

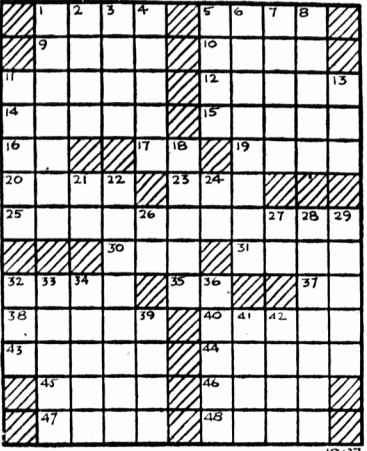
DAILY CROSSWORD

- ACROSS**
- Horse (colloq.)
 - Performs S-shaped molding
 - Stir up
 - Razor-billed auk
 - Circuit
 - To revoke, as a legacy
 - Nutmeg, for instance
 - Twofold (prefix)
 - Therefore
 - Body of water
 - Apparent ends of Saturn's rings
 - Arabian garment
 - U.S. river
 - Hawaiian food
 - Middy
 - Native of Denmark
 - Thus
 - Neuter pronoun
 - Lifeless
 - Lift
 - Girl's name
 - Common talk
 - Perches
 - Persia
 - Speaks
 - Man's name (poss.)
- DOWN**
- Famous American magician
 - Monster
 - Wither
 - Appears
 - Macaws (Braz.)
 - To make formal charge
 - A leg bon.
 - Clever
 - Title of respect toward a woman
 - To drive off (golf)
 - Fertile spot in the desert
 - Steamship (abbr.)
 - Roughness
 - Bachelor of Science (abbr.)
 - American moth
 - River (It.)
 - Corrupts
 - Bury
 - Female parent
 - Accumulate
 - Under-shot water-wheel
 - Fragrant rootstock of iris
 - The Soviet news agency
 - Subtle emanation
 - Mohammedan priest



Yesterday's Answer

36. Fragrant rootstock of iris
39. The Soviet news agency
41. Subtle emanation
42. Mohammedan priest



DAILY CRYPTOQUOTE—Here's how to work it:
A X Y D L B A A X R
is LONGFELLOW

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation
ITFVRPAUHR KRFMR LJ FRR.
PTK ATJB PHH LORFR OMF BJT.
KWJIF BJWAF—DMHLJT.

Yesterday's Cryptquote: ONE SIMILE, THAT SOLITARY SHINES IN THE DRY DESERT OF A THOUSAND LINES—POPE.

MANY ARE SLIMMING
 EDMONTON (CP) — The reducing craze has hit women's institutes in Alberta and the Bon Ac-

cord women's institute announced weekly "keep fit" classes, with the institution of lessons in square dancing.

Four Generations



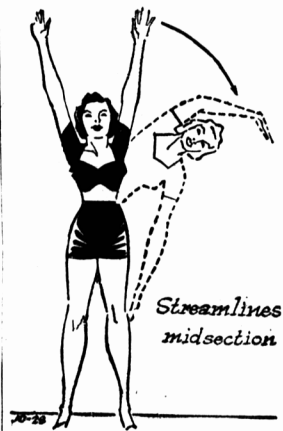
Four generations of Norway's royal family are pictured in this family portrait on the occasion of the christening of the newest member, Prince Haakon. The infant is held by his mother, Princess Ragnhild, in background, left, is the baby's great-grandfather, King Haakon VII, and at right the grandfather, Crown Prince Olav. The father is shipowner Erling Lorentzen.

KEEP IN TRIM

Exercises For Spreading Fat

By Ida Jean Kain

There is no getting around it, fat given an inch, soon takes over the waist and spreads from there. A fine figure at 40 or 50-plus hinges on a fair to middling waist. A young waist is not out of reach in middle age. If your weight is within reason for your build, and your waist measures seven to eight inches less than the bust circumference, that's far enough. But if the difference is less than its six of one and half a dozen of the other whether you'll lose your figure for good.



You know how it goes, one figure fault leads to another. The muscles at the sides of the waist get flabby and the waist wanders. Simultaneously fat collects amidst and then the hips spread. That's it—the dreaded middle spread. Stretching exercises bring the most diminishing returns for the least effort, since they reflexly contract the long muscles that run straight up and down the entire mid-section. The stretch can be brought in by adding a side bend to bring in the big diagonals that band the waist. Here we go . . . Position: Standing an inch or two from the wall, with the left side toward the wall, have left arm raised and placed against wall. Exercise: The action is to stretch muscularly through the midriff, push the arm up the wall . . . reach. Be sure to center the stretch through the midsection, for that's the part you're aiming to streamline. Repeat slowly six times, relaxing between, then change sides and again s-t-r-e-t-c-h smoothly. Flop over at the waist and dangle up and down, knees relaxed, arms hanging toward floor . . . let go. Then follow with side bending. Position: Standing erect, feet apart, right arm stretched over head, left arm at side. Pull up firmly with the abdominal muscles. Exercise: Holding the upstretch, bend sideways to the left, and continuing to stretch the right arm, slide the left hand down below the left knee. Really bend. Repeat five times to one side, then bend to the right side. Make all stretch-bends slow and smooth. No use to sprint through these benders. The

idea is to hold the stretch. It is the big middle muscles that become flabby in middle age, for they are not brought into vigorous action in everyday movements. But the middle spread is not inevitable at any age. These easy stretch-bands can pull off the bulges and leave you all aglow.

