

KEEP IN TRIM

Dieting Worth Effort, Claims Exultant Reducer

By IDA JEAN KAIN
If you are an "on and off" dieter, perhaps you have almost lost confidence that you can ever stay with a reducing regime long enough to banish the burden of fat. Take heart from the dieter in today's letter.

"If I can reduce, anyone can. I sometimes think there are two 'humps' that a dieter has to get over... the first is to really make up your mind, and the second is to grit your teeth and stay on the diet past the point where after about two weeks you're feeling a little sorry for yourself and begin to wonder if it's all worth it. Once past that stage, things get easier. And it is worth it. Frankly, I had almost lost confidence that I could ever get down to normal weight.

"So far in eight weeks, I have lost 20 pounds and feel that I have another 15 to go. I must take those last 15 pounds off the waist and the hips—they measure waist 31, hips 41. I once again can wear a size 18 dress, but if I can slim down in the right places, I should be able to wear a size 16. I am 5' 6 1/2" and believe 140 pounds would be about right. What should my waist and hips measure?"

"Oh, it's just wonderful what losing does for one's self-esteem, confidence and looks, not to mention better health. Keep up the encouragement to us overweights."

Nice going! Exercise can help you to slim down in the right places. After part of the burden of fat been removed is an ideal time to exercise. To wear size 16 perfectly, you need to slim 2 1/2 inches off the waist and 1 to 2 inches off the hips.

DIE IN COTTAGE BLAZE

TORONTO (CP)—Michael Ball, 18, and his wife, Sandra, 17, were burned to death early Friday when fire destroyed their cottage—a rebuilt chicken house—in nearby Richmond Hill. The young couple moved into the cottage a month ago.

Wife Preservers



Don't forget to be sure that there is a good, usable cake of soap for the wash basin, bathtub and the shower. This is a small job frequently overlooked.

Best for Baby's Coughs



Specially formulated for babies! Breaks up phlegm—eases wheezing.

Allison-Barras Wedding At Tryon Baptist Church

At 2:00 p.m. Monday, October 16, the Tryon Baptist Church, P. E. I., was the scene of an attractive wedding when Shirley, younger daughter of Rev. Dr. and Mrs. E. J. Barras, was joined in holy matrimony to Keith, son of Mr. and Mrs. Ralph Allison of Winchester Springs, Ontario. The double ring ceremony was solemnized by the bride's father.

The bride, a picture of loveliness was given in marriage by her brother, Roland, and wore a gown of white brocade fashioned on princess lines, with fingertip veil. The bride carried a shower bouquet of Talsiman roses.

The maid of honour, Miss Dorothy Barras, sister of the bride, wore a lovely in an autumn green gown. Her bouquet was of miniature bronze mums.

The bridesmaids, Mrs. Robert Maynard and the Misses Mary Mollison and Ann Henderson wore matching gowns of toast brown and carried nosegays of yellow chrysanthemums. The bride's attendants wore headpieces of simulated Autumn leaves.

Mrs. E. J. Barras, mother of the bride, was charming in a smoke grey suit of soft wool. She wore a hat of navy blue and a corsage of yellow baby mums. The groom's mother, Mrs. Ralph Allison, was most attractive in a gown of peacock blue with matching hat and brown squirrel jacket, her corsage being of white carnations.

The bridegroom was supported by his brother Lloyd Jack Davison and William Rankin acted as ushers.

The church organist, Mrs. Lloyd Rogerson, presided at the organ. After the first prayer Miss Jacklyn MacDonald sang "O Perfect Love" and during the signing of

dren's angle. Your idea of equity, for parents versus children, seems to

MARY HAWORTH Parent-Child Relationship Is Not Contractual

Dear Mary Haworth: We had a discussion, among a group of friends, on "What a child owes a parent, and what a parent owes a child."

I had said that a child owes its parents nothing but respect; and that the parent owes the child good care until he or she has reached 21 years of age; or until he has completed his schooling — after which he should be on his own.

I said also that after children marry, if there is a problem of sickness or poverty, the parents should help all they can — for who else would the children turn to?

But there was great difference of opinion in the group. Some said a child owes the parents very much more than I said; therefore I would like your views on the subject. I think such an article would interest many readers. K.J.

WHAT IS DEBT?

