

# WOMEN

Page 8 The Guardian Thursday, Dec. 9, 1954

## ELLEN'S DIARY

by an Island Farmer's Wife

The millstream chants a wistful little melody these days, as placid and clear, it flows between its white banks. Along snow-powdered meadows that not so long ago held the height of summer's flowerings, now darkish beaten paths take down the cattle-kind and horses to drink there. . . .

radio on a recent afternoon an interview with the oldest citizen of Toronto—a man of 106 years. How much he had seen in that continuing life-span which had its beginning so far back in the mists of time! If the voice was aged, the memory was bright and sure. . . .

True, as James reminds us, these absences were rare, nevertheless a frequency in the mud-digging or winter-threshing season to have us remember them pleasantly, perhaps only because the memory bears us back on sweet wings to those years that were young. . . .

"It's easier to live to be ninety than it is to reach to the age of seventy-five, so statistics prove." Jeanie offers with a smile when the subject of longevity came up the other day. And James chuckled and said "but few who have tasted the brim of toil ever reach it!"

We were interested to hear by

### KEEP IN TRIM

## Direct Your Exercise To Improve Proportions

Pounds are perverse. Willy nilly they pile on the already padded parts. Why? It's the least used muscles which become flabby—and flabby muscles invite fat and more fat. With inactivity, pounds just naturally settle around the waist, spread across the abdomen and over the hips. The tissues of the breasts are susceptible to fatty deposit and the overly large bust is almost always due to overweight. Dress size is determined not only by your weight but by the figure controlling measurements—bust, waist, abdomen, hips. General reducing will bring your weight down. But this may give you the same proportions on a smaller scale. To have a more shapely figure with less weight, direct your exercise to improve your proportions. To understand the role of exercise in relation to the bust . . . think of the bust as being supported by ligaments and muscles. Although the breasts are glands, they are supported by the powerful pectoral muscles which lie just underneath the breasts, spread fanwise across the chest, clear to the collar bones, and narrow in a fan handle which inserts in a groove in the upper arm.

The first exercise helps to strengthen the pectoral muscles while stretching the area from waist to washbone. Here we go . . .

Position: Standing, feet apart, girdle muscles pulled snugly up arms down at sides, shoulders easy.

Movement: With right arm, make wide circles, circling forward, up and around and down. Circle slowly, and p-u-l-l slim all through the middle measurement, pulling the waist up and away from hips, and the ribs up out of the waist—stretch and circle. As soon as you hit the slow, easy rhythm, you will find it natural to circle with first one arm and then the other, alternating arms. Continue only until pleasantly stretched, 8 to 10 times.

The muscles which bound the waist at the sides also respond to circling. Using the waist as a pivot, hold hips still and circle at the waist with arms arched overhead. Bend sideways and circle around in front, to the other side and up to position. Do not bend backwards for that is too strenuous for most. Bend to the other side and circle 8 to 10 times.

To strengthen the abdominals while slimming hips, finish with this exercise.

Position: Lying on left side, head on folded arm, legs straight down.

Action: Flex right knee smartly to chest, shoot leg straight down, then swing vigorously toward rear. Hold! Hit the rhythm of 1-2-3-4-1-2-3-4. Flex again and repeat. Change sides and flex, swing and hold with left leg.

By toning the big muscles of the body, this trio of exercise will increase energy while trimming measurements.

### Morning Smile

After many years in the country, an elderly couple sold their farm and retired to the city to enjoy life.

On the first morning, the wife awoke before sunrise and waking her husband, asked: "Isn't it time you were getting up to light the fire, John?"

"No, Mary," yawned the old man. "I'll call the fire brigade. We might as well get used to these city conveniences right away."

### Orange Cake

1 cup brown sugar  
1 cup shortening (1-2 lard and 1-2 butter)  
2 cups flour  
2 Eggs  
1-2 cup sour milk  
1-4 tsp. soda  
2 tsp. baking powder  
1 cup raisins  
1 lb. dates  
1-2 cup walnuts and juice and rind of one orange

Method: Cream shortening well. Add sugar and mix well. Beat in eggs. Next add sour milk. Sift together all purpose flour, soda and baking powder.

Before stirring in the dry ingredients, add raisins, dates and they become floured so as they do not sink in your cake. Add cut walnuts and the orange rind and juice. Bake in 9" layer tin for 1-2 hr. Temp. 350 degrees.

## Pampered Girl Hurts Mother By Marriage

By PAULINE KENNEDY  
Canadian Press Staff Writer  
TORONTO (CP)—Furriers are indulging women's craze for mink. Mildly now can buy a small mink item—a boutonniere for suits and dresses—for \$4.50.

This year furriers say mink is their most saleable fur with grey and black lamb running a close second.

Women today have gone practical one further reported. They get more cape stoles and jackets because they want to wear them 10 months of the year.

CAPE STOLE POPULAR  
Stoles range from \$55 to \$1,065 but the straight variety is not as popular as the cape stole. It has fallen from favor since last year. Women now demand a stole deep enough to hide the elbow.

Self-Respect Is Overtaxed  
In a few days, Ann came to say their wedding plans were made and I could come to the ceremony if I wished. Then she told me how I was to treat John henceforth—I was to "hang on his words," "build him up," etc.; whereupon I told her quietly they had better count me out.

Pampered Girl Lacked Strength  
DEAR G. V.: In your long letter, here cut to a fragment, you say "looking back, I see Ann had her own way about so many things, but her wishes always seemed reasonable, and I was always happy cancelling my own plan for hers. . . . I was not a doorman; she was sweet about everything, we were great friends and dearly loved each other—but I see now I never said 'No' nor gave negative advice."

Let The Children Help With The Decorations  
By ELEANOR ROSS  
If it's the magic of Christmas you're longing for, you'll find it in the fun and nonsense that occurs when the whole family, including the children, enters into the preparation.

