

Ignore Comments While Reducing

By Ida Jean Kain

Well meaning friends may rally round to discourage you while you are reducing. Accustomed to seeing you heavier, it is natural for them to make remarks. Oddly enough, only from your slim friends can you expect encouraging comments.

Today's letter is from a former overweight who reduced in spite of the adverse remarks while she was changing from a size 44 to a healthy size 16. If her words fairly fly up at you, know that they are for you and cling fast to them. They can keep you from going back to overeating.

"When I was 40 years old, I

surement 48 inches, my waist 38 and the bust 42. Those measurements did it. I said nothing to anyone, but from that day on my meals consisted chiefly of lean meat, eggs, buttermilk, cottage cheese, green leafy vegetables and fruit. I stayed strictly on what you call the "protective diet."

"By the end of three weeks, I had lost 12 pounds, and at the end of 6 weeks, 23 pounds had disappeared. At this period in my reducing, my friends started worrying about me because I was getting down to normal weight. They felt I must be ill.

"Since I was feeling better all the time and knew I was on a safe diet, I kept right on, and by the end of 18 months, I had lost 70 excess pounds. I lost weight without taking any reducing medicine.

"All this was 7 years ago, and I still keep my weight at 150 pounds and wear size 16. Here are my measurements: hips 39, waist 29, bust 36 inches. I now eat everything but make desserts in smaller servings. If I find the pointer on the scales going up, I cut back on calories.

"I feel wonderful and do not get tired the way I used to. No one has any idea what a glorious feeling it is until she has gone through it. Perhaps this account of my experience will give someone else a lift, as it is more proof that it can be done with great improvement to one's health."

Thank you, friend, and sincere congratulations.



20 pounds off, 4 sizes smaller.

found myself very short of breath at the least exertion, such as climbing stairs or walking rapidly. One day while in Town I weighed myself and found I tipped the scales at 220 pounds, entirely too much for a medium frame and height of 5' 5".

"I knew my dress size was 44, but even so, when I measured, I was horrified to find my hip mea-

TORONTO (CP)—Marilyn Bell's advisers said Tuesday the 16-year-old swimmer may take a year off from high school and go to Hollywood. They said they told the blonde student, who last Thursday became the first person ever to swim across Lake Ontario, that she may have to postpone her formal schooling for a year to take advantage of several big-time offers, including movie bids.

Casual Combination



These separates, casually tailored, show the new fashion with its feminine look. The snow-white worsted jersey, adaptation of a "Spanish dandy" shirt, features double yoking on the blouse with wool lace and cuffed sleeves. Colorful tones of brown, teal and walnut blend together for the light-weight wool tweed skirt with its wide wool band belt.—(CP Photo).

Bright Accent Colors

By ELEANOR ROSS

COLOR, whether it is warm or cool, is a visual experience that plays a starring role in the home, and one that profoundly affects our sense of well-being. Spend even a short period in a room filled with discordant color notes or with colors that one dislikes intensely and there is usually a feeling of annoyance, discord or even anger. And a room done in dull, drab, dark colors without livening accents is likely to provoke a feeling of depression, even despair.

More Knowledge of Color

There is a growing use of color in the home and a better awareness of how to handle it, something that is very important, since all of us are spending more and more time in the home now that it has become a marvelous amusement center.

The constantly increasing sales in television receivers, radios, record players and records confirms this as does the big boom in pianos since folks are discovering the joys of do-it-yourself in making music, too.

Accent Color
But back to color, with emphasis on the use of bright accent color to give any room, whatever its fundamental color scheme, new life

and rich variety. Strong hues used in small amounts to dramatize and add sparkle to a room have long been a prized professional decorator's trick that the homemaker is fast discovering. Accent colors may be picked up from a wallpaper or rug pattern and repeated in various selected spots throughout the room.

If too much repetition of color in small doses is undesirable, then an entire wall can be painted a solid

Macdonald - Sullivan Wedding

"A pretty wedding was solemnized at all Saints' Church, Cardigan, on August 10, when Marie Teresa, R. N., daughter of Mr. and Mrs. Philip Sullivan of Cardigan, was united in marriage to J. Ernest, son of Mr. and Mrs. Andrew B. Macdonald, also of Cardigan.