WELL HIDDEN
 BIGGLESWADE, England (CP): Decorators discovered a 16th century Flemish tapestry beneath 15 layers of wallpaper at the Royal Oak Inn in this Bedfordshire town.

MacRae - Johnston Wedding

A pretty wedding was solemnized on Saturday, October 16, at 4 p. m., when Ethel May Johnston was united in marriage to Alexander MacKenzie MacRae, son of Mrs. Malcolm MacRae, Pownal, at the home of the bride's mother, Mrs. Albert Johnston, Parkdale.

The bride was attended by her sister, Mrs. Alex MacLean, as matron-of-honour, while Mr. Robert MacRae stood for his brother. The bride wore a navy suit with white accessories.

Officiating celebrants were the Rev. G. W. Tilly and the Rev. E. C. Evans. After a wedding supper held at Villa Waters, Mr. and Mrs. MacRae left for a brief motor trip through the Maritimes.

Out-of-town guests were: Mr. and Mrs. Robert MacRae of Vancouver, B.C.

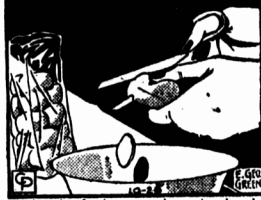
The newly wedded couple will reside at Waterside, Pownal, P.E.I.

Chocolate Coffee Cake

2 cups (more or less) flour
 1 cup sugar
 1 tb. butter
 1 egg
 1/4 cup milk
 1/2 cup liquid coffee
 1/4 cup grated chocolate
 3 tsp. baking powder.

Mix butter and sugar together; add egg, stirring slightly; add milk and chocolate, which has been dissolved in coffee; add flour and baking powder last. Stir mixture thoroughly; bake in a loaf or flat pan.

Wife Preservers



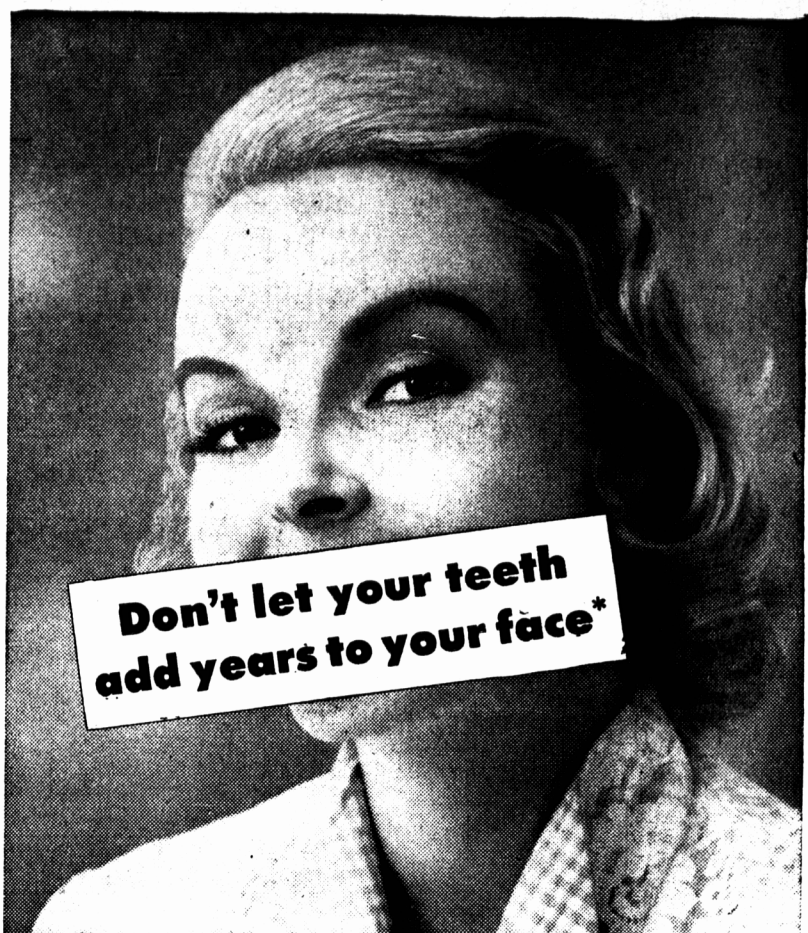
A pair of scissors or shears is a handy gadget in the kitchen for cutting marshmallows, parsley, chives, etc. Be sure to wash the shears after using and dry thoroughly before replacing them in the kitchen table or cabinet drawer.

Now—she's got exciting zip and glow



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