

**CONFIDENTIALLY YOURS**  
—by Byrne Hope Sanders—

MONTREAL, March 24th—My daughter and I... have shampooed our hair together, whenever possible, through her childhood and now it makes a pleasant, comradely time—to talk and help each other, too. We both like WOODBURY COCOANUT OIL SHAMPOO the best of any shampoo—because it's a natural oil shampoo. This means that Woodbury Shampoo washes the hair to a shining, lustrous cleanliness—yet doesn't dry your hair at all! Instead it helps to preserve the natural oils of the hair—and leaves it soft and pretty—easy to manage even right after your shampoo. Because so many families have discovered Woodbury and buy it regularly, it costs much less than any other quality shampoo.

**Bustiest Home-Makers Are The Smartest**... seems to me! One trick is to cook a week's supply of DAINTY RICE and keep in a covered dish in the frig—to use as you need. All through these Lenten weeks, for instance, I've kept a supply ready to add body to soups; to use in casserole dishes and desserts—or to serve as a nourishing, satisfying part of Lenten meals. When you're ready to use it—put what you need in a covered saucepan with a few tablespoons of water over a low flame. In a few moments it will be hot and fluffy as freshly cooked rice! You'll find many delicious suggestions for serving Dainty Rice on the package.

**In Nine Months we'll all be In My Life...** I have to appear in public, often, in the office, and do my housework too. All of which means that, more than ever, I appreciate the comforting perfection of CURAD Plastic Bandages. For one thing, Curad has that wonderful new "Stick-Quick" adhesive—and a new polyethylene facing that whisks off clean. Too, it has an exciting new medication which kills or inhibits 28 common wound germs in actual tests. Curad Plastic Bandages stay on beautifully—won't curl or fray. And because they're really waterproof, washing the dishes—or doing the laundry—doesn't affect them at all. Yes—I'll sing the praises of Curads—any time!

**Last Sunday...** I drove through one of our new suburbs—and was enthralled to see the good way of life young Canadian families are building for themselves—through planned buying-out-of-income. I knew that in many, many cases, back of the car in the drive-way, the TV aerial, the oil burner that kept the pretty little homes so comfortable—was the IAC MERIT PLAN. Yes, the Merit Plan really means a step forward to better living for all of us—by giving us a chance to own the wonderful conveniences of modern living NOW, and paying for them out of income, without having to disturb our savings. Do ask your dealer about the many advantages the IAC Merit Plan holds for you, won't you?

**Continued from Page 8**  
**Bride's Counsel**  
ceremony, copes with photographers, marshals bridesmaids, orders limousines, starts the bride down the aisle, rests during the ceremony, follows up at the reception arranging the receiving line and attending to the thousand and one details that go into a smoothly conducted wedding.  
Each wedding takes about three hours of her time and Mrs. Woodbridge has looked after as many as three and four a Saturday during the rush season.  
"Popular wedding month used to be June," Mrs. Woodbridge said, "but now we find May, September and October just as busy."  
**PREPARE AHEAD**  
Mrs. Woodbridge's main advice to brides: "Arrange ahead of



**Favorite Line**

Low slot pockets give a torso suggestion to a sheer navy wool dress in candlestick silhouette, a line much favored by the New York designer, Harvey Berin, for his current spring collection. The natural waistline is marked by a little tab belt of the fabric in back. The collar and sleeve facings are of white pique, the bow in matching navy blue silk. Neat, nice and ever so smartly urban.

time." Her department is working on fall weddings now and usually likes to start from six months to a year before the ceremony.  
"In large cities such as Toronto selecting the church, the clergyman and the reception hall must be done far in advance," she said. "There is nothing so pitiful as the badly-arranged wedding."  
Mrs. Woodbridge counts her worst moment the day a bride's petticoat began to slip as she walked down the aisle. The girl didn't notice it at first then grabbed the garment in horror but continued to the altar.  
There are many whacky moments in the life of a bride's counsel but the out-of-town information service brings some of the heartiest chuckles.  
Brides write in asking all kinds of advice from how to choose caterers and presents to how to