Oatmeal and Coconut Cookies  
1 cup granulated sugar  
1-2 cup brown sugar  
1-2 cup butter  
1-1-2 cups flour  
3-4 cup coconut  
1 tsp. vanilla  
1 tsp. baking powder  
1 tsp. making soda

## Women Still Prefer Mink; Capes Stoles & Jackets Top List

Price reductions are reflected in lamb which has made a strong comeback. Charcoal grey lamb coats range from \$395 jackets to \$865 full length coats. Black lamb has dropped even lower ranging from \$225 to \$465.

THE FOX SHRUG  
But high-fashion furs remain high in price. Style leaders this year are fox shrugs worn with suits and plain but expensively-tailored cloth coats. The long, fitted fur coat is still highly regarded although the trend in long coats is to slimmer fashioning with less bulk in the back and sleeves.

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Evergreen Bouquets  
Feathery bouquets of evergreen twigs, so awkward to fit into vases, can be achieved for the mantelpiece or as a table centerpiece. If the twigs are driven firmly into a cake of soap.

Steps To Be Followed In Poison Cases  
There's a lot you can do at home to help a youngster who has been accidentally poisoned. Giving him an antidote, a subject which I discussed yesterday, is only the first step.

Learn The Way To Soul-Growth  
Having always been pampered by you, accustomed to getting what she most wanted, Ann wasn't prepared to be strong, generous, honest, fair, objective and loyal in 10 minutes.

Technique To Employ  
Place him face down on your lap as though you were going to spank him. As you hold his head with your right hand, move the ball of your left index finger along the roof of his mouth and down the back of his throat. Or instead of your finger, you can use some blunt instrument such as a spoon handle. As soon as he begins to vomit.

Perfection ICE CREAM BRICKS DELICIOUS!  
The best oranges in the world grow in California and Arizona. From these fine crops we select the finest oranges of all—tree-fresh, bright skinned, with that deep full-bodied flavour Canadians prefer. We stamp these Sunkist . . . right on the skin of the orange . . . for your protection as a guide in buying.

So, to get the very best quality obtainable, always look for the Sunkist Trade Mark. Accept nothing less. If an orange is not stamped Sunkist, it is not "just as good".

Make sure it's Sunkist  
Sunkist Fresh Oranges are an EXCELLENT SOURCE of VITAMIN C and other values  
TREE-FRESH from California and Arizona

## Household Hint

Save a Sample  
It is best to place a basin or pot on the floor to retrieve some of the regurgitated poison so it can be examined by a doctor. Save the poison container, too, or at least copy the label and give it to the doctor.

Shop At Zakem's  
The easy way to STOCK YOUR PANTRY STRETCH YOUR BUDGET!

LOWNEY'S HARD MIX  
5 Lb. Pail \$1.98  
2 LB. BAG 65c  
POT OF GOLD \$1.19

P. E. I. FRESH TURKEYS - GEESE - DUCKS, etc.  
PLACE YOUR ORDERS NOW FOR PROPER SIZE  
LOWEST MARKET PRICES  
WETHEY'S MARMALADE, 24 oz. . . . 29c

SHINE UP with GLO-COAT  
Quarts \$1.10  
Pints 63c

JOHNSON'S PASTE WAX  
Lb. Tin 63c

Get Him to Bed  
If it is impossible to take him to medical aid immediately, get him into bed as soon as possible. Keep him lying flat, his feet level with his head, or slightly higher. Keep him warm, but don't overheat him.

CHRISTMAS PREMIUM ALUMINUM PERCOLATOR  
Retail Value 5.50  
YOURS FOR ONLY 3.19 with a purchase of \$5.00 Order.

MIXED NUTS 2 LBS. FOR 85c

CARTON "A" LARGE EGGS, doz. . . . 49c

Kleenex  
Campbell's 13 oz.  
Ketchup  
Kellogg's Reg.  
Corn Flakes  
Crackers  
Ritz  
Smoked Kippers  
Beef Liver  
Canada Packers Pure Pork Sausages

FREE DELIVERY DIAL 8589  
AJ. ZAKEM'S  
THE BEST SHOP TO SHOP BEST!

Lead poisoning accounts for a high number of fatalities. I'll discuss this tomorrow.

QUESTION AND ANSWER  
G. L.: Is it better to take vitamin capsules at night after meals, or are they better taken at mealtime? Answer: It would not appear to make any difference as to what time of day vitamin preparations are taken. Food does not seem to interfere with their absorption.

Be a practical Santa and give her a gift that not only will steal her heart but will also be easy on the pocketbook. Lingerie is something that a woman never has enough of, and we have some really beautiful things in our special Yuletide collection . . . hostess gowns to make her leisure hours more glamorous, robes for her to cuddle in when the mercury takes a dip, and the most practical gift of all, Nylon lingerie! Come into THE GLORIA today and select a dream gift for your dream girl.

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Serve FRY'S COCOA every day!



you get 104 cups of nourishing cocoa from a 1 lb. tin!

Make every day FRY day!

for better eating - for better flavoured juice... CHECK EVERY ORANGE BEFORE YOU BUY!

LOOK FOR THE Sunkist NAME on the skin of the orange. It's your Guarantee of Quality.

THE NAVEL means NO SEEDS!

- EASIER TO PEEL
- EASIER TO SECTION
- RICHER FLAVOUR
- BRIGHTER COLOUR

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CALLING ALL Christmas Shoppers



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For your convenience our store will remain open ALL DAY WEDNESDAY until after the Holiday Season.

All Gifts attractively boxed - - - For our gentlemen shoppers we will GIFT WRAP your purchase FREE OF CHARGE.

"The GLORIA"  
"Where Smarter Women Shop"

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