Reverend J. P. E. O'Hanley performed the double-ring ceremony and celebrated the Nuptial Mass. The server was Francis Macdonald, brother of the groom. Present in the sanctuary also was Reverend John Sullivan.

The bride, given in marriage by her father, wore a floor-length gown of white satin with fitted high-necked bodice and long sleeves coming to a point over the fingers. Her fingertip veil was caught to a cap trimmed with seed pearls and rhinestones. She carried a bouquet of white phlox and candytuft.

The bride was attended by Miss Mary Carroll, R. N., (now Mrs. Wilbert Macdonald), who wore a gown of mauve net over taffeta with lace bolero and matching picture hat and mitts. She carried a bouquet of mauve phlox and candytuft.

The groom was attended by his brother, John S., of Montreal, and the guests were ushered by Peter Sullivan, brother of the bride, and Roman Macdonald, brother of the groom.

For her daughter's wedding, the bride's mother chose navy blue with white accessories, and a corsage of mixed flowers.

The groom's mother wore a grey ensemble with navy accessories, and a corsage of mixed flowers.

During the Nuptial Mass, hymns were rendered by Miss Catherine Macdonald, cousin of the groom, and Miss Biddy MacIntyre, accompanied by Mrs. E. C. Macdonald.

Following the ceremony, a reception was held at the Queen Hotel. Mr. John S. Macdonald acted as master of ceremonies. The toast to the bride was proposed by Reverend J. P. E. O'Hanley, and responded to by the groom.

Later the young couple left on a honeymoon trip through the Maritimes. For travelling the bride was attired in a grey suit with grey hat and black accessories. On their return, a reception was held at the home of the groom's parents.

The couple will reside in Windsor, Ontario.

Previous to her marriage the bride was rendered showers by her friends in Toronto, Cardigan, and Charlottetown.

accent color. Such a wall, of course, to be dramatic and interesting, should be free from distraction and windows. We have seen mustard yellow, cobalt blue, turquoise, salmon, persimmon and shocking used in rooms where fawn, cocoa, neutral brown, blue or green prevailed.

Brightening Job

Then there are such colors as yellow, chartreuse and orange that do a good brightening job in rooms where shades of gray, charcoal or off-whites prevail.

Sometimes touches of black and white are used to tone down and blend with various bright colors and shades. Color crops up anywhere and everywhere in a room nowadays. It used to be the throw pillow, a piece of bric-a-brac, a lamp, a rug for a bit of strong color, but today it is likely to be a color accent door that lends drama to a room. The ceiling, too, is taking its place as a color carrier especially in rooms where neutral wall coloring is used. And larger pieces of furniture are getting the accent treatment, too, with edgings, frames and chest pulls brightly enameled to contrast with the usual subdued wood finishes.

Engagement Announcement



Mr. and Mrs. R. B. Reid of Victoria, B.C., announce the engagement of their daughter, Marion Elizabeth, to Arthur Joseph, son of Mr. Joseph Shama and the late Mrs. Shama, Charlottetown, P.E.I. The marriage is arranged to take place on Saturday, October 23 at two o'clock in St. John's Anglican Church, Ottawa, Ont.

Woman Horticulturist Loves Trying Out New Things

(By PEGGY THOMAS)

(Canadian Press Staff Writer)

OTTAWA, (CP)—Dr. Mary MacArthur is a plant scientist who is also interested in archaeology, cooking, whodunits and a picturesque old house in Nova Scotia.

At the Dominion experimental farm she is kept busy heading the section which investigates the morphology and histology of plants—in plain words, the structure and form.

However, that hasn't been her only job with the horticultural division during the last 16 years.

During the war she was in charge of experimental work in the fruit products laboratory. This has influenced one of her spare time activities—cooking.

STOVE EXPERIMENTS

"My main interest is trying out new things," she explained. Scientific training evidently comes in handy because most experiments turn out quite well.