**Diets Not As Bad As Pictured**  
By Ida Jean Kain

Nothing takes the starch out of an overweight like the thought of going hungry on a diet. And the cartoonists who picture the dieter's dilemma are no help at all.  
Awhile back the cover on a national magazine showed a fat man at breakfast, having orange juice and black coffee, wistfully watching his son pour syrup over a stack of waffles. At lunch the overweight subsisted on a green salad while his thin friend enjoyed spaghetti and meat balls. The dinner dessert was an apple for the dieter, while the family had generous slices of chocolate cake. The punch picture showed our starved dieter, raiding the refrigerator near midnight, devouring everything in sight.  
Many overweights have the mistaken notion that dieting really is that bad. So, here's good news... reducing fare is now good eating. On three adequate meals a day you can lose 2 pounds a week, feel satisfied, keep your bounce and improve your health. One secret of slimming down without going hungry is to start the day with an adequate breakfast. Food causes an increase in metabolism. Scientifically, this is termed the specific dynamic action of food. About one hour after a meal the metabolism begins to rise and reaches its peak in about three hours. Protein causes the greatest rise. So, by eating breakfast, including protein, you get the benefit of increased metabolism

serve liquor undetected at a dry reception.  
**WHAT TO WEAR**  
For wedding gowns Mrs. Woodbridge favors long, formal dresses even for informal weddings. She recommends short dresses for the small wedding. This year ice blue, ice green, pink and pale yellow have all been popular wedding-gown colors.  
Satin has not been selling well for weddings this year, but its popularity comes and goes. Mrs. Woodbridge said. For spring she recommends taffeta, lace, net and lace or nylon tulle; for summer organdy and the full range of cottons, eyelets and linen. September, if it is cool, brings in heavier fabrics like velvet, faille and taffeta.  
Mrs. Woodbridge is a stickler for the men's dress too. She is against grey flannel slacks and white dinner jackets. The first is informal attire, she said, and the second is an American custom "making a man look like a handleader or a waiter—not a bridegroom."  
Correct men's wear up to six in the evening is morning coats, directors' coats, short one-buttoned jackets of Oxford grey or a business suit in navy or grey. For summer weddings a navy blue blazer with white flannels is correct.



**Unleashing the days diet**  
ing meal, yet not exceed 500 calories. For the first course have a liberal serving of lean meat, fish or chicken—about 4 or 5 ounces—frankfurters or ground chuck provide just as complete protein as expensive steak or chops. Have a couple of veget-

ables, but only one starchy food at a meal. If you eat a potato, then skip the bread or roll. Crisp celery, radishes or sliced tomato are space fillers for few calories. Dessert can be fruit, fresh, canned or frozen, or a one inch slice of pie.  
To reduce, stop overeating and cut calories one-third below that. 1200 a day is maximum for women dieters, and that number is minimum for a man on a diet.  
**CRABS FLEE SIBERIA**  
KUSHIRO, Japan (AP)—Crab fishermen of northern Japan are making record catches because, they say of a mass flight of king crabs from Siberian waters. Crabs are being netted in such numbers that fishermen in northern Japan have been forced to slow down so the canneries can catch up with them. Since the season opened March 15 they have caught 2,460,000 pounds, a post-war high.  
The Guardian Page 7 Thursday, March 24, 1955  
GREAT EXPLORER  
Vitus Bering of Russia showed Asia and North America were separate by sailing through Bering strait in 1728.  
Saves Work  
CLEANS as it POLISHES

**A TRUE MEASURE OF SAVINGS**

Obviously—the only "savings" that count are those you make on the total cost of your entire food order. Of what good are a few mis-leading "leaders" that you may not want—or even like—if the end result is a food bill higher than it should be? The sure way to save money is to shop at the CO-OP SUPER MARKET where every price is a low price. It stands to reason that more low prices mean lower food bills... more money saved. Convince yourself. Shop the CO-OP WAY for a true measure of savings.

- ISLAND WASHED PARSNIPS ..... 2 LBS. FOR 19c
- NEW TEXAS CARROTS ..... 2 LBS. FOR 19c
- NO. 1 COOKING ONIONS ..... 3 LBS. FOR 25c
- SWEET - JUICY ORANGES ..... 2 DOZ. 65c
- ISLAND WASHED TENDER BEETS .. 2 LBS. FOR 17c
- EATING OR COOKING APPLES ..... 2 1/2 DOZ. IN BAG .. 65c

**TEA for CANADA WEEK** MARCH 21 to 26

**RELAX WITH TEA**

- CO-OP BROKEN PEKOE TEA ..... Lb. \$1.09
- RED ROSE RED LABEL TEA .. 1/2 Lb. 59c
- SALADA TEA BAGS, 30's ..... 45c
- CO-OP WHITE OR BROWN BREAD ... Loaf 16c
- ROBIN HOOD WHITE CAKE MIX ..... pkg. 21c
- PERFECTION MILK ..... 2 TALL TINS 27c
- PINACLE APRICOTS ... 20 OZ. TIN 33c
- ISLAND MEDIUM CHEESE .. Lb. 45c

**ALICE BROOKS DESIGNS**

**HALF-SIZE FASHION**

Sew this pretty frock for spring! Embroider gay posies on its graceful bodice. Smart, simple lines—so flattering to the shorter, fuller figure! Proportioned for perfect fit!

