

WOMEN

Page 8, The Guardian Thursday, Nov. 3, 1955

KEEP IN TRIM

Habit Of Normal Weight

By Ida Jean Kahn

HABIT OF NORMAL WEIGHT

When overeating is habitual, dieting is not a permanent solution. Unless you change the way you think about food, you go right back to overeating—and overweight. Reflect along this line...

Do you resent the fact that it's necessary for you to restrict calories? Do you have a fixed notion that you must choose between two evils—either eat and be overweight or starve and be slim? And do you think it would be dreadful to have to give up all your favorite foods and that even a beautiful figure wouldn't be worth that?

To do an about-face on your thinking may be the solution for you. Anyway, you have nothing to lose by giving it a try. Start with the idea that overeating is just a bad habit, and that habit has only as strong a hold on you as you have on it. In other words, you need not be stuck with any habit if you choose not to be.

CONSTIPATED BABY...

Give Baby's Own Tablets. Sweet, mild little tablets. Nothing better to help clear out bowels quickly—yet gently. No "sleepy" stuff—no dulling effect. Used for more than 50 years.



Equally good for the restlessness and feverishness resulting from digestive upsets at weaning time and other minor baby ills. Taste good and are easy to take! Get a package today at drugstores.

BABY'S OWN TABLETS

ANNE ADAMS PATTERNS

JUMPER-DRESS!

It's a jumper for now—a sundress for summer! For schooltime, make one in cotton plaid, another in solid colors. She'll love the blouse too, with short or three-quarter sleeves. She's sure to rate an 'A' in fashion, wearing this smart twosome!



4808
by Anna Adams

ROUX COLOUR SHAMPOO



Now you can easily shampoo new colour into your hair or highlight your present drab shade with ROUX Colour Shampoo. Grey streaks disappear... ROUX Colour Shampoo lasts and lasts. Ask at your beauty salon, drug or department store.

ROUX Colour Shampoo \$1.75

ROUX Colour Shampoo

AFTER EACH COLOUR SHAMPOO OR HAIR REACTION, USE ROUX HAIR TONIC.

ELLEN'S DIARY

By An Island Farmer's Wife

So the tomorrows come to us out of the dark and the dawn to become our todays, bearing with each renewed hopes and fresh opportunities to see the visions and to dream those dreams which point ever toward some cherished goal or ideal.

"Whatever would we do without tomorrow?" one has commented. "The past though nice to remember is over and done with. The present is always tugging us. But tomorrow, that is the dreamer's paradise. Everything is possible with tomorrow; no dream too foolish, no goal too high."

Damp with the enveloping dampness of Fall, the morning was—hissless gray coming down to the hillsides where light mist scarfed the quiet trees. How still they kept in that early windless hush! And now the sturdy greens of fir and spruce and hemlock come into the seasons almost wholly their own—we remember when on those occasions we have watched from the Strait the shore of our Island recede or when again we have neared them if was to be impressed, not with the sight of green meadows try sting with red cliffs but by the evergreens marching in hedgerow or gathered to grove and woodland, sturdy symbols of this our northern land.

And discouraging their harvesting, our farmers turned to extra choring about: laying the groundwork in truth for bigger and better crops in the ferrings of the manure-spreader between sty and field; moving this and that family from maternity pens in one piggery to another to make way for others

to make way for others to enter there", one of them, a young lady reclining after a summer in the open of the orchard, smiled up when we put in her trough parings of the apples which had gone to make a round apple pie for James; the other newcomer, older and mature blinked a quiet eye from her bed and went back to her napping—at the moment, by a row of bright windows there, we believe our fortunes in that line are increasing.

"With hog prices on the decline, there'll be plenty" one of the Family chuckled.

"With hog prices down, we'll need plenty" another commented. And all day the spirit of the Fall roamed the farmlands. It is about still in the wind, high and whimpering in the lawn-trees and along the paths of the valley. But the stable was warm and bright and sheltering when the Family came there to the milking.

"We have too many cats" James offered sitting in to milk "that off cow." We saw the two children exchange quiet glances and stooping lift the kit-cats to their arms. "We could, I suppose, do without this one" Granddaughter said smoothing one's silky fur.

"Not that one" Mack shook his head. "We can't do without him—remember" he smiled "how he loves to play! And so smart!" She nodded, sober-faced and sighed. "We'll not think of it just now" she said. We must think of the morning—we farm-folk of the morning which will come out of this dark and a dawn.

Until tomorrow—Diary—Good-night

—take their cue from high fashion ready-to-wear. You'll find the same slim silhouettes, three-quarter sleeves, pleated skirts that are rib-knitted to stay. And many of the knit dresses and two-piece costumes are enriched with satin bindings that give them a touch of luxury.

Colors are luscious—purple, grape, vanilla, beige, watermelon as well as the favorite blacks, browns and dark olive greens. After-dark knits are lacy wood affairs, often with metallic threads knitted in, sometimes with skirts as willowy as chiffon.

Iridescent beads, too, highlight the dressier knits as do Venetian lace collars. There's hardly an experienced traveler in existence who doesn't include at least one in her wardrobe. Not only do they shed wrinkles, they can always be sudsed out and ready to wear again on short notice.

If you are a recent convert to knits, don't let it bother you that

the garment you're washing happens to be a dress rather than a sweater! Just treat them both in the same way—lukewarm suds, gentle handling, squeezing the suds thorough rather than trying to do a vigorous job of twisting and wringing.

