs. John Leuty, Summerside.

Mrs. Colin Dyke, Quebec, has been the guest of her sister Mrs. K.L. Crump, Summerside, for the past two weeks.

HAMPTON-DESABLE, W.M.S.

Mrs. Elmer Inman was hostess to the Women's Missionary Society for their May meeting, held on Tuesday evening, May 1. The President Mrs. Lorne Ferguson presided. She was assisted by Mrs. Mack Dixon, Mrs. R. H. Baxter, Mrs. Windsor Bell Mrs. Clayton Morrison and Mrs. John Dixon. All members took part in a brief discussion on different phases of the Study.

Following the reading of the minutes by the secretary, Mrs. Windsor Bell, approval and signing of same, several Secretaries gave their reports. The new allocation was accepted, and Stewardship Secretary asked to notify Presbyterial Secretary, Mrs. Matheson, of this acceptance. The President suggested that members write letters to their Missionary Partner. Miss Heffron of Manitoba. Mrs. John Rogerson was warmly thanked for conveying the box of clothing to Toronto Depot for shipment overseas.

Mrs. Mack Dixon invited the members to her home for the June meeting. Lunch Committee to consist of Mrs. C. Ince, Mrs. George Villett and Mrs. George Cannon. Following adjournment, lunch was served by the hostess, assisted by the Committee in charge.

Hampton Womens' Association held their May meeting at the home of Mrs. Clayon Morrison on Friday evening, May 4. Following Devotional period, minutes were read by the Secretary, Mrs. Windsor Bell and approved. Roll was called and the offering received. The Treasurer's Report was accepted as read and all bills ordered to be paid. Some finished work was received, and new work distributed. Several nice articles donated by Mrs. Merrill were gratefully received. It was then decided to hold a food sale in Charlottetown in June, date, place, to be given in the Press. Mrs. Clifford Sherren kindly invited the members to her home for the June meeting.

Following adjournment, a delightful lunch was served by Mrs. George Cannon, assisted by the hostess, and a pleasant social period of time enjoyed.

PARKDALE W.I.

There were sixteen members and one visitor in attendance at the monthly meeting of Parkdale W.I. on May 2, with Mrs. H. Douglas presiding the meeting opened by singing "Here We Go Gathering Nuts In May" followed by the collect.

The topic was agriculture. Roll call was answered by something new for my garden. Following the minutes, and the treasurers report, the convenors of the various standing committees gave a resume of their work showing that they had spent a busy month, also several catering committees reported substantial sums from their efforts.

Discussion took place regarding banqu in the near future. The Prince Edward Island Drama Festival is to be held in the hall, May 23 to 26th inclusive. The resignation of Mrs. Leslie MacKay, one of the Brownie leaders was regretfully accepted. The call goes out for leaders of our youth groups, which are sponsored by the W.I. Correspondence was read and filed and membership in C.A.C. was renewed.

The program convened by Mrs. Douglas was on "Garden Planning, Mrs. F. Ross gave an excellent talk on the planting and care of roses. Needless to say this was much enjoyed by all. Lunch comm. for June, Mrs. C. Pickard, Mrs. L.O. Brien, Mrs. M.F. Rodd and Mrs. H. Pollard, Meeting Adjourned.

DUNSTAFFNAGE W.I.

The regular meeting of the Dunstaffnage W.I. was held at the home of Mrs. J. Folland on May 2nd.

The president presided and opened the meeting by repeating the Mary Stewart Collect. Roll call was answered by 14 members each telling a household hint.

It was decided to join the CAC: also to do something about improving the school grounds; also to help out the Calf Club as much as possible.

As part of the programme Miss Mona Clay was guest speaker, and showed a very interesting and educational film. An auction was also held and $8.60 realized

A delicious lunch was served by the hostess

ROSE VALLEY W.I.

The monthly meeting of Rose Valley W.I. met at the home of Mrs. Leslie Frizzell on Wed. evening May 2nd. The president Mrs. Wiliam Newsome presided. Meeting opened by creed. Roll call was answered by exchange of seeds and piants. Seven members and one visitor were present. Minutes of last meeting was read approved and signed.

Correspondence was read and discussed. School committee gave their report. Mrs. William MacDonald and Mrs. George Matheson is the new school committee for next three months. It was moved by Mrs. James MacIntosh and seconded by Mrs. William MacDonald that $2.00 be used for some new shrubs for school yard.

Rol call for next month is item for Rose Valley History. Mrs. James Cousins invited the members for the June meeting. Collection was 50 cents. Lunch was served by hostess. A social hour was enjoyed.