Dear K.J.: Not long ago, a well known family relations counsellor took the stand in print that parents have amply discharged their "debt" to children if they give them good health, a good education and a good family name. This was a man speaking. He implied that grown "children" should accept responsibility for themselves as a matter of course — not expecting, and not necessarily receiving, any further parental "giving."

So, you see his view is much the same as yours. And I have no doubt that he would agree, too, with your further proviso that parents ought to lend a hand, so far as they can, if illness or poverty should overtake grown sons or daughters.

But when you say "A child owes its parents nothing but respect," I think you are stunting the child's growth by such a standard. Children who live, grow up in time. And, as part of the maturing process that leads to true manhood and womanhood, they should be educated to behave both responsibly and, generously, in caring for others — especially family — who may need services they can offer.

Parents, as parents, shouldn't be excluded from the "child's" proper range of social concern, when the child enters into the adult arena.

HELP EACH OTHER

Parents are people too, you know; humanly vulnerable to the slings and arrows of misfortune. And while they should be self-reliantly disposed, and considerate in refusing to exploit their children possessively (as a means of support), still they are morally entitled to loyal help from filial sources, if fate fortuitously floors them.

To champion the cause of self-government for grown sons and daughters, to argue their right to call their souls their own, certainly doesn't mean that parents, on the afternoon slope, are to be treated as scrap material — not worth "saving" from the chil-

Phillips-Banks Wedding Solemnized At Amherst

One of the prettiest brides of the season was Shirley Marie, elder daughter of Mr. and Mrs. Richard Banks of Toronto, whose marriage to William Champion Phillips, Halifax, took place at three o'clock, Wednesday, September 26th, at Christ Church, Amherst, N.S.

Capt. Rev. W.J. Phillips, Halifax, father of the groom performed the double ring ceremony, assisted by Rev. Canon J.E. Sheehy. The altar was decorated with bowls of mauve and white mums for the occasion, and white satin rosettes marked the guest pews.

Mrs. Edwina Cruickshanks was the organist, and accompanied the soloist, Mr. Ivor Phillips of Montague, P.E.I. who sang the Lord's Prayer during signing of the register.

The bride, given in marriage by her uncle, Mr. W.A.G. Ross, wore a ballerina length gown of crystallite and white nylon net. The strapless dress with long torso bodice had a crystaletto bolero and a bouffant skirt which billowed out over satin and ermine. Her fingertip veil of tulle illusion banded with seed pearls, fell from a Du Barry headpiece of crystaletto embroidered with sequins and seed pearls and appliqued with lace. She carried a bouquet of red roses with satin streamers.

Her only sister, Betty Anne, was bridesmaid and wore an imported dress of embroidered nylon over taffeta with long torso and portrait neckline. She wore a mauve feathered headress, and carried a nosegay of mauve and white mums.

For her niece's wedding Mrs. W.A.G. Ross wore a mushroom corded silk sheath dress, navy duster, navy accessories, navy and white picture hat and a corsage of yellow mums. The mother of the groom, Mrs. W.J. Phillips, wore a slate blue taffeta gown with boat neckline. A mink stole, pink accessories and corsage of pink roses completed her ensemble.

John Jay, Halifax, performed the duties of best man and the

ushers were Dan Garnham and George Carter, Amherst.

After the ceremony a reception for forty relatives and friends was held at the Fort Cumberland Hotel. The table, covered with an heirloom lace cloth from England, was centered with a three tiered wedding cake flanked with lighted tapers in silver candle sticks. The toast to the bride was proposed by Canon Sheehy and responded to by the groom.

Mrs. M.P. Chapman and Mrs. William Munro presided over the tea cups. Miss Marilyn Treen of Amherst and Miss Marilyn Matheson of Oxford, friends of the bride, assisted in serving.

Out of town guests were Hon. Capt. and Mrs. W.J. Phillips and Mr. John Jay of Halifax, Mrs. Herbert Champion of Alberton, P. E. I., Mr. and Mrs. Ivor Phillips and son Gwyn of Montague, P. E. I., Miss Marilyn Matheson of Oxford, Mr. and Mrs. Charles Banks of Moncton, Mr. and Mrs. Ronald Banks and daughter, Leah of Nappan.