Pattern 7185: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Tissue pattern transfers. State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER AND SIZE.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

The following day the bride-to-be called around to see what had happened. "Did you ask Jack to kiss you dear?"  
"I didn't get a chance," was the rather upsetting reply. "He asked me long before I'd thought of it."

**MORNING SMILE**

A young woman about to be married decided to test her sweet heart, and called on a girl friend. "I want you to go for a walk with Jack," she confided, "and at a suitable moment ask him for a kiss." Her friend blushed, but con-

**LOOK WHAT SPRING IS BRINGING YOU!**

- New Coats in Fleeces, Boucles, Tweeds, etc. See our fine selection ..... 22.50 to 79.50
- All Weather Coats— Sizes 8-20. Priced ..... 19.50 to 35.00
- Suits in Tweeds or Plain Materials. Sizes 16-20 and 16 1/2 to 24 1/2 ..... 18.95 to 69.50
- Spring Dresses in gay Prints or Plain Materials ..... 4.95 to 29.50
- Choose your summer Cottons now from the famous Teena-Paige or Margo Walters lines— Priced from ..... 6.95 to 14.95

HATS	ORIENT NYLONS SPECIAL SALE 20% Discount	PURSES
2.95 to 9.95	1.25 for 1.00, 1.35 for 1.08, 1.50 for 1.20	2.50 to 5.95

Children's Wool Pullovers. Reg. to 3.95—Week-end Special ..... 1.88

We also carry a complete line of Skirts, Blouses, Blazers, Slips, Panties, House Dresses, Slacks, Jeans, etc. :—

USE OUR LAY-AWAY PLAN. A DEPOSIT WILL HOLD ANY GARMENT UNTIL NEEDED.

**The GREENDAL Co. Ltd.**  
LADIES' STORE 150 ST. GEO. ST.

**LUXURIOUS CANNON BATH TOWEL**  
(REGULAR VALUE \$1.59) **Only 90c WITH 2 LABELS**

You'll want at least two of these wonderfully soft, absorbent 22" x 44" bath towels. They're so attractive. Regular Cannon quality with special Dacron and nylon hems for added strength and wear. Your choice of four bright, attractive colours: Pink Whisper, French Blue, Sun Gold and Sea Green. Just 90 cents each and two Nestlé's Evaporated Milk labels. Simply fill in this handy coupon or get order blanks from your grocer.

**NESTLÉ'S EVAPORATED MILK**

Nestlé's Evaporated Milk is so good served undiluted with desserts and in coffee. There's country cream in every drop—nothing added but Vitamin D. Highly recommended, too, for baby's formula. Another world-famous Nestlé product.

**SPECIAL OFFER!** HEINZ BABY TUMBLER

Only 25c and Labels from 6 HEINZ BABY FOODS or 3 HEINZ BABY CEREALS

**ASK US FOR COUPON**

BABY FOODS, 3 for ..... 29c  
BABY CEREALS, 8 oz. pkg. .... 23c  
BABY MEATS, tin ..... 25c

**FREE SUNLIGHT SOAP**

WITH COUPON INSIDE SPECIAL BLUE SURF PACKAGE

**BLUE SURF** LARGE SIZE 39c

**McCormicks FIG BARS** .... Lb. 29c

**SEEDLESS RAISINS** ..... 2 LBS. FOR 35c

**THRIFTY PAK PEAS** .... 2 20 OZ. TINS 33c

**YORK PEANUT BUTTER, 16 oz.** 43c

**SOLID PAK SEA-LECT TUNA** ..... 7 OZ. TIN 29c

**GRADE "A" CHICKENS — 6-7 lbs.** ..... Lb. 42c

**TENDER SMOKED BONELESS PORK BUTTS** ... Lb. 59c

**MAPLE LEAF SMOKED BOLOGNA** ..... Lb. 27c

**MAPLE LEAF FRESH SHANKLESS PICNICS** ..... Lb. 39c

**CANADA PACKERS RILK SAUSAGES** ..... Lb. 39c

**FRESH MEATY PLATE RIBS** ..... Lb. 45c

**FRESH FROZEN FALL MACKEREL** ..... Lb. 19c

**ROBIN HOOD VITAMIN ENRICHED FLOUR** 24 Lb. Bag \$1.53

**A MEAL IN 7 MINUTES KRAFT DINNER** 2 Boxes For 29c

THESE SPECIALS ON SALE AT THE FOLLOWING STORES  
**NORTH RUSTICO - MORELL - TRACADIE**

**CO-OP BUY BUILD BENEFIT**

**Super Market**

FREE DELIVERY DIAL B557

**"THE ONE STOP MARKET"**

SHOP CO-OP IT PAYS