DRY THEM PROPERLY

Once you get knitwear clean, the secret is to dry it properly. Blot out as much excess moisture as possible, and lay the costume flat to dry. If a blocking frame seems too formidable for a dress or two-piece outfit, them smooth the garment with your hands—repeatedly, if necessary—until it assumes the same proportions it had when dry. Just remember that the producers

of knitwear, these days, expect you to wash their knits. So many of them need no blocking. Today you can buy washability with fashion.

Wife Preservers

FLOUR

Wife Preservers

Wife Preservers

Instant Chocolate Cream Cake

So quick—so delicious! Just squares of fluffy-light Shirriff's White Cake Mix cake and creamy-smooth Shirriff's Chocolate Instant Pudding—the only Instant that's ready the instant you whip it up, to spoon between the layers and over the top of your cooled cake in glistening swirls of chocolate cream! Instant success! Because it's made with the only Instant Pudding that tastes just like the old fashioned home cooked kind!

It takes the cake.

"Ahead of time" baking is half the secret of Instant Cream Cake's ease of preparation. So always use Shirriff's Cake Mixes for cakes that keep "fresh milk tender" to the very last crumb. Then you're always ready for these "hurry-up" treats.



EASYGOING SEPARATES

This hooded wool jersey blouse is in black, grey and white. The charcoal grey wool flannel slacks emphasize the long, slender look. (CP Photo)

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Double Ring Ceremony Unites Couple In Moncton

A double ring ceremony, performed by Rev. F. E. Archibald, united Dorothy May MacLeod and Mr. William Harry Richards in marriage on Sept. 19, 1955 in Moncton, N. B.

The bride chose for her wedding a navy blue costume with pink accessories. Her only attendant, Mrs. Charles Ward, Lakeburn,

HOUSEHOLD HINT

To remove rust from old wrought iron hardware, soak the article in a pail or pan of kerosene for several days or more. Then brush the loosened rust off with a wire brush.

N. B. wore pale blue with white accessories. Groomsman was Mr. Charles Ward of Lakeburn.

A reception followed for the bridal party and friends at the home of Mr. and Mrs. Charles Ward. Mr. and Mrs. Richards are residing in Murray River, P. E. I.

MORNING SMILE

Cultivating logical thought development has its difficult moments. One bright boy attending his first wedding asked his mother why the bride was dressed in white.

Mother—Because, white stands for purity and joy. Son—Then why does the groom wear black?

Words Of The Wise

To speak kindly does not hurt the tongue. —(French Proverb)

MANUEL'S

Oranges, 2 doz. 69c	Bacon, sliced, lb. 45c
Grapes, 2 lbs. 29c	Roast Pork, lb. 39c
Onions, 5 lbs. 23c	Pork Hocks, lb. 19c
Carrots, 4 lbs. 25c	Ribs, corned, 4 lbs. 59c



Perfection SPECIAL

Peter Pan Peaches, 20 oz. tin, 2 for . . . 43c

Frozen Fresh Mackerel, large, each . . . 39c

Dates, new crop, 2 lbs. 25c

Jewel or Fluffo Shortening, 2 lbs. 55c



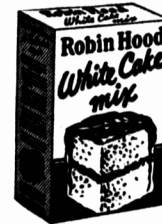
Island Pack Peas, 20 oz. tins, 2 for 29c

Seedless Raisins, 2 lbs. 35c

Silver Seal Molasses, quart 33c

Sweetened Coconut, 1-2 lb. 19c

Assorted Flavors Jello, 3 for 29c



ROBIN HOOD CAKE MIX

White and Chocolate

Two For 45c



Macaroni, cut, 2 lbs. 29c Sugar, brown, 5 lbs. 39c

Perfection Milk, 6 tins 85c New No. 1 Honey, White, 2 lbs. 59c

36 ELM AVENUE

FREE DELIVERY

DIAL 6580 - 6589

newest *hurry-up* Dessert trick of them all!

Instant Cream Cake

Now, for the first time you can make lovely, lavish desserts in true Boston Cream Style and you can make them the instant you want them, thanks to the amazing consistency of Shirriff's New Instant Puddings. That's because Shirriff's is the first Instant Pudding to whip up into a billowy, creamy-smooth "spoonable" pudding right before your eyes. Try these fast and fascinating new dessert tricks soon.

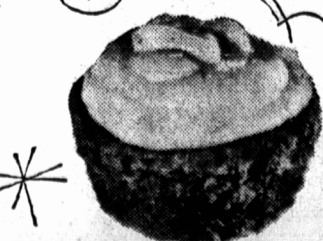


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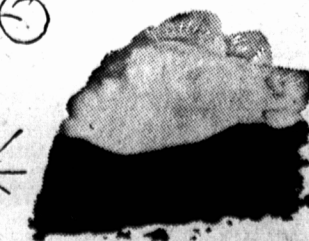
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Instant Spicy Butterscotch

Perfect way to turn part of a batch of cup cakes into a scrumptious, satisfying dessert, right at the last minute. For cup cakes that keep "fresh milk tender"—use a Shirriff's Honey Spice Cake Mix. Then—just at dinnertime whip up a Shirriff's Butterscotch Instant Pudding—the only Instant that billows into creamy smoothness right in the bowl—ready instantly to spoon out onto your cup cakes in golden butter-smooth swirls!



Instant Banana Cream

Bake your Shirriff's Chocolate Cake Mix in two 8" layer pans for this one—and save one layer for another day! (This is the cake that keeps "fresh milk tender" to the very last crumb!) Just before dinnertime, cut one deep, delicious chocolate layer in generous pie-shaped wedges—slice bananas over the top—then heap with Vanilla Instant Pudding.

Never possible till this instant!

It's true! Only Shirriff's Instant Puddings give you instantly the billowing creamy smooth "spoonable" consistency you need for instant Cream Cake Desserts!