During a honeymoon trip to Prince Edward Island an informal reception for about twenty relatives and close friends was held at the home of the groom's maternal grandmother, Mrs. Herbert Champion in Alberton. Mrs. Champion presided over the coffee cups. Assisting in serving were Mrs. W. J. Phillips of Halifax and Mrs. Albert Huestis of Summerside.

The groom has left for Jamaica where he holds a position with the Aluminum Company of Canada. The bride will follow at a later date.

"Pancake Festival Week"

TOPSY-TURVY COFFEE RING. DECORATION:

- 4 slices canned pineapple, halved.
- 8 maraschino cherries
- COFFEE CAKE:
- 2 eggs, beaten
- 1/2 cup sugar
- 2-3 cup milk
- 1 teaspoon vanilla
- 2 cups pancake mix
- 1/2 cup shredded coconut
- 1-3 cup melted shortening

In a well-greased 1 1/2 quart ring mold arrange halved pineapple slices, alternating the direction of each half circle. Place cherry in center of each pineapple slice.

For coffee cake, gradually add sugar to beaten eggs, beating until light. Add milk, vanilla, pancake mix and coconut, mixing until just combined. Lightly stir in melted shortening. Spoon batter over pineapple. Bake in hot oven (40 degrees F.) about 20 minutes. Cool for 2 or 3 minutes in pan; invert on platter and serve.

PROUD TRADITIONS

Trois-Rivieres, pulp and paper manufacturing city in Quebec, was a busy trading post in 1615.

skin dress with matching duster and white accessories. Her corsage was pink carnations.

The groom's gift to the bride was a white gold wrist watch, to the brides attendants, strands of Presto lighters, and to the little pearls and to best man and ushers flower girl, an umbrella.

Before leaving Montreal the bride was given a miscellaneous shower in Pleasant Grove hall by her friends at home.

The happy couple will make their future home in Montreal, where the groom is a prominent employee of Canada Cement Ltd. Out of town guests attending the wedding were: Mrs. Clara Curran, Watertown, Mass.; Boston; Mrs. Mary Power, Verdun, Quebec; Miss Katie Power, Verdun, Quebec; Mrs. W. Jelly, Montreal, Quebec; Mrs. James Curran, Labrador; Mr. E. Richards, Montreal, Quebec. —Photo by Myers.



MR. AND MRS. JAMES S. GREIG

Wedding At Corran Ban Will Live In Montreal

At one of the season's lovely weddings, gladioli, sweet peas and mixed carnations enveloped in maiden hair fern decorated the altar and sanctuary of St. Michael's Church, Corran Ban, P.E.I. The white satin bows marked the guest pews.

The occasion was the marriage of Jennie Fastania, daughter of Parnell J. and Mrs. Curran of Pleasant Grove to James Sydney Greig, son of Mr. and Mrs. Robert Greig of Barrow Bay, Ontario.

The bride looked winsome as she entered the church on the arm of her father, attired in a floor length gown of french lace and tulle over satin, the fitted bodice, of lace having a scooped neckline encrusted with seed pearls and sequins. The long sleeves extended in points over her hands. The bouffant skirt had inserts of tulle. She wore a giraffe tip veil of illusion net held in place by a tiara of seed pearls and rhinestones. She carried a bouquet of American roses and a pearl nosegay.

The double ring ceremony was performed by Rev. Parnell Wood, the Altar boy assisting was William Watts, nephew of bride. Mrs. Louise Bradley played the wedding march. During the ceremony, Mr. Frank Connick sang "On this day of beautiful Mother... Oh what could my Jesus do more... Oh, Lord, I am not worthy," accompanied by Mrs. L. Bradley on the organ.

The bride, chose as her attendants her sister, Mrs. Hebert of Montreal as Maid of honor, and her sister, Shirley as bridesmaid. Both attendants wore strapless ballerina length gowns of mauve lace and tulle with long sleeved lace jackets. Their headress were of the same material.

The maid of honor carried a bouquet of white poms-poms, the bridesmaid yellow and white carnations. The bride's niece Shirley was flower girl. She wore a floor length gown of blue taffeta and headress of same material. She carried a basket of mixed carnations.

The groom's attendant was Gerald Curran, brother of bride. Messrs. John Myers and Midas Hebert brother-in-law of bride were ushers.

During the signing of the register, Mrs. Frank Connick sang, "Sweet Sacrament Divine."