ELLEN'S DIARY

Be Careful Of Fire

"You won't forget to keep an eye to the pasture to see that none of the young lambs stray away from their mothers, Ellen!" James said before setting off, yesterday afternoon it was, to the fencing. "If you should happen to hear much bleating" he smiled "don't content yourself with the notion that because the sun's out everything is fine with them- run and see if one's astray".

He glanced at the garden-rake we carried, then entered the truck commencing to ease down the driveway. "This is a pretty windy day" he called back. "If you're going to rake the lawn, I wouldn't light any fire out about-you know what a grass-fire can do if it catches."

Along the border planted more than a half century ago by James' mother with plants carried from her girlhood home, we raked about white lilac and snowball, Scotch rose and red, about columbine and iris, tiger lily and phlox of the long ago, gaining tinder-dry rakings. The afternoon was bright with sunlight upon which gay patterns were being woven by happy wings about-blackbird and robin, and swallow and a confusion of sparrows. And still the heap of rakings grew.

"Bet yo' would like to take dat down to dat dere meadow-fiel' an bu'n it up in one big blaze" a gamin sparrow grinned from a limb near by.

"Sho' would!" we replied.

"Bettah not-bettah min' what yo' ole man tells yo'. Grass-fiah get goin' in dis win' wipe out dis whole place. Yas-sa ma'am! Evah see a real bad fiah is yo' bo'n days?"

"Once. About this time of year it was too, or maybe a week or so later-near forty years ago that was. It was from a heap of brush being burnt in a field. It spread and caught in bush and ran for miles. The cinders were falling in that front field-too close to us for comfort!"

"Dat's it. Yo' nevah knows when yo' lights a match on side what ha'm it might do-bu'n somethin' or somebody. An let it catch in a woods, boy, she jes' leaves everythin' black behin' her... Yo' agoin' bu'n dat?"

"No indeed!" we chuckled," We'll carry it away."

"If you have loved the glimpse of a doe and a fawn in the bracken at morning" someone has written, "when the mists rise out of the little valley; and the resonant call of the grouse in the sentinel firs; and the sweet sadness of wild pigeons, calling one to another; and the wood duck low to the water; and the red rabbit that comes to the sandbar at dawn, out of blackberry tangle- if you have loved all these, and love them still, be careful of fire in the forest.

If you have loved the deep cool shadows of noon, with a hawk circling; the charmed stillness of the drowsy woodland, smelling of fern and resin and berry; and a peace that flows outward and inward, like a great pulse in harmony; and the knowledge that here is no urgency, nor ever has been; and a pendant vine drooping with purple berries-If you have one time loved these, and had healing from them, be careful of fire in a forest.

If you have loved the lengthening shadows that come from the forest at evening, when the deer steal forth again, and the plumed quail; the awareness that at twilight the near hills draw nearer; if you have loved, in that listening stillness, the splash of a fine trout rising, or a sea-run salmon ascending the river; the assurance, somehow, that you are not alien to the trees, to the evening, nor to the Creator of these; If you have loved all this, and these, and are grateful, be careful of fire in the forest."

Until tomorrow — — — Diary— Good-night.

DUNNING - CRASWELL

A quiet but pretty wedding was celebrated at Milton Rectory when Shirley Jean, daughter of Mr. and Mrs. Charles Craswell of Rustico, was united in marriage to Keith Bernard, son of Mr. and Mr. Foster Dunning of Summerside.

The Rev. A.E. Piercey officiated at the ceremony which was held at 3 p.m. on March 29, 1956.

The happy couple were attended by Mr. and Mrs. Gordon MacKenzie.

The bride wore turquoise faille with matching accessories, while the matron of honour wore blue bengalese and blue accessories. Corsages were of red roses.

Garnhum Photo Studio

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Satisfied user tells her experience "Sirs:

Must write a line in praise of your wonderful product "MAPLE LEAF LIQUID DETERGENT." It has no equal. I always detested doing the dishes, and never seemed to be able to find a product that would make this task easier.

Now all my worries are over. My dishes sparkling clean in minutes, and best of all no red rough hands, which means so much to me, as I am a beautician.

Also it has no equal for washing nylons, lingerie etc.,

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MRS. RUSSELL BOLLONG, Pugwash, Nova Scotia.

MAPLE LEAF LIQUID DETERGENT

Play... SALADA SCRAMBLE

● See Page 7

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Pattern 7338: Charts, directions for filet-crochet set in No. 50 mercerized cotton. Chairback 13 x 16 inches; armrest 6 x 12 inches.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front Street, W., Toronto, Ont., Print plainly NAME, ADDRESS, PATTERN NUMBER.