Dr. MacArthur was born in Glasgow, Scotland, but came to Canada as a child. Her family settled in Pugwash, on the Northumberland Strait shore of Nova Scotia.

She became interested in botany early in life.

"I can remember when I was only so high noticing the plants in the woods and how they were very different from the ones on the seashore."

This interest grew until, when she entered Acadia University at Wolfville, she had decided to make a career of the study of plants.

She obtained her doctor's degree at Radcliffe College, affiliated with Harvard University. Later she taught at a girls' college in Elmira, N. Y.

"Being a Briton, I had no desire to remain in the United States, so I came back to Canada," she said.

EDITS REPORT

Delight in her work is evident

Islanders Wed in Dartmouth N. S.

A quiet, pretty wedding took place at St. James United Church, Manse in Dartmouth, Nova Scotia, on September 2, at 6.30 p.m., when the Rev. J. Grant Macdonald, united in marriage Minnie Margaret, daughter of Mr. and Mrs. George Davies, Eldon, Prince Edward Island, to Nelson Frederick Blanchard, son of Mrs. William Simmons, Seaview, Prince Edward Island.

The bride chose a street-length dress of blue tulle fashioned with a sweetheart neckline, and matching duster with white accessories, and a corsage of bettertime roses. She was attended by her sister, Mrs. Francis Pitre, who wore a grey nylon dress with mauve accessories and a corsage of multi-colored roses. The groom was supported by Mr. Francis Pitre.

After the ceremony a reception was held at the home of Mr. and Mrs. Francis Pitre of Shannon Park, Dartmouth, N. S., where a delicious supper was served to a number of friends. Amid showers of confetti and good wishes the happy couple left on a short honeymoon to points of interest in the Maritimes.

Prior to her marriage the bride was tendered a shower at the home of Mrs. Ray Genge, Highfield, P.E.I., and a post-nuptial shower was held at the home of Mrs. Percy Downe, Esher St., Charlottetown, P. E. I., where she was the recipient of many lovely gifts.

Patent Institute Officers Elected

OTTAWA (CP)—Gordon F. Henderson, Ottawa patent attorney, was re-elected president of the Patent Institute of Canada Thursday for a second term.

Other officers: Alan Swabey, Montreal, vice-president; Eric Medcalf, Ottawa, secretary-treasurer; E. T. Henry, Montreal, Andre Forget, Montreal, and Doug Johnson, Toronto, councillors.

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Three Families Have Been Neighbors For 51 Years In N. S.

GLACE BAY, N. S. (CP)—The Macdonald's, Walkers and Campbells are old hands at the business of neighborliness.

They ought to be; they've been neighbours for 51 years.

Mr. and Mrs. D. W. Macdonald, Mr. and Mrs. Alex Campbell, and Mr. and Mrs. Hugh Walker have seen one another through three golden wedding anniversaries, the rise to maturity of 32 children, and the arrival of 107 grandchildren and seven great grandchildren.

The three families have hit it off admirably down through the years and the bond of friendship among them is known all over this Cape Breton coal mining town.

They saw Glace Bay become a town and they attack by one another through the jobsless times of the depression years of 1909 and 1925 when strikes hit deeply into the economy of industrial Cape Breton.

The families moved into new homes within the space of a few months of each other way back in 1903. All are Cape Bretoners except Mrs. Campbell who still is trying to revisit her hometown of Nanaimo, B. C.



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The T. Eaton Company, Limited, is again donating a Scholarship to be awarded at the 1954 Royal Agricultural Winter Fair, Toronto.

This Scholarship is open to boys who have not reached their 23rd birthday on October 20, 1954. The Scholarship provides for all College fees, board, and lodging, for a four year course commencing in the Autumn of 1955 at any Agricultural College in Canada selected by the winner. Candidates must be in their graduating year in High School or have already graduated, but not in attendance at a University.

The winning candidate in Prince Edward Island will be awarded a trip to the Royal Winter Fair at the expense of the T. Eaton Company where he will compete with winners from the other provinces for this Scholarship.

Interested students should forward their application before October 9th to S. C. Wright, Provincial Department of Agriculture, Box 9, Charlottetown.



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