COOK'S CORNER



CHOCOLATE DEVIL'S CAKE

- 3 cups brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 1/4 cups flour
- 1/2 cup butter
- 1/2 cup sour milk
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 cup unsweetened chocolate, dissolved in 1/2 cup boiling water.
- Cream sugar and butter well.
- Add eggs, sour milk, flavoring, flour and baking powder, and then the chocolate.

COUGHS—COLDS—BRONCHITIS RELIEVED TWO WAYS

Here's a way thousands of sufferers from mucous-membrane throat, stop-and-go nostrils or sinus pains get soothing relief—day or night. Simply put a few drops of Catarrh-O-Zone in the handy inhaler to inhale during the day. At night a few drops on the pillow helps keep nasal passages clear. Then the soothing vapors of Catarrh-O-Zone wash your throat comfortably. Try

HEINZ MEATS FOR BABIES



Heinz Christmas Cards, P.O. Box 91, Station F, Toronto, Ontario.

Dear Sir:

Please send me... sets of personal picture greeting cards from the enclosed negative. For each set requested I enclose \$1.00 and 2 labels from Heinz Strained or Junior Meat.

NAME..... (Please Print Clearly)

ADDRESS.....

CITY..... PROV.....

Please check: Greeting in English Greeting in French OFFER EXPIRES DECEMBER 1st, 1956. Please no C.O.D. orders.

Your baby's picture on 18 beautiful Christmas cards



ONLY \$1.00 and 2 Strained or Junior Meat Labels

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DON'T DELAY SEND FOR YOUR CARDS TODAY

HERE'S ALL YOU DO

It's easy! Simply clip and fill in the coupon below. Then send the coupon, together with your favourite negative or snapshot, \$1.00, and 2 labels from Heinz Strained or Junior Meats to: Heinz Christmas Cards, P.O. Box 91, Station F, Toronto, Ontario.

NOTE: Remember for each additional set of Christmas Cards you require, be sure to send \$1.00 and 2 labels from Heinz Strained or Junior Meats.

IMPORTANT: OFFER EXPIRES DECEMBER 1st!

To insure that you will receive your cards in plenty of time for Christmas mailing, this offer must expire on DECEMBER 1st.

CLIP THIS COUPON TODAY

Heinz Christmas Cards, P.O. Box 91, Station F, Toronto, Ontario.

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Please check: Greeting in English Greeting in French OFFER EXPIRES DECEMBER 1st, 1956. Please no C.O.D. orders.

QUAKER gives away A BIKE A DAY! for 150 days



You, too, can try for a new bike!

HERE'S HOW:

Simply print your name and address on the back of a box top (or reasonable facsimile thereof) from any Quaker Cereal you have enjoyed for breakfast.

Send it to:

QUAKER 'BIKE-A-DAY' PETERBOROUGH, ONT.

If your name is selected, the correct answer to a simply-worded question will make you the proud owner of a brand-new CCM Bicycle. There's a choice of men's and ladies' "Standard", boys' and "Junior" and "Juvenile" models.