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MORNING SMILE

Visitor– Are you the Executive Officer? I have a grandson serving on board.

Navy Exec.—Yes, madam. He's away on leave just now attending your funeral.

'Words Of The Wise

The past cannot be changed; the future is still in your power.
—(Hugh White)

CONFIDENTIALLY YOURS
—by Byrne Hope Sanders

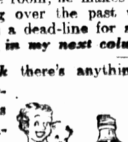
MONTREAL, May 17th—It's uncanny . . . but true! Add a package of LIPTON Onion Soup to boiling water—boil a few minutes—and you have a *flavor*, a *consistency*, a *richness* which you'd expect to take *hours* of slow cooking! Try grating some cheese over a bowl of Lipton Onion Soup and serve with a square of toast—it's scrumptious! Also serves as a base for heavenly onion sauces and gravy that are terrific on hamburgers or roasts.

LIPTON ONION GRAVY

Bring 2½ cups water to a boil. Add package of Lipton Soup and 1 tbsp. butter or margarine. Cover and cook 10 mins. Blend 2 tbsps. flour and ½ cup of water and add to soup mixture. Stir till thickened—and serve to your delighted family—several times a month!

My Young Daughter . . . says that instead of *my* teaching our Budgie to talk—I'm learning to imitate the Budgie! All I know is that when I come into the room, he makes *exactly* the same little coaxing sounds I've been using over the past weeks! Sounds *just* like me! We've given ourselves a dead-line for a family decision on the name . . . ***to be announced in my next column,*** *for sure!*

I Don't Think there's anything more important to a child's health and general well-being than keeping him free of childish troubles with the children's laxative CASTORIA. Keep your little ones free of the troubles caused so often by irregularity . . . teething troubles, colds, headaches, lack of appetite, stomach upsets. Mild and gentle Castoria helps soothe and settle little stomachs . . . keeps your child in radiant health. Large size 45c. Family economy size 75c.



London, Paris and New York . . . are *you* planning to visit one or all of these meccas soon? Because if you are, for business or pleasure, your local BANK OF MONTREAL manager will be happy to provide you with letters of introduction to its people in those cities, and to make whatever financial arrangements will be most helpful to you while you're away. As a headquarters to handle correspondence and other matters . . . as a base of operations . . . and as a rendezvous to meet friends and pick up mail, I know of no more convenient place than the B of M . . . in London, Paris or New York!

$10 To Nova Scotia! To Mrs. L. G. Nette of Aylesford, who's discovered the secret of a tempting, *nourishing* breakfast that can be served to the whole family at once! She butters slices of whole wheat bread before breakfast; puts a half slice of BORDEN'S King-Size Cheese Slices on top of each, and pops them in the oven while the family's enjoying hot cereal. Then—hot, crunchy, *scrumptious*—they're ready! The family *loves* breakfast now—and neighbors are finding it a good idea too. Won't *you* try it? **And send me your favorite cheese recipe, using any Borden's Cheeses—to** Confidentially Yours, 1411 Crescent St., Montreal. Maybe you'll win the weekly $10 next!

Life Is Good! . . . 'specially in this magic month of May when the garden is full of promise and one can work *hard* in it . . . and then relax luxuriously with a cup of Instant Chase & Sanborn Coffee. It's so full-flavored, now that it's "Gentle-Brewed"—an exclusive process in which none of the delicate coffee essence is lost. Look through the window in the jar of INSTANT CHASE & SANBORN COFFEE—see the result of "Gentle-Brewing" . . . then *taste* its perfection in the cup! You'll find *all* the rich flavor of freshly made coffee—no more of that scorched color or scalded taste! *Do* try Instant Chase & Sanborn Coffee, today!

Take A "Peek" Test! . . . With your face hidden in your hands take a peek at your hair . . . is it really at its prettiest? You can do *wonders* with it by using LANOLIN PLUS Hair Products—the *shampoo* which gently conditions as it cleans . . . with the lanolin *right* in the shampoo. . . . Rinse with Lanolin Plus Creme Rinse—to highlight the beauty of your hair . . . then apply Lanolin Plus "For the Hair", a special formula to give that *extra* sparkle and gleam. Each of these products has a high lanolin content—that's why they're so good. The Shampoo $1.25. The Creme Rinse $1.25. "For the Hair" $1.25

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COOKIES	CHOC. MARSHMAL.	lb. 39c

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MEAT LOAF	PIMENTO	49c
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ROASTING PORK		35c
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BONUS 10¢ OFF SPECIAL OFFER GIANT SIZE 75c

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