QUAKER BIKE-A-DAY PRIZE WINNERS

- Carole Cruickshank, Sudbury, Ontario; Helen Davis, Prince Albert, Sask.; Diane Lapointe, Montreal 4, Quebec; Janet Anne Scallano, Winnipeg, Manitoba; Merle McCrea, Moncton, N. B.; Valerie Burjoshi, Edmonton, Alberta; Douglas Polley, Ottawa 3, Ontario; Marilyn Flynn, Sydney, N.S.; John Oliphant, Vancouver, B.C.; Arden Peckenpaugh, Saskatoon, Sask.; Denis Pichette, Quebec, P.Q.; Master Wayne Martin, St. John's, Nfld.; Miss Deanna More, Stayner, Ontario; Terence Wakely, Minnedosa, Manitoba; Christine Stinson, Calgary, Alberta; Robert Lagooon, Edmonton, N.B.; Tommy Taylor, West Westminster, B.C.; Rodney Casemore, Toronto 9, Ontario; Suzanne Bolavert, Three Rivers, Quebec; Gregory Cooper, Hamilton, Ontario; Jimmy Simms, Granby, Quebec; Patsy Powers, Halifax, N.S.; Donald Shires, Kingston, Ontario; Trude Caswell, Red Deer, Alberta; Leonard Penney, Bishop's Falls, Nfld.; Sandra Reimer, Winnipeg 10, Manitoba; Jean Cooper, Hamilton, Ontario; George, B.C.; Ken Rusling, Windsor, Ontario; John Berglund, Regina, Saskatchewan; Saint John, N.B.; Rosemary Ranby, Prince George, B.C.; Wayne Nelson, Lethbridge, Alta.; Donald Rice, Brandon, Manitoba; Aline Karetz, Sask.; Rick Nichols, Shawinigan Falls, Quebec; Wayne Nelson, Lethbridge, Alta.; Donald Rice, Brandon, Manitoba; Aline Karetz, Sask.; Billy Unger, Fort William, Ontario; Michael John Walker, Victoria, B.C.; Glenn Forrester, Prince Albert, Saskatchewan; Billie Unger, Fort William, Ontario; Michael John Walker, Victoria, B.C.; Glenn Forrester, Prince Albert, Saskatchewan; Dennis Kelly, Grand Falls, Nfld.; Marlene Borch, London, Ontario; Michael John Walker, Victoria, B.C.; Glenn Forrester, Prince Albert, Saskatchewan; Medicine Hat, Alta.; Howard Shearer, Minnedosa, Man.; Roger Cayer, Sherbrooke, Que.; Pierre Trudeau, Ottawa, Ontario; Robert Toms, Vernon, Edward Mills Jr., Glace Bay, N.S.; Douglas Smith, St. John's, Nfld.; Laurence, Que.; Billy Kirkpatrick, Burlington, Ont.; Gail Fraser, B.C.; Doug Webber, Stettler, Alta.; Judy Westgate, Ville St. Laurent, Que.; John Linden, West Vancouver, B.C.; Christine Allard, St. Jean Nihil, Falconbridge, Ontario; Irene March, Oida, Alberta; Mae MacDonald, West Vancouver, B.C.; Teyla Rose Beck, Flin Flou, Man.; Baptiste, Drummondville, Que.; Joe Anne Geldart, Sussex, N.B.; Nick Cornish, Trenton, N.S.; Teyla Rose Beck, Flin Flou, Man.; Jansen, Theford Mines, Que.; Cyril Vincent, Corner Brook, Nfld.; Larry Bowman, Vancouver Island, B.C.; Lenore Lawrence, Walden, N.B.; Allan Fryers, Barrie, Ont.; Bobby Graham, The Pas, Man.; Violet Staffen, Yorkton, Sask.; Margot Ann Floyd, Campbellton, right, Alta.; Jean-Pierre Roy, Noranda, Que.; Cheryl Taylor, Trenton, Ontario; Mile, Marcella Rimon, Quebec; Connie Hebb, Bridgewater, N.S.; Cheryl Wilton, Tilbury, Ontario; Heather Chant, Moncton, N.B.; Sharon Beaumont, Lloydminster, Sask.; Peter Murphy, Saskatoon, Sask.; Patsy Carey, Toronto, Ont.; Fred MacDonald, West Vancouver, B.C.; Carol Murray, Edmonton, Alta.; Miss Sharon Dyon, Guelph, Que.; Doris Sheppard, Selkirk, Man.; Shirley Hrynyk, Kelowna, B.C.; Carol Murray, Edmonton, Alta.; Miss Sharon Dyon, Guelph, Ont.; Marion Simmonds, Gander Airport, Nfld.; Ermy Lou Helanson, B.C.; Alex. Citrouard, St. Boniface, Man.; Ellis J. Scott, Bathurst, N.B.; Donald Silverthorn, Frensham, B.C.; Glen A. Plant, Bradford, Ont.; Douglas Teske, Leduc, Alta.; Gordon Fleming, Toronto 4, Ont.; Charles C. Smith, Swift Current, Sask.

Each and every day from June 1st to November 22nd, 1956, (Sundays excepted) a shining new CCM Bicycle is being given away! (Final List of Winners available Nov. 30th.)

Here's a Winner from Summerside

The first winner in Summerside is Barbara Urquhart, below. She is shown receiving her bicycle on her birthday from A. C. Turner, Quaker representative. Also pictured is Bill Lawson of RCAF grocery store where Quaker Cereal was purchased.



Enter as often as you wish! A FRESH OPPORTUNITY EVERY DAY!